

## HIKING RULES AND REGULATIONS:

### LEADERS:

1. Leaders are to appoint someone to act as “sweeper” on all hikes, to stay with the people at the back.
2. Should the group split for any reason, eg. a hiker turning back, a minimum of 3 (three) hikers must accompany the returning hiker (which must include an experienced hiker), failing which the entire group must turn back. Depending on other relevant factors the leader may, in any case, decide that the whole group should turn back.
3. Leaders are to use their discretion as to who should be allowed on a hike, taking into consideration the intensity of the hike and the fitness level required.
4. Before the hike commences the leader is to give a brief talk on the route, the rules and what is expected of the participants.
5. Leaders may check the backpacks of new hikers before the hike commences to ensure that all necessary equipment has been included and no superfluous stuff is being carried.
6. Hikers are responsible for their own health and safety and are encouraged to bring along their own First Aid Kit.

### CONDITIONS OF HIKING:

1. The instructions of the leaders will be followed at all times. Do not go ahead of the leader or behind the sweeper. Do not leave the main party.
2. Before the hike commences the leader must be informed of any medical problem/condition, hikers next of kin (NOK)/emergency contact number (ICE) and where applicable, Medical Aid contact details.
3. Flora, fauna and any National Heritage, may not be damaged or interfered with in any way.
4. No littering. Carry out what you carry in. Trowels to be used for burying “human waste” when overnighting in caves or tents.

### WHILE ON A HIKE:

1. Always obey the leader.
2. Abide by the rules of the club.
3. Be honest about your health conditions and your level of fitness.
4. Develop your fitness and prepare yourself for strenuous hikes or trails.
5. You are requested to reduce voice levels and respect your fellow hikers who wish to enjoy the sounds of nature and who are particularly observing birds and wildlife.
6. Cellphones to be used for emergency only. When using the camera, don't hold the group up and don't fall behind the sweeper.

### FITNESS NOTE:

Members wishing to participate in multi-day trails must have recently been on at least 5 day hikes and two backpacking hikes.

MIDLANDS HIKING CLUB,  
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