

## PROCEDURAL GUIDE FOR LEADERS!

1. Book the cave timeously
2. When a novice hiker or unknown applies to join the hike, don't be shy to interrogate! Ask:
  - a) Has he/she hiked before?
  - b) Does he/she have boots?
  - c) Depending on weather conditions and venue, does he/she have adequate wet weather gear, a warm enough sleeping bag, clothes, etc.?
3. Within reason, plan transport and tenting arrangements with the hikers. Ensure someone in the party is carrying a spade.

At some stage before the hike has been in progress for too long, or even still at the cars, explain the following to hikers:-

1. Toilet behaviour - walk at least five minutes from the cave or campsite and away from water; dig an adequate hole to cover everything, including the paper. **DO NOT BURN IT!** Serious veld fires have been set as a result of burning toilet paper.
2. No use of soap in the water courses.
3. Do not pick the flowers or other plant material. (Unless grass needs to be cut for a bed)
4. No littering (an obvious one)
5. No fires may be lit in the berg, even if there are the ash remains in a cave!
6. Check no litter is left in the cave when leaving it.

General safety rules:

1. In most circumstances, it is best to keep the group in one party.
2. Carry a cell phone and have the rescue convener's number on it.
3. Don't be shy to change plans if e.g. the weather becomes threatening, or if someone is injured.
4. Fill in the Mountain Rescue Register in full, both before and after the hike.

**The most important rule is to enjoy the hike.**