

Out & About Event Rules

- All event participants must provide the event organizer with a signed OUT & ABOUT waiver of liability form.
- It is recommended that running shoes and street shoes not be worn on walking events other than those taking place on surfaces similar to pavement.
- It is recommended that event participants carry two (2) litres of water (not pop or juice) for each one (1) day of an event. In lieu of water, the facility to purify the equivalent quantity of water will be acceptable. All wild water must be purified prior to consumption.
- Proper clothing includes full body protection from sun, insects, and temperature extremes. On mountain or wilderness events all participants should have adequate clothing, food and water to survive the night in an emergency situation.
- Feeding of wildlife is strictly prohibited. Feeding wildlife may attract them to campsites or make them dependent on people.
- Bicycle events participants shall abide by all traffic regulations and shall always wear a helmet.
- Food or perfumed items are not allowed in tents on overnight events.
- Be careful with fire. Ensure that all fires are fully out before leaving a campsite.

Organize an Event

Out and About events happen because individual members take the initiative to organize them. You are strongly encouraged to keep the events calendar full by using the "Create an Event" function to organize and activity.

First time??

Contact us if you need encouragement or assistance:

info@oavancouver.org



oavancouver.org

Out & About
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Welcome to

OUT & ABOUT

Rules and Responsibilities

**get OUT and
enjoy yourself
safely!**

Responsibilities of members

As a member of OUT & ABOUT you are responsible for:

- ensuring that you are mentally and physically capable of completing the event you have chosen
- ensuring that you are fully equipped to undertake the event and that your equipment is in sound condition
- carrying with you additional safety items (first aid, extra food, extra clothing, matches, etc.) when undertaking mountain or wilderness events
- abiding by club rules at all events
- following the instructions of the event organizer at all times
- your own safety and the safety all other event participants
- Sharing costs of transportation connected with an event. Please consult with the event co-ordinator with regard to the appropriate amount.
- your own garbage
- having a good time

Responsibilities of Event Organizers

As an event organizer you are a representative of OUT & ABOUT and as such you are also responsible for:

- at your discretion helping to organize carpools or other transportation to and from the event.
- consulting with potential event participants who seem to not be physically capable and/or suitably equipped for the event.
- distributing, collecting and retaining liability waiver forms for each event.
- prior to the start of each activity, instructing the group regarding the functioning of the activity.
- calling rest, water or nutrition breaks.
- accounting regularly for all event participants and if necessary organizing search or wait groups.
- documenting all accidents or incidents which could compromise safety or liability.
- possibly sharing concerns with other event organizers regarding individuals who are not fit or capable of completing events at a particular level of difficulty.

OUT & ABOUT Club Rules

- Notwithstanding any specific requirements communicated by an event organizer, members are to take all appropriate safety precautions and abide by any and all statutory requirements
- Event groups must stay together unless the event organizer sets up sub-groups which must stay together. Generally, no sub-group shall be smaller than three (3) persons and one person from each sub-group shall report to the organizer at the event conclusion
- All event participants, whether in one group or subgroups, must stop and re-group at all crossroads and trail forks, or in case of missing or poor trail markings
- In the event that a participant cannot proceed with an event either:
 - the entire group will turn back, or
 - two (2) group members will escort the participant back to the trail head or, as a minimum, wait with the participant at an appointed spot until the group returns to that spot.

UNDER NO CIRCUMSTANCES SHALL A PARTICIPANT BE LEFT ALONE

- In the case of a disagreement or dispute the event organizer shall have the final say and authority to enforce peace by any reasonable means
- Members shall respect wildlife and the environment to the fullest extent. All materials packed in must be packed out. Store food securely and never feed wildlife
- Smoking is not allowed at any time.

