



401-63 Albert Street
Winnipeg, Manitoba, R3B 1G4
Phone/Fax: (204) 943-9029
Email: info@naturemanitoba.ca
Website: www.naturemanitoba.ca

Outdoor Trip Leader Information

Outdoor activities are a popular feature of Nature Manitoba's programs. We appreciate your time and effort to organize and lead this activity. The following information is intended to help you organize trips that align with Nature Manitoba's objectives, and that encourage members to enjoy and learn more about Manitoba's natural heritage.

Notice of trips and activities listed in **Nature Manitoba** should include enough detail to help participants make a determination as to whether they are capable of undertaking the activity. In addition, as leader and organizer, you can help increase the participants' level of preparedness, minimize risk of injury and ensure that Nature Manitoba trips are conducted as safely as possible, by following these "risk management" guidelines.

- When people register for your trip, please ensure that they are aware of the length of the trip difficulty level, equipment required, and supplies to bring. (eg. water, snack, etc.)
- Upon arrival at the trip site, and before starting the activity, gather the group and have participants introduce themselves. [**Try to integrate new members who may not know anyone.**] While the group is assembled, state clearly what the trip/activity will entail and any potential hazards.
- Have participants read the Informed Consent & Liability Release Agreement (Page #2 of Outdoor Trip Report form) and ask them to print and sign their names. [If the group is large, the leader can read the consent & liability release and then pass it around for signatures.]

Nature Manitoba has a comprehensive insurance policy to protect the organization and its volunteers, providing neither has been deliberately negligent. Should there be a mishap on the trip, the signed form will verify that participants were made aware that participation was at their own risk. Having participants sign the form is as important to protecting the trip leader as to protect Nature Manitoba from any potential law suits. It is important that all participants sign, whether or not they are Nature Manitoba members.

- ☒ Complete Outdoor Trip Report (Pages #1 and #2) and send to Outdoor Trip Coordinator (See bottom Page #1).
- ☒ Should there be an incident involving injury or loss of person, equipment, etc., please complete the accident report available from the Nature Manitoba office.
- ☒ For guidance in planning trips, refer to the Nature Manitoba Trip Leader Guide available at the Nature Manitoba office.

Nature Manitoba Outdoor Trip Rating Guidelines

NOVICE	
General Characteristic	A day trip of 2-3 hr duration. Little or no experience required. Easy terrain or calm water. Limited physical fitness acceptable. Weather not likely to be severe and normally can be accommodated by an existing shelter.
Hiking & Biking (Helmet mandatory)	◆ Hike up to 6 km on relatively flat terrain with a light pack. ◆ Cycle 2 -3 hr on paved streets or bike trails at 10 to 15 km/hr.
Canoeing/ Kayaking (PFD mandatory)	◆ Paddle on calm water up to 3 hr. Some assistance in carrying or loading canoe may be required. ◆ Paddle up to 3 hr in slow moving water and clear channel without sweepers or rapids.
XC skiing/ Snowshoeing	◆ Ski up to 6 km on fairly flat terrain with a light pack. ◆ Snowshoe up to 6 km on fairly flat terrain on packed snow with light pack.

Intermediate	
General Characteristic	◆ Typically a 4-6 hour day trip. Some previous experience and skill desirable. Some steep or difficult terrain or waves possible. Moderate physical fitness required. Weather not normally severe (shelter likely not available). ◆ A fairly easy 2-5 day camping trip requiring medium/heavy packs, some specialized equipment and skills. Effects of inclement weather and injuries more severe than for a day trip. Weather not normally severe.
Hiking & Biking (Helmet mandatory)	◆ Hike up to 12 km on flat and hilly terrain with a light pack. ◆ Cycle up to 4 hr on paved or gravel roads at speeds of 15-20 km/hr.
Canoeing/ Kayaking (PFD mandatory)	◆ Paddle up to 6 hr under moderate wind and wave conditions. Knowledge or rescue skills desirable. Portages over easy terrain may occur. ◆ Paddle in faster moving water and class 1 rapids (small waves and few obstructions). Knowledge of dangers of sweepers, ledges and entrapment. Skill in moving water rescue and use of throw bags desirable.
XC skiing/ Snowshoeing	◆ Ski up to 12 km on flat and hilly terrain with a light pack. ◆ Snowshoe up to 12 km on flat and rolling terrain on packed snow with a light pack.

Advanced	
General Characteristic	◆ A full day trip. Previous experience, significant skill and good physical condition required. Must be able to carry a heavy pack. Steep or difficult terrain or waves to be expected. Sustained strenuous activity required. Weather not normally severe. ◆ A strenuous camping trip of many days duration requiring medium/heavy packs, specialized equipment and skills. Long portages over difficult terrain may occur. Severe weather conditions may halt trip and require use of skilled survival techniques. Accidents such as capsizing or physical injuries may be life threatening. Wilderness or remote location may make rescue or aid difficult to obtain.
Hiking & Biking (Helmet mandatory)	◆ Hike up to 20 km per day over difficult terrain with a medium/heavy pack under possible severe weather conditions. ◆ Cycle up to 7 hr on paved roads/gravel roads/wilderness trails at speeds of 15-25 km/hr under possible severe weather conditions.
Canoeing/ Kayaking (PFD mandatory)	◆ Paddle up to 8 hrs under possible severe wind and wave conditions . Knowledge of rescue skills desirable. ◆ Paddle in moving water with class 2 rapids (waves to 1 meter and boulders in stream, clear passages). Back ferrying and turns in 8 km/hr current likely required.
XXC skiing/ Snowshoeing	◆ Ski up to 22 km/day in flat and hilly terrain with steep sections and/or difficult off-trail terrain. Severe weather conditions are possible. ◆ Snowshoe up to 22 kms on flat and hilly terrain with steep sections with medium pack and/or pulling a sled. Trail breaking may be required. [Participant able to construct/set up emergency shelter, e.g. quinzhe, snow trench, lean-to. Capable of making emergency equipment repairs. Knowledgeable in assessment and care of cold injuries.]