



Mountaineers Adventure Club
2023-2024 Handbook

For Youth Members, Parents and
Volunteers



Code of Conduct

Mountaineers activities are “Challenge-by-choice.” Each member has the opportunity to challenge themselves in new ways, learn new skills, and try new things. Recognizing that we all have areas of comfort and discomfort, members are encouraged to challenge themselves in a way that is appropriate and safe for them. We all have different skills to offer, and we have a responsibility to provide a supportive learning environment for one another.

Maintain a safe and respectful environment. MAC members are expected to be intentionally inclusive of others, respect those talking and/or teaching, and refrain from inappropriate discussions and profanity. Be present in meetings (no texting), take responsibility for making safe decisions outdoors, and make an effort to get to know all members.

Be an active participant. Members are expected to attend as many meetings as possible, stay connected through email, and participate in MAC events as well as outings.

Volunteer your time. Members are expected to pass on their skills and experiences with others, in the Mountaineers tradition. Teaching skills helps you hone and refresh the skills you have and pays forward the instruction you received from another volunteer.

Participant Commitment

MAC is a year-round program that is not only skills-intensive, but also relies on the community formed among the members to be successful. *To get the most out of this program, participants and parents should plan ahead for MAC trips and meetings, which are typically listed on the MAC calendar months in advance.*

Advisors, officers and trip leaders put significant effort into organizing fun and safe events. To ensure the greatest opportunity for success, participants must make a commitment to the program. If that commitment is not fulfilled, a participants' continued membership with MAC may be terminated or suspended for the remainder of the year.

Meeting Attendance – MAC members are expected to attend 75% of MAC meetings (10 meetings/year). Members should not miss more than 2-3 meetings.

Communication – MAC members are expected to take responsibility for communicating with the rest of the group, the advisors, and MAC officers aka “MAC Leadership”. Whether by email, text, or website postings, MAC members are responsible for checking the website frequently, and communicating with everyone else about what their plans are through managing their registration on the site.

Trip Attendance – Trip attendance is not required. However, participants *must* sign up in advance (by the date stated on the activity page) for a trip in which they choose to participate. Last minute cancelations are generally unacceptable, though we understand things come up and people get sick. Canceling after sign-up has closed on more than 2 trips will put a participant's membership at risk.

Skills Attendance – Most skills sessions are offered once a year and can usually be made up during other times. Members who have completed skills are expected to help teach at least two skills sessions a year (encouraged to help teach one session for each skill for a personal refresher).

Leadership – 2nd, 3rd, 4th and 5th year members are expected to attend most, if not all, MAC events and help instruct at least once per month. Those interested in being in the MAC leadership cohort must be in their 2nd year.

Responsibility – Mountaineers Adventure Club relies on the same volunteers who teach our adult students to teach us the skills we need to get outside. MAC members are expected to *exceed* volunteer expectations by showing a higher level of responsibility than many adult students would. This means being packed and prepared and ready to go *before* its time to go, waking up with plenty of time to be ready early and being extra thorough in preparation. All MAC members should strive to be self-sufficient so that they can help others.

Community – Above all, Mountaineers Adventure Club is a community of young people who love the outdoors. Many members of MAC refer to it as their “second family”. With up to 36 members, each person inherently find peers they connect

with more than others, and there is plenty of down time on our trips and before/after meetings to catch up with those people. We also expect all our members to contribute to and be a part of our whole community. This means getting to know members you may not know as well, being a part of the group during campfires, meetings, etc., and offering to help others if needed.

Parent/Sponsoring Adult Commitment

MAC is a program that is run in large part by the youth participants, with the support of adult advisors and parents. Youth have opportunities to learn life-long leadership skills. When a participant takes on a leadership role (even just leading a day trip), the rest of the participants rely on that leader to coordinate the trip. We rely on parents to help ensure the youth leader is fulfilling their commitment.

MAC Handbook – Parents and students alike are expected to read and understand the MAC Handbook, and support and encourage your participant’s commitment and participation.

Communications – While we expect MAC participants to be the first point of contact for officers and advisors, we need parents to be involved and know what’s going on with the program. Parents are expected to make sure frequent communication with advisors happens on behalf of their youth participant(s). Parents are encouraged to check the website frequently and share in email communications. Parents will be CC’d on all email communications as FYI.

Chaperone/Driver – We understand that every family has different commitments and ability to help with MAC. While chaperoning and driving is not a requirement, we could not run outings without parent drivers. We encourage parents to review the schedule and sign up to help with driving and chaperoning as much as possible.

Leadership Support – Parents are expected to provide extra support when their youth participant is a trip leader. Parents should ensure that their child is fulfilling their commitment as a trip leader including trip planning, communications with the advisors and co-leader, and communications with the rest of the group.

How it all works

Calendar and Registration

The MAC calendar follows the school year calendar – September through August. New and prospective members are encouraged to attend the September Kick-off

weekend as guests. Program Registration is available only in October each year. Existing members are asked to renew their membership dues by October 15 in order to continue with the program.

Age Restrictions

Mountaineers Adventure Club is for youth ages 14-18. In order to participate, youth must turn 14 by January of the school year in which they join. Youth are welcome to stay in the program until they turn 18 or graduate High School, whichever comes later. Youth who are too young to join are encouraged to join our Jr. MAC program – a year-round program for youth ages 12-13. Youth who have graduated from High School can transition to our MAC alumni program and/or join our adult Mountaineers programs.

Fees

MAC has an annual program fee of \$2,200. Families are requested to pay the full program fee upon registration in October. If that creates financial hardship, an installment plan is available by request. Because MAC is a year-round program, Participants can *only* enroll in October and, if spaces remain, in January. If membership is dropped for failure to pay dues, participants cannot re-enroll until the next enrollment period.

Supervision and Guidance

Mountaineers Adventure Club is a community of young outdoor enthusiasts who come from many schools and towns in Western Washington. The program has a heavy focus on outdoor skills and leadership as well as building a community of outdoor adventure partners. While we closely monitor and train all technical skills to ensure the highest level of safety, we may allow youth participants some freedom during down time to relax and spend quality time with one another. We believe that freedom is earned by teenagers who have demonstrated leadership and responsibility, and that unstructured time is a key part of community-building. During down time, youth may explore the area in groups of 3-6. Some examples are: going on a walk along a trail before dinner, riding bikes into town, going to a nearby field to play Frisbee. In all of these cases, youth are required to tell the adult leaders exactly where they plan to go and when they will return, and not change that plan. Youth must return at the time specified by the adult leader(s). Youth who have responsibilities (such as cooking/cleanup) are responsible for showing up on time. Youth who do not abide by these rules may forfeit future

opportunities for unsupervised down time and will put their membership in jeopardy with repeated offenses.

