

### **ANATS LEADER REMINDERS**

- **Sign in**, phone numbers
- **Guests must sign waiver and pay \$1**
- **Sign Out** if participant leaves during trip
- **Describe** driver reimbursement policy
- **Review** trip details
- **Safety:** first aid kit, **line of sight**, situational awareness, noisemakers, whistle call...

### **SWEEP REMINDERS**

- Ensure that **no one is left behind**
- **Communicate** with Leader (pace, emergency)
- **Remind** early leaver(s) to sign out

### **RECOMMENDATIONS TO PARTICIPANTS**

- Line of Sight
- Whistles
- First Aid Kit – Tick Kit
- Appropriate footwear, clothing, behaviour
- Water and snacks
- Insect Repellent
- Tell someone about any relevant medical Issues (allergies/Epipen, asthma/Inhaler, Diabetes/glucose, etc)
- BC Services Card
- Sign out if you leave

Leader has the right to refuse any member/guest deemed unfit for the outing

**THESE GUIDELINES DO NOT ABSOLVE YOU FROM YOUR OWN PERSONAL RESPONSIBILITIES**