



Guideline for Mountaineering Leaders

2019/02/11

1 Background

The MCSA-PW section main objective is to promote the interest of mountaineering. The members organise and facilitate this in various forms. Regardless of the extremity of the activity, we do have a few guidelines for hike leaders to this in a safe and responsible manner. Remember while reading this, that the idea is to enjoy and have fun in the mountains and to return home safely!

2 Arrangements prior to the activity

Ensure you are familiar with the route. You have done it before or you have invited someone who has done the route. As leader you are expected to have a decent level of fitness.

Please send a invite about a week to two weeks prior to the hike to Marida marida@albertse.co.za for circulation to club members. A short description of the activity. Your contact preferences, i.e. email or phone (after 8).

Fitness level required and grade of the route, i.e. 1A - D4:

Exposure	Difficulty
A - No exposure to heights	1 - An easy stroll
B - Mild exposure to heights	2 - Moderate
C - Moderate exposure to heights	3 - Strenuous exercise
D - Very exposed to heights	4 - Only for the very fit

During the arrangements people will contact you / indicate interest / confirm that they will come along. Generally a first come first served system is used. However offering everyone a chance to go on a popular hike sometimes is daunting, herewith some tips for sanity and fairness:

1. The hike bookings open on the day it is published on the www.MCSAPW.co.za calendar.
2. Take people who previously enquired about the same hike (e.g. a year ago) into consideration first.
3. If someone has done a hike 2 or more times, that person can only be accepted for the same hike if there are still spaces available 2 weeks before the hike.
4. You should take the person's fitness level and abilities into consideration: If it is a very long/ strenuous/ daunting hike and the person has very little mountain



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experience, then you are allowed to make the call not to take that person on your hike. You are allowed to enquire about previous hikes which the person has done and ask the previous hike leaders if the person would manage your hike. This is for their own safety.

5. Some hikes require that a payment has to be made to ensure booking of the trip or for accommodation purposes. Ensure that a date is set well in advance and make the date well known to all interested parties. If then a person did not pay by your set date you are allowed to take another member who also enquired about the hike, take the next person on your list who qualifies.

3. Before you start the mountaineering activity

At the meeting place it is a good idea to introduce yourself and present the days hike. What can be expected. Weather conditions.

Ensure that all members of the hiking party signs the indemnity [form](#).

Once the form is filled in. Please take a photo of the form and send to Elize (+27 82 561 5712) via Whats App.

4. Post Hike

If not done before, please email or WhatsApp the indemnity form to Elize (+27 82 561 5712). Otherwise return it to any committee member (or send a copy to mcsapw@gmail.com).

Also arrange with fellow hikers to share the photos via the Facebook page or email them to mcsapw@gmail.com with subject "Facebook Photos: " followed by the hikes name.

And remember: Have fun!