Carpooling

All MAC meetings, workshops, and skills nights happen at The Mountaineers Seattle Program Center (SPC). Outdoor trips begin at the trailhead of the activity location unless a Mountaineer's vehicle is in use. In that case, the trip begins at the SPC. The use of the Mountaineer's vehicle is not guaranteed. Our members come from all over the great Seattle area. While we do not arrange transportation for youth to and from the Mountaineers Program Center (or other designated meeting place), we do encourage carpooling. When you register, we will ask you to sign up on the provided carpool link sent out in the trip email and found on the activity page. We will keep an updated list of members, towns/neighborhoods and contact information on a document viewable only by current MAC members. We encourage families to carpool to and from meetings and trips.

Trip Communication and Registration

All MAC trips will be posted online as activities within the Mountaineers Adventure Club course. Trips will be posted with an allotted number of spots for youth as well as volunteers/chaperones. Each trip will include a trip sheet, created by staff, volunteers, and/or the youth leader(s) of the trip. A trip sheet will be posted to the activity page within two weeks of the trip. Youth trip leaders will discuss upcoming trips at the meeting preceding the trip, and often in prior meetings as well. Trip information will be available on The Mountaineers website. Final trip sheets will be posted to The Mountaineers website. Families are expected to check these sources often, and youth members are expected to attend MAC meetings to stay apprised of upcoming trips.

Note: Trip sheets will list departure time and *approximate* return time. Because every trip has many variables (such as weather, traffic, etc), we list a target return time, and notify parents when we have a better estimate of our exact return time. Typically, youth contact parents when we are approximately 1 hour away from Seattle or as soon as we return to cell service. If we predict that we will be *much earlier* or *much later* than listed on the trip sheet, we will do our best to have youth call further in advance.

Trip Transportation

We rely on chaperones to drive youth to and from our trips. Our trips typically begin and end at the trailhead or campground, allowing families to arrange transportation to/from trailheads/campgrounds however they see fit. Occasionally for larger trips which require more gear prep, a meeting at The Mountaineers to start the trip may be required. If this is the case, it will be clearly stated in trip communications. In those cases, MAC students may not drive one another unless they are all 18. Otherwise, all drivers must be adult 21+ chaperones/volunteers.

Electronics

Cell phones, music and video games are typically not a part of the Mountaineers Adventure Club program. They detract from the wilderness experience and from the community. Youth are encouraged to leave all electronics out of sight (or at home) during Mountaineers programs. Youth who choose to use cell phones for pictures or music to fall asleep to may do so if it creates no disruption of the wilderness experience for others. During meetings, cell phones may only be used for calendars and other meeting-related needs. The Mountaineers is not responsible for any lost, stolen or damaged electronics.

Weapons

Weapons, which includes knives with blades longer than 3", are never permitted on any Mountaineers Adventure Club activity. Youth who are found with weapons will have the weapon confiscated by Mountaineers staff and will be dismissed from the program without refund. Youth dismissed from the program for possession of a weapon may return the following year on a probationary basis at the staff program manager's discretion.

Drugs, Alcohol and Tobacco

Illicit drugs, marijuana, alcohol, and tobacco are never permitted on any Mountaineers Adventure Club Activity. Youth who have or are under the influence of these will be sent home immediately and dismissed from the program without a refund. Youth dismissed from the program for possession of drugs, alcohol or tobacco may return the following year on a probationary basis staff program manager's discretion.

Medication

Medication prescribed by a licensed medical professional must be reported to The Mountaineers using the Mountaineers Youth Information Form. This information will be shared with volunteers/chaperones who are leading any trip that the youth is participating in. If the doctor does *not* authorize the youth to self-administer, the medication will be kept with adult chaperones, who will administer the medication according to the doctor's orders. All controlled medication and medication requiring hypodermic needle administration (apart from EpiPens) must be stored with Mountaineers staff or designated volunteer leaders. All medication must be current and kept in its original bottle.

Over-the-counter medication such as ibuprofen, allergy medication, antacids or topical antibiotics may be kept by youth participants in their personal first aid kits. These medications should be listed on the Mountaineers Youth Information Form and kept in a clearly marked container with expiration date.

Mountaineers staff and volunteers may carry over-the-counter medication such as ibuprofen, allergy medication, antihistamine, antacids or topical antibiotics. Staff and volunteer leaders may provide these medications to youth as needed unless otherwise indicated on the Youth Information Form. All medication administration will be recorded and parents/guardians will be notified.

Medical Clearance

Mountaineers Adventure Club members spend a lot of time in remote areas and on technical terrain, where group safety is paramount. In some instances, Mountaineers Staff may require medical clearance and/or instructions from a licensed medical professional in order for a youth to participate in the program. Examples include but are not limited to: injuries, surgery, eating disorders, psychological & nervous disorders, developmental disorders, heart conditions, diabetes. Mountaineers staff will disclose this information only to the people who need to have it in order to maintain a safe environment. In some cases, Mountaineers Staff may, at their discretion, forbid participation on a trip if they feel the circumstances of the trip make it too difficult to safely manage the participant's medical needs or limitations.

The youth participants "Youth Information Form" should list their insurance information, which is the most important item to be provided to medical personnel in the event of an emergency.

Sample Yearly Calendar (*sample only*)

Below is an example of the types of activities we do during a year. Because this program is youth-led, our calendar changes annually based on participant interests. All youth are encouraged to lead a trip to a destination of their choosing. The sky is the limit!

September – Fall Kick-off weekend at Leavenworth; TR and lead belay workshops

October – Overnight climbing trip to Vantage or Exit 38

November – Conditioning hikes

December – XC or backcountry ski trips – holiday party

January – XC Ski Weekend, skills workshops, evening glacier skills

February – Wilderness First Aid course, Snow Cave overnight, Backcountry Ski Trip; intermediate climbing skills workshops, evening glacier skills

March – Overnight climbing trips, hikes; more intermediate climbing skills

April – Snow 1 field trips, climbing day trips, hikes, crevasse rescue skills

May – Overnight backpacking trip; snow field trips, climbing trips

June – Early season alpine climbs and scrambles, Snow 2 trip, multi-pitch trip in Leavenworth; multi-pitch skills workshops, trad climbing workshops

July – 5-day backpack trip, 10-day car camping trip, Alpine Scrambles & Climbs

August – Alpine climbs, single-day cragging trips and hiking trips; end-of-year picnic

