



## Skyline Hikers of the Canadian Rockies

### ***Hiker's Responsibility Policy***

Backcountry camping and hiking is both an individual activity and a group endeavour. A hiker's individual decisions can affect not only their own enjoyment and safety but also those of the group. For this reason, we ask that each hiker:

- (a) Is physically and mentally fit, healthy, properly attired and equipped for remote backcountry camping and hiking in a subalpine and alpine mountain environment (check the website for recommendations for packing and fitness etc.).
- (b) Honestly and accurately assess themselves in terms of fitness, health and skill, including where appropriate obtaining a prior medical assessment by a physician, in relation to the different difficulty levels of hiking offered each day (easy, medium, strenuous), including the difficulty level of the hike into and out of camp.
- (c) Honestly and accurately describe themselves in terms of fitness, medical conditions and required medications to the Camp Medic as well as any changes to fitness and medical conditions which might affect the hiker's safe participation. Day hike leaders will conduct a pre-hike briefing that will, among other things, inquire about hiker day pack contents including medications.