



Trek Safely

Boy Scouts of America



Trek Safely Training

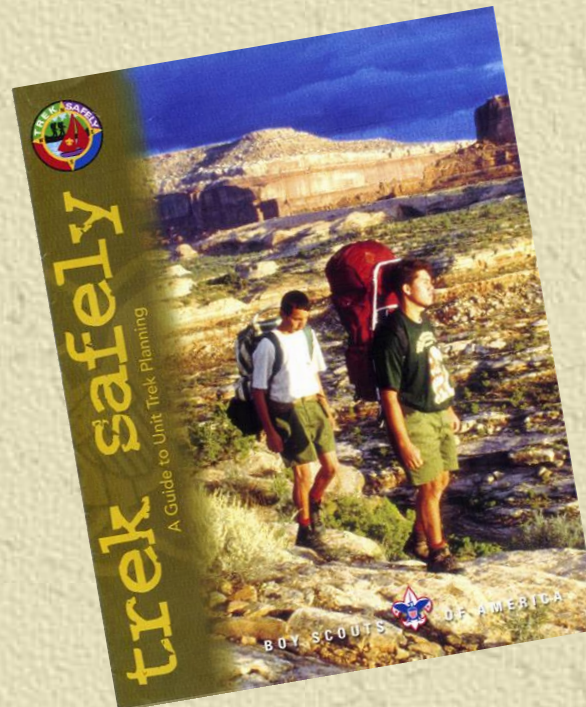
✦ This adult training course

- ◆ ... is recommended for all adults serving as leaders on a trek of any length.
- ◆ ... applies to hiking, backpacking, canoeing, horseback riding, caving, rafting, kayaking, sailing, ski touring, mountain climbing, and mountain biking.
- ◆ ... covers the requirements for a trek, but not the specific skills associated with the trek's activities (e.g., backpacking, climbing)
- ◆ ... must be renewed every 2 years.



The Problem

- ✦ Accidents resulting in injury or property damage
- ✦ Close calls that highlight the potential for serious accidents





The Response

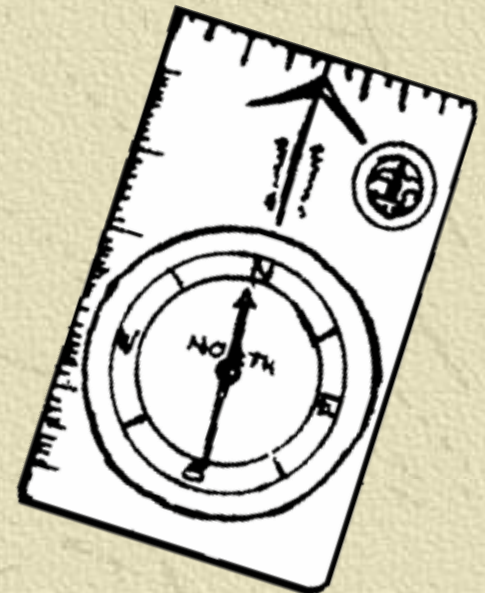
- ✦ We must ensure the safety of all trek participants.
- ✦ Trek Safely is designed to promote safety and help prevent accidents.
- ✦ Accidents occur when Trek Safely procedures are not followed.





The Policy

- ✦ To avoid most significant risks, youth and adult leaders should:
- ✦ appreciate potential hazards that may be encountered
 - ✦ take steps to reduce risks
 - ✦ adhere to the seven points of Trek Safely





Overview

- ❖ Qualified supervision
- ❖ Keep fit
- ❖ Plan ahead
- ❖ Gear up
- ❖ Communicate clearly and completely
- ❖ Monitor conditions
- ❖ Discipline





