

GHTA LEADER'S SPIEL CHEAT SHEET

Introduction:	Leader, Sweep, participants ?special medical issues
The Event:	kms, time, pace, difficulty return time
Preparation:	water, nutrition footwear, clothing, sunscreen bug juice ?poles helmets for bikers; safety gear for paddlers
Risks:	injury COVID/infection
Waiver:	hikers accept the risks and will not sue GHTA or Landowners, agree to obey hike Leader and Sweep, and must comply with COVID protocol; Non-members must sign waiver
COVID-19:	keep 2 meters between hikers, and 2 meters off trail when meeting other trail users, have mask handy, no carpooling; ?other; Leader to record hikers on hike and their contact information.

GHTA Hike Leader's Spiel – backgrounder

(note these comments apply for all events organized by the GHTA Inc.)

Introduction: if participants are not known to the group, give a round of introductions; identify yourself as Leader, and identify the Sweep; quickly ask that if there is anyone with medical issues (such as bee sting allergy, etc.) they should let the Leader know privately now before departure; if anyone is ill, or is in a bubble with someone who is socially isolating, they should not go on the hike (re COVID protocol).

The “Hike”: this information ideally is in the event description wherever it is “published”, but briefly review these points.

Preparation: Ask if everyone has water, snacks, food necessary for the length and nature of the event. Helmets recommended if biking, and safety gear such as life jackets when paddling. State whether poles are desirable, and why (may have frequent loose stones, slippery hills, etc.). (This ideally is in the hike writeup as well – but some people are there without having read the writeup).

Risks: injury may include broken bones, scrapes, poison ivy, heart attack, dehydration, insect bites including ticks, infection due to contagious disease, including COVID-19

Waiver: verbatim from the cheat sheet; it's understood that members have read the waiver form; non-members must read and sign the waiver, the leader needs to have a few printed waivers handy, plus a pen for the hiker to use, plus disinfectant wipe to wipe down the board and pen after use and hand sanitizer.

COVID-19: It is recognized that while we all have good intentions regarding following COVID protocol, adhering to the protocol is not universally observed. We must work together towards better adherence for the good of us all, and so that we can continue hiking. It may be helpful for Leaders in their spiel to point out times when we let our guards down – such as in parking lots, at water breaks, at sudden stops, when “look at this” is called out, when someone injures themselves. Some of these problems can be prevented by simply being reminded to social distance (2m), while some are situations in which people should put on a mask. There may be some individuals who for whatever reason have difficulty complying with the COVID 19 safety guidelines, and it would be helpful for the Leader, or Sweep, to politely but assertively remind them. If despite the reminders the practice goes on, the hike leader has the option to ask the participant to not participate in future outings, unless they agree to abide by the COVID-related guidelines.

For the purpose of COVID 19 contact tracing, the Ganaraska Hiking Trail Association Inc. (GHTA) now requires a list of participants on any particular club event, along with their contact information (usually a phone number where they can be reached). The Leader can print off a form (see page 3 of this backgrounder) or use a printed waiver sheet (see revised Waiver Form Page 4 below), and should enter the names of participants and their contact information before the hike begins. Provincial COVID protocol may change, and leaders must comply with whatever the changes are – though the GHTA Inc. Association will send out notice.

This “backgrounder” and Cheat Sheet (see first page) are intended to aid the Leader in providing an adequate spiel at the start of a club hike/bike ride/kayak, to ensure that participants are informed of the risks. Whether there is a waiver or not, it is the fact that they have been informed of the risks that is crucial (for members and non-members).