MASTER PACKING LIST

11 Essentials

- Food (plus extra just in case)
- Water (plus extra just in case)
- Extra clothes (rain jacket, insulation)
- Shelter (emergency blanket)
- First Aid Kit
- Sunscreen, SPF lip balm & Sunglasses
- Map & Compass
- Repair kit (multi-tool, duct tape)
- Firestarter
- Headlamp/flashlight x2 (or one plus extra batteries)
- Whistle

Day Trips

- Lunch, snacks
- Water bottles
- Day Pack
- Hiking boots
- Toilet paper/WAG bag

Camping

- Breakfast/dinner food
- Stove & fuel
- Kitchen gear
- Mess kit (bowl, spork)
- Sleeping bag
- Sleeping pad

- Tent (with rain fly, ground cloth, stakes)
- Tarps
- Camp Shoes
- Toiletries

Winter

- Skis, poles, ski boots
- Snowshoes

Clothes

- Underwear
- Long underwear (top & bottom)
- Zipoffs/athletic pants
- T-shirts (non-cotton)
- RAIN GEAR- always
- Fleece/softshell pants
- Fleece/softshell/down heavy coat
- Liner socks
- Wool or fleece outer socks
- Warm hat
- Gloves
- Neck Gaiter/scarf
- Sun Hat
- Gaiters
- Bandanna/handkerchief

Backpacking

- Water filter/iodine tablets
- Bearproof food containers or rope & bags for food hangs
- Overnight backpack

- Pack rain cover
- Trekking poles

Rock Climbing

- Helmet
- Harness
- Rock Shoes
- Belay Device
- Carabiners (locking)
- Personal Anchor
- Webbing/runners
- Belay gloves
- Large Day Pack (that can hold your stuff plus a rope)

Glacier/Snow

- Ice Axe
- Crampons
- Mountaineering boots/waterproof boots
- Harness
- Helmet
- Prusiks
- Hero Loop

- Rescue Pulley
- Runners (unsewn)
- Chest Harness
- Blue bag/WAG bag

Miscellaneous

- Camera
- Book
- Deck of cards/board games
- Swimsuit
- Bug repellent
- Watch
- Cell Phone
- Hand Warmers
- Money for food
- Clean Clothes for the car ride

Technical climbing gear is available to borrow from The Mountaineers directly through MAC, most other gear is available through the [Gear Library](#)

Trip Leadership in 10 Steps

Step 1: Choose an activity

Hiking, climbing, car camping, kayaking, skiing, snowshoeing, backpacking, mountain biking, paddle-boarding, rafting, etc

Step 2: Choose a date

Should be at least one month from now. As a trip leader, you should choose a date that works for you and your family and does not conflict with already scheduled events (see calendar links below). It's a good idea to pick two dates that work so you have a back-up if no chaperones are available or if the place you want to go to is booked on one of the dates.

Calendars: [MAC](#) | [Jr MAC/Explorers](#) | [Pathfinders/Nomads](#)

Step 3: Choose a location

If location is most important to you, you could choose the location first, then choose the date that works for that location.

Ensure that there are no conflicting activities scheduled at that [route/place](#), by viewing the "activities" list for that route/place.

Step 4: Determine the trip size

Determine the maximum number of youth participants and chaperones. This might be dictated by land managers (USFS party size is 12), or by the number a volunteer leader has given you (climb leaders dictate their maximum number on a climb), or by campsite capacity, as examples. For day trips, we need a 1:4 adult: youth ratio so we can ensure enough drivers. Overall, we need 1:6. So, for example, a hike on USFS land would have a maximum of 9 youth and 3 chaperones.

Step 5: Who will be the qualified leader?

Are you going to be the qualified leader, or do you need someone else to be the qualified leader? If you plan to be the leader and don't have the proper badge, figure out your plan to acquire the badge. See our [Badge Resources folder](#) for information on pursuing leadership certifications.

Step 6: Create a preliminary trip sheet and/or group organizing sheet (for larger trips)*

Create a preliminary trip sheet by using the [template](#) provided. This should include:

- Trip goal
- Parking passes needed
- Tentative itinerary
- [Group Carpool Page link](#) (make a new carpool page and send THAT link)
- Driving directions, written out and a link to google maps
- Trip cost
- Any additional notes/details
- [See examples in the trip sheet archive](#)

Group organizing sheet can be used on larger trips to keep individuals organized in areas like:

- Camping/campsites/where people are staying
- Group meal preparation, meal clean-up, other campsite duties
- Group gear inventory, group gear carrying assignments
- Individual gear checkout inventory
- [Example](#) (MAC Kickoff 2021), [Example](#) (Exp/JM Kickoff 2021)

Send a link to the program manager or youth field coordinator with to your trip sheet and ensure it is stored in the proper folder within the youth clubs Google Drive.

- [MAC](#)
- [Explorers/Junior MAC](#)
- [Pathfinders/Nomads](#)

Step 7: Post the Trip on the Website!

See our [Trip Posting, Communication, and Other “Need-to-Knows”](#) document for an in-depth guide on posting your trip and communicating with participants according to the youth club protocols.

Step 8: Create Emergency Action Plan (EAP), Emergency Documents

- During the week prior to the trip, create an EAP using the [template](#) provided; email this to the Program Manager or Youth Field Coordinator as appropriate, as well.
- Be sure to print and/or save to your device the “**Youth Flag Report**” of your trip. See instructions below:
 - [Step 1](#)
 - [Step 2](#)
 - [Step 3](#) (Save and/or print the Youth Flag Report as a PDF and/or paper copy in the LANDSCAPE format)

Step 9: Any other prep needed?

- Do you need a pre-trip meeting with everyone?
- Any specific skills people need to learn and/or demonstrate proficiency in?
- Gear check out logistics? Program Manager/Youth Field Coordinator will support upon request.
- Let the Program Manager or Youth Field Coordinator know if you’d like to be added to the meeting agenda
- Need to email the participants any additional information?

Step 10: After the trip

- Email Participants
 - Reimbursement Form: Available for mileage and group meal expenses. [Forms located on course pages in “program materials” section](#). Send the form to accounting@mountaineers.org with alvaroj@mountaineers.org on CC for approval. Include receipt images and/or [Google Maps PDF](#) showing your route/mileage.
 - Photo Upload Link: Request link from Program Manager or Youth Field Coordinator.
- Share debrief info with Program Manager or Youth Field Coordinator
- Close the Roster (from the Activity Page)
 - Step 1: [Open “Manage Roster”](#). Ensure participant list is accurate, [remove/add people as necessary](#).
 - Step 2: [Assign volunteer hours](#) to leaders, co-leads, assistant leaders, instructors as appropriate.
 - Step 3: [Mark trip as “successful”, save changes](#)
 - Step 4: [Close activity](#)

Resources for Trip Planning

MAC Leadership Team – The MAC Leadership Team is here to help. They have experience with leading MAC trips and can help you work through roadblocks. They have experience working with parents, volunteers, and scheduling the trips, and can help you along the way.