1. Qualified Supervision

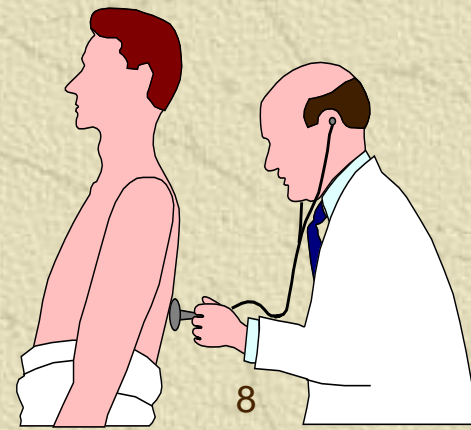
- ✦ Mature and conscientious adult
- ✦ Accepts responsibility for the safety and well-being of all members of the group
- ✦ Two registered adults minimum (both age 21 or older)
- ✦ Co-ed groups require co-ed leaders
- ✦ At least one person trained in first aid
 - ◆ First Aid/CPR for all treks
 - ◆ Wilderness First Aid for areas where response may be delayed





2. Keep Fit

- ✦ **Current medical forms are required for all overnight participants**
- ✦ **Accidents are often related to individual health conditions.**
- ✦ **Don't just collect medical forms. Review them!**
- ✦ **Adjust the trek and activities to reduce individual risk.**
- ✦ **Have a regular fitness regimen. Start slowly and increase the exercise.**





3. Plan Ahead

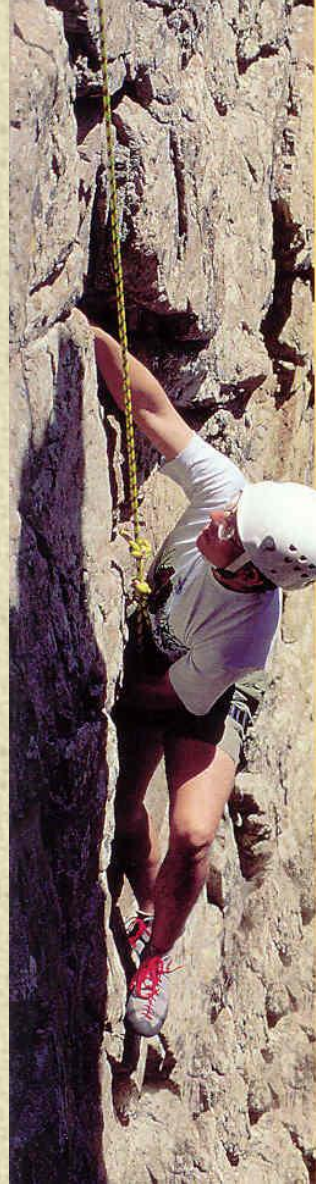
- ✦ **The trek should match the crew's**
 - ◆ **maturity level**
 - ◆ **skill level**
 - ◆ **fitness level**
- ✦ **Obtain required permits to use public or private land or waterways.**
- ✦ **Participate in Leave No Trace training.**





4. *Gear Up*

- ✦ Check for proper equipment and clothing.
- ✦ Every crew has a first aid kit and water.
- ✦ Bring and take prescribed medications.
- ✦ Train in use of any specialized equipment such as bridles, climbing gear, watercraft, and skiing gear.





5. Communicate Clearly and Completely

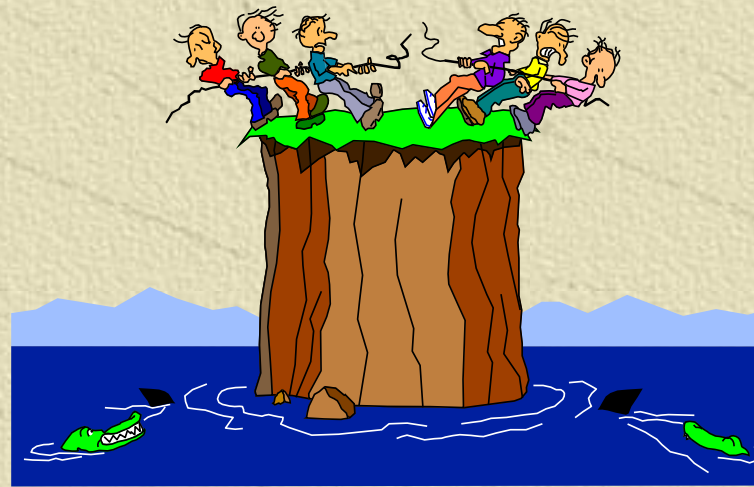
- ✦ **Know what to expect and what is expected.**
 - ◆ **Consider using a participant contract for big trips.**
- ✦ **Itinerary**
 - ◆ **Share with parents.**
 - ◆ **Communicate changes during the trek to a contact person at home.**
 - ◆ **Changes should be passed on to all concerned.**
- ✦ **Consider carrying a cell phone or radio.**





