

SJOC – New Members Information and Protocols

ACTIVITIES CALENDAR:

In the internet Address Bar on your computer, type in
<http://www.google.com/calendar/embed?src=adventure%40skywerx.com>
When the Calendar opens, add it to your “Favorites” or “Bookmarks” list. You can also access it via the link on the newsletter blog at <http://sjocnewsletter.blogspot.com>

Activities Difficulty Ratings (general guidelines):

- “EASY” – Flat to rolling terrain; minimal elevation gain/loss; duration of activity 2 to 3 hours; mostly on trails or gravel roads; slower pace.
- “MODERATE” – Elevation gains in the general range of 500 to 1000 feet; duration 2 to 3 hours or more; mostly on trails, but may involve some “bushwhacking”. Quicker pace.
- “MODERATE +” -- Elevation gains 800 to 2000 feet; 3 to 5 hours duration; trails and bushwhacking; faster pace; higher elevations and steeper terrain.
- “DIFFICULT” -- Several thousand feet of elevation gain; higher elevations; steeper terrain, and greater distance; probable bushwhacking and route-finding; fast pace; 4 or more hours in duration.

PROTOCOLS:

- Be aware that most every activity the SJOC conducts involves exercise at high altitude – ranging between 6000 feet and 12,000 feet. Be sure, if you have not been active at these elevations, to check with your doctor so you do not place yourself, and others, at risk.
- The SJOC believes strongly that every person who participates in our outdoor activities, should have a current Colorado Search & Rescue Card. In the event you encounter an emergency and must call for assistance, this card will defray your rescue costs. Buy the Card at local outdoor shops.

- When you sign up for an Activity, please make a note of it and add it to your calendar. Don't depend on the Leader to call and remind you.
If you must change your plans and cannot participate, call the Leader.
- When a "Time" is posted on a Sign-Up Sheet, that time is when the Leader plans to "leave". So, please arrive early at the departure location so you are ready to leave at the designated time.
- On every outdoor activity, bring your own personal items, such as: cell phone, appropriate map, rain gear, hiking poles, proper foot gear, day pack, first aid supplies, GPS, compass, Colorado Search & Rescue Card, two-way radio, whistle, food & water, toilet paper and disposal bags, matches, solar blanket, fire starter, etc. Remember, take personal responsibility for your own safety and comfort.
- The SJOC practices "low impact" activities, and we want to leave little or no trace of our presence. Keep track of your trash, including your toilet paper and baggies, and keep your impact low. Also, keep noise levels low so as to respect the wildlife and other hikers around you.
- Keep your risks low when you are in the outdoors:
 - If you use stream or lake water, filter it or use water purification tablets to kill bacteria.
 - When hiking on narrow trails, avoid hiking abreast of another hiker – hike single file so you can keep an eye on the trail ahead of you.
 - Stay with your group – if you want to stop, tell someone so the entire group can stop.
 - Help your fellow hiker and use the "Buddy System" – keep track of the person in front of you, as well as the person behind you.
 - Consider using hiking poles – they are another added safety factor on rough trails, and they add upper body muscle conditioning on uphill as well as downhill.
 - Hike in proper hiking boots that fit your feet and the terrain you are in.
 - Always carry good quality rain gear – less expensive plastic ponchos and jackets will snag and tear!
- Our 2009 dues are \$30 Family, and \$20 Individual; 2009 dues should be paid before April 1.
- If you have ideas to improve our Club, bring it to the attention of a Club officer or Outing Coordinator