Advisors – that’s what we’re here for. If you need help choosing a location, finding volunteer chaperones, or figuring out a good schedule, check in with one of the advisors for help.

Useful Websites:

[Mountaineers.org/activities/routes](https://www.mountaineers.org/activities/routes) – map view to see where Mounties have gone climbing before

www.wta.org – to find trails you’d like to explore

www.recreation.gov – to find and reserve campgrounds.

<https://www.fs.usda.gov/main/r6/recreation> Interactive map to find campgrounds in Forest Service Land that do not take reservations (includes campgrounds like Klipchuck and Lone Pine in the North Cascades) These are first-come first served campgrounds but are often a great choice.

www.maps.google.com – to calculate round trip distance

The Mountaineers Book Store – there are lots of books you can browse through to find what you’re looking for. Go to www.mountaineers.org to find something that might be useful. Your advisors can help you access the book you need.

Trip Sheet Guide

Trip name

Trip Leader

Purpose: What are you going to do/learn on this trip? Is it a prerequisite for other trips? Include a “sales pitch” here. Convince people who’ve never done this activity to come.

Chaperones/drivers: Which advisors are coming on this trip? Are other adults welcome?

MAC members: Who is this trip open to? Are there prerequisites? Is there a limit on how many can come?

Tentative schedule: Include the date of the trip

- When and where are you meeting in the morning?
- Plan on some time to gather gear and divide it into carloads, so don’t plan on leaving right when people show up
- Estimate the driving time—when will we get to the trailhead?
- Estimate a time for leaving that gives us enough time to drive home (stopping for dinner?) and still get home by a decent hour

Driving directions: for the chaperones. Google maps works okay, but try to look up the destination in guidebooks if it’s something past the main roads (Google maps doesn’t do very well on Forest Service roads and the like). Is there a parking fee or pass required?

Trip cost: most trips are included in monthly dues. Not included are extra accommodations (hostels, hotels), guide services (like raft guides) or equipment rentals. Those you would need to list the price for, and it would make for an additional fee for the trip.

Gear to bring: You don’t have to list every specific thing on here, go with general categories. Also make a note if The Mountaineers can supply gear (like harnesses and helmets) if people don’t have them. Remember group gear—make sure you know how many tents/stoves/etc you’ll need and who can bring them. Use the master packing list on the website to help you think of everything. Think about:

- Clothes—warm clothes? Rain gear?
- Shoes—hiking boots? Rock shoes?
- Technical equipment—rock climbing gear? Other gear?
- Food—which meals are bring-your-own and which are group meals?
- Money for dinner if you’re stopping on the way back, and how much (estimate)

Notes: Anything else special about the trip? This might include chaperone fees. Normally, chaperones don’t pay for outings. However, if there are certain per-person expenses (i.e. raft guide services or overnight accommodations like cabins, extra food costs)

Expectations for Alpine Climbs

For many MAC members, Alpine Climbs are a significant goal while in the program. Whether training towards a summit of Mt. Rainier or simply climbing for the enjoyment of getting to incredible places, alpine climbs can be a fun and rewarding experience. Mountaineering is also serious business, and it is extremely important that all climbers are prepared physically, mentally, emotionally and technically. MAC members who participate in alpine climbs are expected to take responsibility for themselves and for the other members of their team.

Every alpine climb is different. Some are more strenuous than others, some have a higher level of technical difficulty than others, some have more exposure and may feel scarier than others, some have more rock, some have more snow. When a climb leader volunteers to lead a climb, MAC staff have a discussion with that volunteer to understand all aspects of the climb, including the speed with which the climb leader hopes to climb. MAC staff then consider the skills, strength, stamina and interests of each member and extend invitations to members to join the climb. Our goal is to assemble the best team possible that will have the greatest likelihood of success *and* to provide opportunities for each member that are appropriate for their skill level and interests.

It is *very important* that MAC members attend as many skills sessions during the year as possible. Each climb requires a different combination of skills, and MAC staff will not allow students to participate in a climb for which they are not prepared for. Prerequisites for climbs are listed on activity pages. Attendance at every single workshop still **does not** guarantee placement on these climbs and it is ultimately up to the staff & volunteer leader's discretion.

Be Prepared

All climbers **must have** the proper gear. Check with the leader if you are not sure whether you need a certain type of gear. Almost all gear can be borrowed with notice. You will most likely need gear from multiple categories below:

- 10 Essentials plus two (every climber must have these – no exceptions)
 - Headlamp and spare headlamp (or at least spare batteries).
 - Map of the climb, route description, compass.
 - Water (who is bringing a water filter? Do you need one?)
 - Food

- Fire Starter
- First Aid Kit with a copy of your health form inside
- Repair Kit (multi-tool, duct tape, cord...)
- Emergency blanket
- Extra clothing
- Sunglasses & Sunscreen
- Whistle
- WAG bag
- Overnight gear (check the weather, see master packing list)
- Snow Travel Gear (check with climb leader about each of these)
 - Ice Ax
 - Crampons
 - Snowshoes
 - Helmet
 - Harness
 - Waterproof layers
 - Gloves
 - Snow Stakes if snow camping
- Multipitch Rock Gear (check with climb leader about each of these)
 - Harness
 - Helmet
 - Belay Device
 - 4 Extra Locking Carabiners
 - Personal Anchor
 - Chock Pick/Nut Tool
 - Rock Shoes
 - Tape Gloves
 - Belay gloves
 - Short and long runners
 - Hero Loop
- Glacier Gear (check with climb leader about each of these)
 - Harness
 - Helmet
 - Ice Ax
 - Crampons
 - 6 locking carabiners
 - Short and long runners

- Rescue pulley
- Texas Prusiks & Hero Loop

On the Climb

Whether camping at the trailhead the night before, camping on the mountain, or meeting early in the morning, all MAC members are expected to exceed climb leaders' expectations. Climbs are hard, and don't always go as planned, and that's okay. The best thing we can do to ensure a climb's success is to be as prepared as possible, ready to help others, so the climb has the greatest chance of success. This means:

- Be early, always.
 - Be ready to go before its time to go
 - On glacier climbs, be the first team to be roped up and ready to go
 - Pack as much as you can the night before so you aren't fumbling in the dark in the morning
- Pack your gear thoughtfully
 - Think about what you'll use and when.
 - Use stuff sacks to organize
 - Avoid the "exploded backpack" as much as possible
- Think ahead, take care of yourself
 - Stay hydrated and fed
 - Tape your heels, put wraps and braces on carefully and correctly
 - Keep your stuff dry
 - Keep your food critter-proof
- Speak up when you need something
 - Don't wait until you have blisters. If you have a hot spot, stop to fix it.
 - If you need a water break, speak up.
 - Don't ride things out until they are unbearable – you won't recover.