6. *Monitor Conditions*

- ✦ **Make good decisions. Know when to intervene in youth-led decisions.**
- ✦ **Check weather, terrain, morale, food and water supply, and physical condition of the crew.**
- ✦ **If adverse conditions develop, stop or turn back.**





7. Discipline

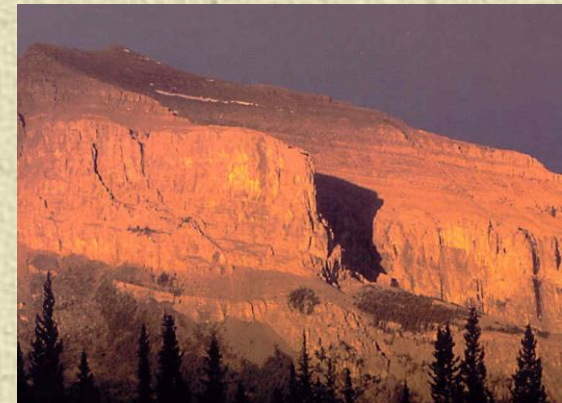
- ✦ **Participants know, understand, and respect the crew's rules and procedures.**
 - ◆ **Teach before the outing.**
 - ◆ **Review immediately prior to the activity.**
 - ◆ **Teach the reason why.**
- ✦ **Follow directions provided by instructors and guides.**
- ✦ **Be strict and fair.**





Resources

- ✦ Passport to High Adventure*
- ✦ BSA Fieldbook*
- ✦ Merit Badge pamphlets — Backpacking, Camping, Canoeing, Cycling, Hiking, Horsemanship, Climbing, Small-Boat Sailing, Swimming, Whitewater*
- ✦ Annual BSA Health and Medical Record*





Planning Exercise

- ✦ Your crew is going on a 5-day backpacking trip to the Rocky Mountains in July of next year.
- ✦ The distance to your destination is 1000 miles.
- ✦ You have adequate travel funds if you plan prudently.
- ✦ Your group is comprised of 4 young men, 3 young women, 2 men, and 1 woman.
- ✦ Develop a plan for the trek. Apply the 7 elements of Trek Safety, and include all BSA requirements.
- ✦ What positions are needed? Training? Safety gear?



How did you do?

- ✦ **Qualified supervision**
 - ◆ At least 2 registered adults over age 21
 - ◆ At least 1 adult trained in Wilderness First Aid (including CPR)
- ✦ **Fitness**
 - ◆ Medical forms, preparation hikes, individual training
- ✦ **Plan Ahead**
 - ◆ Approved travel plans, required permits, contingencies for issues that could emerge
- ✦ **Gear Up**
 - ◆ Equipment is appropriate to activities, fits properly, is checked/used in shakedown
- ✦ **Communicate Clearly and Completely**
 - ◆ Participant contract, contact information, method for relaying any changes
- ✦ **Monitor Conditions**
 - ◆ Call government agencies for current conditions
- ✦ **Discipline**
 - ◆ Clear rules and expectations



Summary

- ❖ Qualified supervision
- ❖ Keep fit
- ❖ Plan ahead
- ❖ Gear up
- ❖ Communicate clearly and completely
- ❖ Monitor conditions
- ❖ Discipline





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