

# Trail Rules and *Emergency Procedures* (2024 Edition)

**Keep this sheet folded neatly in a pocket – carry it on you for your entire Hike!**

**In the case of any life-threatening emergency, call 9-1-1.** Call the Acting Hike Administrator AFTER you have called 9–1–1 (numbers are below). Call your Unit Leader AFTER you have called the Acting Hike Administrator.

## Trail Rules:

1. **DO NOT RUN THE HIKE!** If you do, the Support Stops will not be ready when you arrive! – and your support duffels may not even be there yet. If your pace is over 4 mph, you WILL be held in place at the Support Stops!
2. **DO NOT HIKE ALONE!** – Stay with Your Buddy or Buddies at ALL times! **(This means hiking right next to him or them - “Within Sight” is NOT “good enough”!)**
3. Use the Directions (the Cue Sheets)! **KNOW WHERE YOU ARE ON YOUR HIKE!**
4. Stay on the **right** side of the trail while hiking!
5. No more than **two** hikers side-by-side on the trail! – **DON’T “HOG” THE TRAIL!**
6. Stay aware of your surroundings! – Avoid horseplay in dangerous areas, like next to the river, or while crossing traffic. Don’t stare at your phone or listen to music at high volume – You need to be able to hear runners and cyclists coming up behind you! Avoid “distracted hiking.” Fun is Fun, but *Dying ain’t Fun!*
7. If you need to stop between Support Stops, for example to tie your shoes, step off the trail!
8. Check in and check out at each Support Stop (which is any Stop that serves food and drink).
9. **IF YOUR HIKE ENDS AT ST. AGNES (10 AND 20 MILERS), YOU MUST COME BACK INSIDE TO CHECK OUT – Do Not Just Get in a car and leave without letting us know that you made it back!**
10. Check Out/Quit the Hike **ONLY at a Support Stop.** Do not Quit the Hike without the staff knowing it! **If you have to Quit the Hike between Support Stops (due to injury, illness, or exhaustion), proceed as follows:**
11. **Your buddy or buddies MUST stay with you!** If it’s a serious problem, if there are other Scouts or leaders nearby, ask them to help you! (they will!)

\* Call the **Acting Hike Administrator(s)** to explain the situation. **Up til 4:00 pm, this is: Patrick Kunze (571-217-4162).** **After 4:00 pm, this is Jack Person (202-569-3180).** If it’s after 3:30, if you don’t get Mr. Kunze, call **Mr. Person.** Tell them your location – If you don’t know, tell them what hike you’re on (10, 20, or 25-to-50) and the last Support Stop you stopped at or the last major bridge you crossed, so they can figure it out. Also **TELL THEM YOUR CELL PHONE NUMBER(S).** **Stay in place, stay calm, and Be Patient – We WILL find you!**

\* AFTER you have called the Acting Hike Administrator, THEN call your Unit Leader or your Unit Hike Coordinator – NOT YOUR PARENTS! – and again explain your situation. **Be sure you have your Unit Leader’s and your Unit Hike Coordinator’s phone numbers in your cell phone before you start your hike today.** We have adult staffers on bicycles and on foot that we can direct to your location to provide assistance. These staffers will get you to the closest Support Stop that is still open, and from there we will sign you out and arrange for you to get a ride home with your parents or your leaders. If you, your buddy, or your buddies want to keep hiking, we will allow pairs to continue or link up a solo with another pair to form a triplet to continue, **after we have taken care of the problem – no one is allowed to hike on alone without a new buddy!**

**If you come across any fellow Scouts in need of help, please assist them and follow the above directions.**

**YOU are the person who is most responsible for YOUR safety and well-being!** The staff cannot be everywhere to counsel you or watch over you. Follow the rules, be safe, and have a good day and an enjoyable hike.