Stay on top of your needs.
- Speak up when something doesn't seem right
 - If someone's slowing down, stop and suggest that they snack
 - If someone's looking red – ask them to put on sunscreen
 - If you see lightning, say something
 - If something feels unsafe, *ask the climb leader why you are doing what you are doing.*

After the Climb

We want to hear how it went, and first and foremost we want to know that it went safely! Please text the MAC staff as soon as you have service, so we know all is well. At the next meeting, we'll ask you to share what it was like, what went well, and what you learned. Every alpine climb is full of lessons, and we want the group to benefit from what you've learned.

Upload pictures to The Mountaineers SmugMug account via the link you will receive!

Please send a special thank-you to the climb leader. Leading an alpine climb is a serious undertaking. Leading *someone else's kids* on an alpine climb is a huge responsibility that not all climb leaders are willing to take on. We are extremely lucky to have such wonderful climb leaders and instructors who are willing to take young Mountaineers into the mountains, and we need to be sure they know how grateful we are.

Skills Continuum

Throughout the year we do a wide variety of activities as a group. Some require previous experience or a specific set of skills, while others have no pre-requisites. Details about prerequisites can be found in the "Leader's Notes" section of each activity page.

Additionally, as an overview, on the MAC course page under "program materials" is a list of activities, and the skills required to participate. Some notes about the [continuum](#):

Each activity has an "R" indicating which skills are Required for participation and a "p" indicating which skills we *prefer* participants to have. "Leader Permission" means that MAC members must have the permission of the Advisors before participating in an activity. Often, members will be asked to do a Level 1 or Level 2 activity before doing a higher level activity to demonstrate that they are ready to participate safely in higher level activities.

Advanced technical activities are color-coded by "level". These levels are somewhat subjective, but you can assume that higher level activities will require more experience than lower level activities. It's not a scale of how difficult, strenuous, scary or fun an activity is. Instead, the levels are an indication of how

much *experience* you will probably need in order to get the Advisors' permission to participate. For example, Leading on Pro, a Level 5 activity, requires a tremendous amount of rock experience, rock technique, technical knowledge, maturity and decision-making skills. It can also be quite scary even for experienced leaders. Therefore, the Advisors will want to be sure you have sufficient experience to Lead safely on Pro. Mt. Rainier, on the other hand, is also a Level 5 activity, but very different in nature to Leading on Pro. Mt. Rainier requires a very high level of fitness, competency in snow travel, a high level of self-sufficiency, ability to work in a team, and experience in extreme weather conditions. Mt. Rainier can be incredibly dangerous for people who aren't prepared or make bad decisions in the mountains. Therefore, the Advisors will want to be sure you've demonstrated the skills and personal abilities needed to climb Mt. Rainier. Although Mt. Rainier and Leading on Pro are both Level 5 activities, someone who is ready to Lead on Pro is not necessarily ready to climb Mt. Rainier, and vice versa, because they are very different skill sets.

MAC Members are encouraged to use the continuum to help them set achievable goals. It can also help your officers focus field trips and training sessions toward the skills members need most.

The skills continuum can be found in the "program materials" section of the MAC course page on the Mountaineers website.

Volunteers

The Mountaineers Adventure Club relies on volunteers to provide our youth participants with the best possible mentorship to help them develop technical skills, leadership skills and competence in the outdoors. All volunteers play a vital role in the success of our program. THANK YOU for volunteering!

Food

On all trips, please bring your own lunch. During overnight trips, we will feed you breakfast and dinner.

Camping

We welcome volunteers to join us at our campsite! You are welcome to hang out with the students, spend time with the other adult volunteers, or hang out by yourself.

Dogs

There are some MAC trips where volunteers' dogs are okay to come and others where dogs are not appropriate for a variety of reasons. If you wish/need to bring your dog, please check with the MAC staff first.

Things to Know

We have a strict “no drugs, marijuana, alcohol, or tobacco” policy that we ask all volunteers to adhere to while you’re volunteering. This includes at the campsite.

Please use appropriate language and keep comments and stories “PG”, even if you are only talking to other adult volunteers. We are committed to a diverse and inclusive program. This means that we welcome participants and volunteers of all backgrounds, religious beliefs, ethnicities, vocations, family models and lifestyles. We ask that volunteers, including parents, acknowledge this diversity and refrain from conversations that may be perceived as offensive or judgmental to others.

Qualified Youth Leader

All MAC volunteers must be Qualified Youth Leaders. To do this, visit [The Mountaineers QYL info page.](#) All youth volunteers need to be familiar with the entire Youth Manual. MAC volunteers should be especially familiar with the policies

and procedures in this handbook.

A note about the use of photos

We encourage you to take photos on your programs, and share those photos with the program participants and Mountaineers Staff. The Mountaineers maintains an internal database of photos, [SmugMug](#), that can be used to upload photos so that others may view and download them if trip participants send them a link.

By default, The Mountaineers maintains the right to use images taken on our trips, including of MAC students, in Mountaineers website postings, magazine publications, or other promotional materials. Families may opt-out of these uses by written request sent to the MAC program manager.

Forms and Paperwork

Every MAC Youth must have on file our standard Youth Information Form, as well as any pertinent medication authorization forms. Other forms we require for MAC members include:

- Youth Information Form – parents give basic medical history of their child, including red flags and allergies, and sign a statement granting health care providers permission to treat the child in an emergency even if we cannot reach the parents. **It is important that this form is quickly accessible to hand to a medical professional should an accident or injury occur.**
- Youth Programs Form
- Drop-off & Pick-up Form – parents can opt to allow their child to leave with any adult (or transport themselves – walk home, take the bus, etc), or they can designate specific people who are authorized to pick up their child at the end of a program. If the parent requests that we monitor who the participant leaves with, Mountaineers staff and volunteers must ensure (and may check ID) that we release MAC participants only to those people designated on the child’s drop-off & pick-up form.
- Drivers for Trips form – On this form, parents acknowledge that we facilitate carpools to trailheads or other program locations. Parents can choose to allow their child to ride with any volunteer or staff member, or they can choose to list drivers their child may not ride with, or they may choose to list an exclusive list of drivers that their child can ride with.

Mountaineers staff and volunteers must ensure that we abide by these requests.

