

CODE OF CONDUCT FOR SLOW AND STEADY MEMBERS

1. When signing up for an event, you are acknowledging the [Waiver](#), which has been read and agreed to. You will also be required to sign the Waiver before heading out to the event.
2. Each Member is responsible for his/her own safety, emergency, and first aid kits.
3. Each Member must comply with all requirements of the event (gear, clothing, food, water, etc.).
4. Each Member shall be respectful of the group and the event Organizer. Members shall not double book events. Members shall not “crash” events or bring unsanctioned guests.
5. Each member must complete the event with the group (no leaving the group), and follow the trip itinerary or instructions of the Organizer. If a Member chooses to leave, then they are no longer part of the Slow and Steady event.
6. Members may be asked to assist the Organizer during an event the Member shall comply with the best of his/her ability.
7. Members must be willing to accept that conditions change (weather, risk, etc.), and be prepared to adapt or those changes to the best of his/her ability.
8. It is recommended that Members take outdoor training provided by Slow and Steady and/or through another recognized training program, however this is voluntary.
9. Members should familiarize themselves with [trip ratings](#) before signing up for an event.
10. Members are not to take on events that are beyond their ability. This not only presents a risk to the Member but also renders the trip unpleasant for the other participants.
11. If you RSVP for an event and change your mind, you must click on the "Edit RSVP" button and unRSVP yourself for the event by the deadline listed. Failure to do so will result in a NO SHOW.
12. It is suggested that Members advise the trip Organizer of any health issues including allergies before starting out on an event. Organizers will respect that this is confidential information. If a Member so chooses, he/she can leave the information written on a piece of paper, in his/her own first aid kit.
13. Members may consume alcohol on an event, only where legally permitted, and after the conclusion of the event (hike, bike, kayak etc).
14. Illicit drug use is strictly not permitted.
15. When an Organizer is on another Organizer's event they are participating as a Member, but may be asked to assist the event Organizer.

16. No form of harassment or abuse by any member or Organizer will be tolerated. It could result in the immediate banning of a Member or Organizer depending on the severity. It could also result in being banned from Meetup altogether, as well as legal proceedings against said Member, Organizer or Members.

June 2015 (Amended June 2018) (Amended January 2019)