

**KAMLOOPS OUTDOOR CLUB
GUIDELINES FOR PROSPECTIVE MEMBERS**

Welcome to the Kamloops Outdoor Club!

This hand-out is intended to outline information about the Club, how to become a member, and guidelines for outings.

The Kamloops Outdoor Club was founded in 1936 by Jack Gregson – now honorary president for life. The Club members share fellowship and a variety of outdoor interests, such as hiking and cross-country skiing, throughout the year, with an outing planned for most Sundays/weekends of the year. Pets are not allowed on club outings.

The Club owns a cabin, and maintains historical records of its activities. Early records are kept at the Kamloops Museum. All Club work is done by members volunteering their time and labor. The cabin and its surrounding area is a non-smoking environment.

The Club activities vary with the season, each having its own unique highlight. The summer features backpacking and car-camping to both remote and easy-access areas. The fall brings more day hikes, work parties, and the annual banquet. Winter is devoted to cross-country skiing, both day trips and the occasional weekend away. A traditional Christmas party is held at the cabin. Spring is celebrated with the new bloom of flowers on day hikes and a gourmet picnic above Chase. All outings are planned at regular program meetings and everyone is invited to attend and share his/her ideas.

Joining the Kamloops Outdoor Club:

1. Print a waiver from the website, and complete it including signature and witnessing. On your first outing with the club, you give the waiver to the leader. [Click here to find the Waiver form for printing.](#)
2. It suggested that prospective members come out on two outings to see if the club is a "fit" for them, and what they are looking for. The scheduled outings are found on the [Calendar](#) or for more details on the [Current Programme](#).
3. We also require participation in a work party. These are scheduled on the [program](#), and might be at the cabin or on the trails. [Link to the Current Programme.](#)
4. After completing Steps 1 - 3, do we expect the membership dues of \$40 must be paid to become a full member. Membership fees can be mailed to the KOC mailbox (Kamloops Outdoor Club P.O. Box 526, Kamloops, BC V2C 5L2) or handed over to Lorraine Harper directly.

In addition, there is an expectation that members participate on an ongoing basis in club activities and work parties. This club is founded on the principle of fellowship in the outdoors.

Club outings are rated in the following star rating:

| | <u>CRITERIA</u> | <u>COMMENT</u> |
|------------|-------------------------|--------------------------|
| 1 star (*) | hiking time < 4-5 hours | easy terrain/slower pace |

| | | |
|---------------|---|---|
| | elevation gain < 1000 feet | shorter distance |
| 2 star (**) | hiking time < 5-6 hours elevation gain < 2000 feet | sturdy footwear recommended no scrambling |
| 3 star (***) | hiking time < 6-7 hours elevation gain < 3000 feet | boots required may involve scrambling |
| 4 star (****) | hiking time over 7 hours elevation gain over 3000 feet | boots required, may involve scrambling, aids may be needed |

On hikes leaders rate trips according to any one criteria. Backpacking will always be noted in the narrative. Always discuss trip with the leader ahead of time.

Help for Participation on Hikes or Work Parties:

Using the Current Programme or the Calendar on the website you must contact the listed leader of the outing you are interested in prior to that outing. For a local day trip, a few days ahead is usually good. The leader describes the outing (difficulty, length, etc.) and gives the information re meeting place, time, and car-pooling. We car-pool to all trail-heads, winter and summer. For trips requiring clearance or 4x4 vehicles, participation is often limited. Out of town multi-day trips are usually booked full as soon as announced and are restricted to members.

It is important to choose outings that match your level of fitness and experience, and to be prepared with appropriate footwear, clothing, and pack with water, food, etc..

On all outings where car-pooling is done, we have a KOC Carpooling policy - for details please read it and ask for clarification if needed.

On all outings, leaders determine the number of hikers/skiers that they feel comfortable leading, or are suitable for the circumstances of the outing. If you call late or are not a member, accept that you may not be able to go on a particular trip.

Guidelines for Participants:

You must phone the leader ahead of any scheduled trip. It is not sufficient to phone another hiker/skier to find out the assembly place and time.

The club plans to leave the assembly place on time. Please, be there at least 5 min. prior to the designated time.

The club does not permit pets on outings and trips.

Both hiking and skiing with the club are done as a group. It is a club policy that you remain behind the leader and in front of the tailender/sweeper. It is only with consent of the leader that any variation of this rule is permitted.

For bathroom breaks, leave your pack on the trail so that the tail ender knows you are behind a tree/rock.

Splinter groups are only permitted with prior discussion and agreement of the leader. The size of the splinter group will be decided by the leader based on terrain, weather, route finding skills, etc.

The club practices low impact hiking e.g. all garbage including toilet paper should be packet out.

**The club's constitution and by-laws are posted on our website for your perusal.
www.kamloopsoutdoorclub.ca**

**THESE GUIDELINES ARE FOR YOUR PROTECTION AND SAFETY AND TO ENSURE THAT
YOUR OUTDOOR EXPERIENCE WILL ALWAYS BE ENJOYABLE AND SAFE.**

Revised: August 2013