- Special Circumstances – parents list any confidential circumstances or needs their child has. Parents also specifically designate who this information may be disclosed to, and it is critical that our staff and volunteers honor those requests.
- Disaster Preparedness Form – parents list an out of state contact and any medical circumstances we may need to know in the event that we must care for their child for an extended period of time due to a natural disaster such as an earthquake.

*All youth forms can be found on the profile page of the youth member. Youth forms expire after a certain amount of time. They can be updated at any time.

Our website is designed to provide critical information to trip leaders for youth on the roster. Trip leaders must ensure they have printed the Youth Flag Report and that youth have copies of their Youth Information form / other health forms with them. Staff can help volunteers locate these forms if needed.

Health History & Medications

All participants must have on file a medical history current within two years. **We encourage all MAC youth to carry a copy of their health forms (which Mountaineers staff can print and provide upon request) in a zip lock bag inside of their personal first aid kits.**

Program leaders must have a “permission to treat” form for each participant, signed by the participant’s parent/guardian, with them or accessible on site.

Youth prescription medications must be discussed with the program leaders and accompanied with Doctor’s orders. It is imperative that program leaders know what medications are present, what the appropriate dosage is, and the effects of not taking the medication, the effects of overdose and the potential side effects of the medication. If the participant self-administers the medication, we must have written permission from the parent.

Controlled medications (federally listed controlled substances which includes any potentially addictive substance such as codeine, oxycodone, Adderol, Ritalin, Xanax, Ativan and others) and the accompanying Mountaineers Medication Administration

form must be kept with Mountaineers adult staff or volunteers in secure storage and administration must be supervised by Mountaineers staff or volunteers. With written parent permission, youth may administer this medication themselves.

Hypodermic needles that are required for medical administration and the accompanying Mountaineers Medication Administration form must be kept with Mountaineers adult staff or volunteers in secure storage and administration must be supervised by Mountaineers staff or volunteers. Exception: EpiPen auto-injectors may be carried with the youth to whom it is prescribed.

Diabetes monitoring plans must be discussed in detail and presented in writing to Mountaineers staff and volunteers, signed by the participant's parents, even if the youth self-monitors. Plan must include daily routine, possible complications, signs and symptoms and appropriate response.

Special Circumstances

Many youths have life situations that may impact their participation in Mountaineers programming. These situations may be medical, physical, dietary, religious, emotional, family-related, school-related or trauma-related. In order to best serve each youth, we request that parents/guardians share this information with us on a "Special Circumstances" form.

Special Circumstances forms will not be shared with anyone other than the program leader(s) without specific consent from the parent/guardian.

We will make every effort to accommodate any needs associated with a youth participant's special circumstances. If a program is such that special accommodations are not practical, Mountaineers Staff and/or Volunteer Leaders must communicate this to the family in advance of the program, so that they can decide whether to participate or not.

Privacy, Confidentiality and Disclosure

In each program, Youth Leaders must exercise careful judgment about the disclosure of health and special circumstance information.

Youth health and special circumstance information should not be shared with anyone—other leaders, other participants, youth or adults, without prior consent from the family.

In many cases, disclosure is not necessary for the safety of the program. If disclosure is necessary for safety reasons, youth and parents must be notified in advance, and caution must be exercised to ensure that only those *needing* the information are given the information.

Young Adults in Youth Programs

Young Adults in Youth Programs in The Mountaineers refers to programs that are designed primarily for youth, but in which 18–19-year-old youth who are legally adults enroll. An example includes youth between the ages of 18-19 enrolling in Mountaineers Adventure Club who are currently still in high school, or participants in a youth program who turn 18 during the program.

While the law tells us that individuals 18+ are adults, these youth are still technically teenagers, and may not view themselves as adults in the program. Young Adults in our programs might not realize that their role in the program has changed. It's important that we lay clear expectations for any participants who are over the age of 18 and maintain these expectations for all of our Adult participants, volunteers, and staff.

Young Adults should never be alone with one youth out of sight of anyone else. This includes sleeping, changing and using the bathroom. This practice prevents uncomfortable or dangerous situations and protects adults from false accusations.

Programs that have procedures and structures in place to maintain a safe atmosphere for youth will make it easy for young adult participants to protect themselves as well.

In the interest of maintaining an inclusive environment, it is important that we clearly inform our Young Adults about their new responsibilities as adults, that they understand how to protect themselves, AND that our programs are set up in a way that allows them to participate fully without having to set up special accommodations.

Young Adults are encouraged to share sleeping accommodations with other young adults or older teenagers.

Dealing with the Public

Most Mountaineers programs happen on public land, which means we are often

sharing the land with other recreationists. These other recreationists are often people we don't know. They have not been background checked, and we have no knowledge of their outdoor skills or whether they are able to act safely and responsibly in the presence of other groups. In many cases, the presence of others is a non-issue. However, plenty of us have stories of difficult or dangerous situations that arose due to another party's behavior. Here are some ways to deal with this:

First and foremost, it is important that we are prepared to be safe, responsible and respectful outdoor citizens. This means:

Ensure all participants (including youth and adults) agree upon and understand the plan for safe travel.

If horseplay is a part of your program (eg. Water fights while rafting) be sure it is done in a designated time and space so that it does not create a prolonged atmosphere of chaos, and so that it does not disturb other visitors.

Role model, teach and expect that all participants treat other visitors with respect by stepping to the side of the trail to let them pass, keeping voices at a reasonable volume, and respecting quiet hours at public campgrounds.

When sharing recreation facilities such as crags or small public picnic areas, Mountaineers Leaders should approach other parties (groups or individuals) to find out what their plan is and establish how they can both share the facilities. Mountaineers leaders should make specific efforts not to monopolize an area.

In public places, establish your group's area and stay together as much as possible. Most unwelcome encounters can be avoided by the way you physically position your group.

If someone not connected to your group begins talking with a youth, leaders must call that youth over to the group. This removes the youth from the situation. If removing the youth doesn't work and the stranger is persistent, one adult must remove the group and engage them in an activity while another adult talks with the stranger.

Overnight Programs

Overnight Programs are opportunities to provide deeper meaningful wilderness experiences for youth. They can provide greater learning opportunities, friendships through common experiences, and memories that last forever. However, overnight programs also require an additional layer of risk management. Supervision is trickier when everyone is asleep, and personal activities surrounding bedtime, such as changing and personal hygiene, need to be supervised safely and respectfully.

During an overnight program:

Youth should not share sleeping quarters with adults unless:

The adults are the legal parents/guardians or siblings of that youth.

The sleeping quarters have individual beds, such as in a cabin or yurt.

