

## Burnaby Outdoor Club

### CHECKLIST OF QUESTIONS FOR TRIP CO-ORDINATORS

***Purpose: To be used by trip co-ordinator when a member or other person enquires to sign up for their outing***

Tip: Ask open-ended questions; avoid questions where the person has to only answer yes or no.

- Q. 1. What was the last hike you did?  
How long did the hike take?  
When did you do that hike?

Tips: Trip co-ordinator can use that hike and compare it to the one they are doing. For example is the length of the hike similar; level of difficulty similar. Perhaps there is no comparison because the person completed it too long ago.

*“I want this hike to be an enjoyable experience for you.”*

It is best if a person moves up to the next level of hiking when they have demonstrated they are capable of hiking at the lower level first.

- Q. 2. Have you hiked the Grouse Grind recently?  
How long did it take you?

How about hiking up it and phone me to let me know how you did.

Tip: Average hiking time for the Grouse Grind is between 45 minutes (indicates person is very fit and strong) and 2 hours (indicates person may not be very fit and is a slow hiker). The elevation gain is about 900m and the distance is about 3km.

- Q. 3. Do you have hiking boots?  
What kind?  
How long have you owned them?  
Where did you buy them?

Tip: *“We want to make sure you don’t get blisters or twist an ankle.”*

#### **Trip Co-ordinator should remind participants of any special situations like:**

**Weather conditions** requiring rain gear; extra warm clothes.

Tip: Know current conditions of the trail. If you encounter an unusual situation, then turn around.

#### **Terrain**

- Scree
- Steepness of slope
- Rock or boulder fields to cross
- Use of chains or ropes to climb up steep areas
- Creek crossings

#### **Unusual conditions**

- Late snow lingering into June or July
- Impact of rain if trail had lots of rocks or tree roots
- Ice or moss covering parts of trail causing it to be especially slippery
- Exposed trail with little shade or cover may cause problems if sun is strong

Tip: Remind participants to bring lunch, extra food, and plenty of water (minimum 2 liters). A thermos with a hot drink is a good idea on wet or winter trips.