Sleeping quarters (especially a tent situation) should be designed and programmed for appropriate supervision. Youth should always be in tent groups of 3 or more, which creates group accountability and “crowd supervision”. In some cases, it may be appropriate for youth to sleep in solo tents. Tent groups of two should be avoided or treated as a last resort option because it creates an environment that enables bullying, abuse or otherwise inappropriate behavior. Adult tents (and other sleeping quarters) should be positioned in a way that adults can be accessed by youth in the middle of the night, and so that they can provide adequate supervision.

Specific nighttime bathroom procedures must be communicated before dark on the first night. Suggestions include:

Ensuring everyone knows how to get to the bathroom and knows not to leave their sleeping quarters without a light source and/or whistle.

Leaving a personal backpack in a designated area to identify that the bathroom is in use and by whom.

Identifying areas of hazardous terrain to be avoided at night (eg. Stream

crossings).

Encouraging youth to wake an adult (and which adult to wake) should they need anything.

Ensuring all youth have working light sources and whistles should they get lost on their way back from the bathroom.

On the Trail

When hiking or traveling on a trail, it can be difficult to supervise a group of youth who travel at different paces. Some tips for success:

Be sure to review/teach trail etiquette and safety before heading out on the trail. This includes Leave No Trace principles, scheduled water breaks, and specific hazards of the trail.

Designate a “lead” and a “sweep”. These can be youth or adults. Let youth know that they must stay behind the “lead” at all times, and if they get in front of the “lead”, they will be asked to go back and walk with the “sweep”.

At the Crag

Crags pose some unique safety hazards that leaders must acknowledge and address:

Potential for natural rock fall.

Potential for human-initiated rock fall.

Narrow crag bases.

Every adult who is belaying a participant is one less adult to problem-solve when a difficult situation arises.

These safety hazards can be minimized through smart programming:

Ensure that there is one helmet per person at the crag *before you arrive* to avoid the need to “share” helmets.

Designate a “helmet zone” and require that all participants and leaders always wear helmets in this area.

Teach rock safety *before* arriving at the crag. This includes what to do when someone yells “rock”, etiquette when walking around belayers, where packs will be placed, and any potential hazards of the site (snakes, cliffs etc).

Ensure that one adult is always a “rover”, not on belay.

Alpine and Multipitch Climbs

Alpine and Multipitch Climbs add a layer of complexity to supervision with rope teams. Oftentimes communication between youth and adults is difficult, and at other times one youth and one adult are hanging out at a belay station together. It’s important to remember the reasons behind our procedures so that we can make the best decisions in each situation. In this situation, we’re trying to provide safe and adequate supervision. We want to always be able to see or hear the youth we are responsible for, and we avoid putting youth and adults in compromising positions that could be unsafe for youth or detrimental to adults. Here’s how we can do that in this situation:

Ensure you are bringing youth on climbs that are appropriate for their abilities.

When youth have the skills and fitness to participate safely, they will be less reliant on constant adult support. It is very difficult to do most of these types of climbs while providing constant adult support. Don’t take youth if they are not ready.

Carry walkie talkies and always keep them on. Train all participants in using them effectively, and practice using them before climbing.

Switch up rope teams as many times as possible. Obviously, you cannot switch rope teams in the middle of a multipitch climb. However, it is often possible to have different descent teams (whether a walk-off or rappel-off). These teams should be predetermined at the trailhead by the Climb Leader. e.g., At the Blue Lake Trailhead, the leader determines hiking buddies for the approach, rope teams for SEWS, and descent pairs for the rappels. The added benefit is that every student has the opportunity to work with different instructors. By switching up rope/hiking teams, the Climb Leader makes it impossible for any adult to single-out any youth. It also helps to protect adults from false accusations.

Alpine climbs do not always lend themselves to privacy for bathroom use.

Addressing this at the beginning of the climb so that everyone is aware can help avoid misinterpretations of actions while on the climb. For example, Leaders might tell the group that leaving a rope team while on a glacier is not a safe option, so those who need to use the bathroom will need to be okay with others simply turning their heads. It is also a good idea for the leader to remind participants (especially youth participants) to use the bathroom before roping up to avoid such a situation.

VOLUNTEER ROLES

Chaperones

On all of our trips, parents and sponsoring adults act as chaperones. Chaperoning a trip is fun and does not necessarily require technical skill, though it can be an opportunity to learn and play alongside the kids. Chaperones have several responsibilities:

Drive

Most of our trips happen outside of Seattle, and we rely on chaperones to drive youth and/or gear. Chaperones will be reimbursed at a rate of \$.24/mile. Note: when driving youth, whether to/from the Program Center or to/from a campground, it is very important that all youth are accounted for before *any* drivers leave.

Transportation Policies

All adults driving youth as part of a Mountaineers program must be at least 21 years old, carry a valid US Drivers License, carry a minimum of \$300,000 in auto insurance, and have a driving history free of major violations. The Mountaineers will keep copies of driver licenses, insurance policies and driving record on file.

Note: To purchase a driving record, visit <https://secure.dol.wa.gov/home/> . The process takes less than 5 minutes to complete. On the last screen, be sure to download a PDF of your record, as well as the receipt. Send both those files in an email to <mailto:alvaroj@mountaineers.org> along with a completed reimbursement request form (available on course page / program materials).

When requesting the driving record, choose the “employment” option.

When transporting youth, all laws must be followed without exception. This includes speed limits, seatbelt laws and not using cell phones unless pulled over in a safe location

Vehicles transporting youth must have current registration

Vehicles transporting youth must have one working seatbelt per passenger

When driving more than 4 hours, *one* of the following conditions must be met:

Driver must not have participated in more than 6 hours of activity prior to driving.

At least two drivers over the age of 21 must be in the car, and switch driving at minimum every 90 minutes.

If neither of the above conditions can be met, the driver **MUST** stop driving to rest for a minimum of 20 minutes at least every 120 minutes.

Attendance check

Chaperones will receive a list of trip participants ahead of time and will share in the responsibility for knowing where all participants are at all times.

Supervise prep work

As participants arrive, help ensure they have the gear they need, listed on the trip sheet. Help to facilitate the packing of cars and group gear. On multiday trips, there is prep work to be done for meals and for each day. We need chaperones to help facilitate this and keep students on task.

Supervise clean-up

When we return to the program center after a trip, there may be personal gear to be sorted out and group gear to be put away. During multiday trips, there is clean-up to be done after each meal as well as at the end of each day. We need chaperones' help with both things.

Other

Chaperones are usually welcome to participate in whatever activity is happening –

whether it's a skills session or an outdoor adventure. This is not a requirement unless the chaperone is also a leader.

In some cases (such as a backpacking trip), chaperones may double as leaders.

Instructors

Skills instructors must meet the minimum requirements for instructing at that level within The Mountaineers. For example, Basic Alpine Climbing skills are taught by instructors who have finished the Basic Alpine Climbing Course. All skills instruction is overseen and vetted by a lead instructor who meets the minimum standards within The Mountaineers.

Instructors

Instructors will receive an email detailing the subject to be covered and the plan for the day. Instructors will also receive a brief profile on the group they'll be teaching, and the name of the Lead Instructor for the day. When instructors arrive, they should check in with the lead instructor, help to set up, and plan to spend most of their time *mentoring* older youth to teach younger youth.

Lead Instructors

Lead Instructors will receive an email detailing the plan for instruction, profiles of the youth attending, and a list of the other instructors who will be helping. The Lead Instructor's main job is to manage a safe environment, ensure instruction is within Mountaineers minimum standards, and report back to Mountaineers Adventure Club staff leadership about how each student is progressing towards mastery of the skills being taught.

In most instances, there will be a 1:3 ratio of student teachers to students. Meaning – 30% of the youth will have previous mastery of the skills taught and will be there as "student teachers," teaching the skills to their peers, under the guidance of volunteer instructors.

Leaders and Assistant Leaders

All of our technical trips require a leader who has been vetted by The Mountaineers to be present, leading, teaching and overseeing activities. Leaders will receive an email detailing the plan for instruction, profiles of the youth attending, and, where

relevant, a list of the other leaders and assistant leaders who will be helping. Leaders will work together with Mountaineers Staff to develop a specific plan for the day.

At The Crag

Mountaineers Adventure Club spends many days a year at the crag – top roping, learning to lead, and multipitch climbing. MAC members are all at different skill levels: some are learning how to belay, some are learning to clean and rappel, some can lead on sport, some are learning to lead on trad gear. Some members have assistant-taught some of these skills, and others have done enough “mentored leads” that they are able to teach these skills unsupervised. *Never assume a student has skills that have not been verified by you, another leader, or a MAC staff member.*

Before a trip (even a day-trip to a crag), you will receive an email from MAC staff providing a plan for the trip and a profile of each student you’ll be working with, along with a recommendation for what would be a good thing for each student to work on. We always encourage our students to learn new things, but we also allow them to make their own decisions based on their personal goals and comfort level.

The email might look something like this:

Saturday plan for Vantage:

Feathers (**leaders: Mary, Lisa, Akash**) – Ralph, Bella, Mike, Sally, Marlie, Jack (the goal is to have warm-up climbs for everyone, opportunities for some warm-up mock leads and then possibly leads for Sally, Marlie and Mike, and great stations to teach clean & lower)

Lower Millenium (**leaders: Laurie, Chris, Matt**)– Rylie, Chance, Adam, Carrie, Ishara, Rhys (this group has climbed quite a bit at vantage so this should be a newer area for them. Rylie is a strong leader. Chance is a good leader. Adam is solid but probably needs easier grades (5.8 or below). Carrie & Ishara should get some mock leads in if possible, and Rhys if he is interested, which he may not be. Rylie, Chance and Adam should be able to clean & lower with verbal guidance – they have done it a lot. Might be good to run through it on the ground first. Carrie & Ishara will have a chance Sunday, and Rhys I don’t think is there yet)

Kotick Memorial (**leaders: Jed, Kelvin, Margot**) – Shane, John Paul, Ayumi, Morgan, Dan, Annika (this should be a good warm-up area for this group. Annika is new and needs to be belay-checked, though she does have some experience. Shane and John Paul have some limited leading experience and should mock lead for sure. Ayumi has quite a bit of

experience. All three should be leading by the end of the day. Morgan, Dan and Annika will likely be interested in mock leading. Please do not have kids lead Prince of Darkness unless you clip the first bolt for them. Shane, John Paul & Ayumi are ready to practice clean & rappel. They have minimal experience, so best to find a climb like the 5.9 with the ledge where one of you can be up there with them, or perhaps the chimney where its easy to give guidance from the ground. Shane, John Paul & Ayumi are all eager to learn things, but not the first to say when something makes them nervous and/or may not be aware that they aren't ready. So, run things through on the ground, and if they say they know how to do something, make them show you first!

As a leader, you make the final call from a risk management/policy perspective. We typically start the day with some quick names and discussion of goals, so the youth are on the same page as the leaders. If a student asks to do something, and you are not sure that they have the prerequisite skills, ask them to list their experience to you and have them demonstrate first.

At the end of the trip, MAC staff like to debrief with each leader to hear how each of the students did, so that we can track it and know what's most appropriate for them in terms of skill building, confidence building, independence and leadership.

Leading a Climb, Scramble or Ski Trip

Leading a Climb, Scramble or Ski Trip with Mountaineers Adventure Club members is similar to leading the same trip with adults. Here are some things to know:

- Leaders select the trip and date, and let MAC staff know. On occasion, we ask for a particular climb on a particular date.
- Leaders post the trip online according to the [Trip Leadership in 10 Steps Document](#) and the [Trip Posting and Communication](#) document found within the [Youth Volunteers Basecamp](#) and [Volunteer Leader Resources](#) folder. The trip should be listed as open for registration ASAP, and at minimum by 2 weeks before the activity. MAC staff will assign youth to the trip and add them to the roster before it opens.
- Leaders can choose to find their own assistant leaders/rope leaders, or MAC staff can help to find them.
- Unlike adult students, youth who have demonstrated competency in all the Basic Alpine Skills do *not* inherently have a ticket to all Basic Climbs. Each Basic Climb is very different – in length, physical difficulty, exposure, technical terrain... and we want to ensure that students will be successful, and that we set our leaders up for a safe and enjoyable trip. Youth are

selected by MAC staff for the trip with the following goals in mind:

- Ensuring the greatest likelihood of success. Inviting students who have demonstrated physical, emotional and technical readiness for that trip. Choosing a team that will work well together.
 - Inviting students who've had less opportunity than others to go on trips of this type.
 - Inviting students who are eager to do this type of trip.
 - Inviting students, we believe *should* do this trip in preparation for a future goal.
- Once the roster is complete, MAC staff will send student profiles including their skills and experience, contact information and emergency contact information, to the leader. MAC staff then does an introductory email between the leader and the students and parents on the roster. PLEASE COPY MAC STAFF ON ALL COMMUNICATIONS so that we can help coordinate as needed.
 - On the trip, please note that youth participants are *less likely* to ask questions about a decision or ask for what they need (like a water break). Please try to include youth participants in the decision making, even though as the leader, you have the final call. Please also try to check in with students a little more often than you would with adult students.
 - After the trip, we appreciate a quick email, phone call, or text so we know how the trip went and anything important we should know about the kids.