

Wachusett Views

Worcester Chapter Appalachian Mountain Club



Winter 2020

A close-up view of our chapter's vibrancy and dedication.

EXECUTIVE COMMITTEE

Chair	Kim Beauchemin
Vice Chair	Michael Morin
Secretary	Peter Eggleston
Treasurer	Jose Schroen
Biking	Neil Schutzman
Communications	Zenya Molnar
Communications	Alexandra Molnar
Conservation	Jonathan DiRodi
Finance	Christine Crepeault
Families	Ingrid Molnar
Hiking	Dana Perry
Historian	Michele Simoneau
Leadership	Paul Glazebrook
Membership	Open
Midstate Trail	Kim Simpson
Paddling	David Elliott
Past Chair	Joe Massery
Programs	Peter Hinrichs
Skiing	Ruth Langh
Social	Mike Foley
Technical Climbing	John Grote
Technical Climbing	Dave Brainard
Third Wednesday	Fred Mezynski
Trails	Stephen Crowe
Trails	Don Hoffses
20s & 30s	Ben Coon
At Large Social Media	Lisa Buckley

Winter 2020

Letter from the Editors

Happy New Year! The start of January brings fresh programming, not the least of which is the Worcester Chapter's signature event, TrailsFest, a celebration of outdoor activities and conservation in our very own Central MA. Mark your calendars for June 6, 2020!

Before you leap too far into the new year, be sure to take a moment to refresh yourself on Leave No Trace, read some hunting season tips, and reflect on what proper outdoors training means through one hiker's story of his time in the 100 Mile Wilderness. Thank you to all who contributed to this edition.

We hope you enjoy reading fellow chapter members' stories; if you'd like to contribute, please submit any articles, photos, and any other content to: newsletter@amcworchester.org.

Happy winter!
Zenya and Alex

Alexandra Molnar
Zenya Molnar
Worcester Chapter Communications Co-Chairs

AMC Worcester Chapter
amcworchester.org
Appalachian Mountain Club
10 City Square
Boston, MA 02129



A message from the Chapter Chair: under the red felt crusher

By Kim Beauchemin, Worcester Chapter Chair

Hello, everyone! So excited and humbled to address you all as your new Chapter Chair! I hope you all had a wonderful holiday season – I spent time volunteering at the Pinkham Notch Visitors Center and what a Winter Wonderland it was up north! As of November, there were already many skiers making their way up Tuckerman's to enjoy the early snow.

Our chapter's annual planning meeting is right around the corner (in January) and I wanted to let everyone know what's floating around in my head as far as what we might focus on in the upcoming year. In short, I want to 'Bring (sexy) Conservation Back!' We do so many fun activities and plan so many great events within our chapter – how can we double down and bring even MORE conservation into everything we do? That will be my challenge to the Executive Committee for 2020. I hope that challenge resonates with those of you reading this.

Speaking of the Executive Committee – I'd like to take this opportunity to recognize our new EC members:

- Christine Crepeault – Finance/Endowment
- Peter Hinrichs - Programs
- Dave Brainard – Technical Climbing Co-Chair
- Peter Eggleston - Secretary
- Ben Coon – 20s & 30s
- Dana Perry - Hiking
- Ruth Langh - Skiing

I'm so very thankful that they agreed to take the time to help lead our Chapter and I very much look forward to working with each one of them!

And finally, be sure to check our Chapter trip listings on [outdoors.org](https://www.outdoors.org) to find opportunities to get outdoors this winter and spend time with fellow chapter members! We are known as the 'social chapter' among all the AMC chapters and that's due in part because of the wonderful and welcoming people we have leading and participating in our events – come join the fun and meet someone new!

I hope you're having a fun-filled winter!

All the Best,
Kim

100 Mile Wilderness

By Dana Perry, *Hiking Chair*

Perhaps having the toes of my trail runners coming unglued, the rotten weather, the issues with my tent, not seeing Katahdin from all of the places you should see the mountain from or the difficulty of the 100 mile wilderness should have been a warning to me that finally completing the AT on this trip was not going to happen. I should have listened to the warning signs, but then again, overcoming issues while backpacking is all part of the self-reliance you learn from backpacking thousands of miles. It goes with the territory.

This August, while on what should have been the final backpacking trip to complete the entire Appalachian Trail for Dave Greenslit (AKA Greenie) and I, it ended up being one of the two times Dave and I did not complete our section hike as planned. Dave, who has spent 20 years section hiking the AT, and I, who have spent 15, years were planning on a celebration when we finally reached the summit of Katahdin. Instead, we ended up planning on how to get 14 miles out of the middle of nowhere to obtain medical assistance.



Dave Greenslit with White Cap in the distance.

We had just passed the Rainbow Stream lean-to around noontime on our way to the Hurd Brook lean-to, a little over 10 miles during a 20+ mile day, but we were feeling good and moving along well. The trail at this point in the hike was flattening out versus the difficult, almost technical sections of trail we had traversed over the previous several days. We had opted to shorten the prior day to 13.3 miles from our planned 19.3 miles to enjoy a well-deserved swim, rest, and camp along the shores of Nahmakanta Lake. The change in plans allowed us to recharge our batteries while keeping our planned schedule.

It all happened so fast. One minute I was upright enjoying the moment and talking about how close we were to the end of our walk, and the next I was horizontal on the ground. I knew as soon as I hit the ground, I had broken my wrist and the hike was over.

From my training, I *knew* that one of the top causes of fractured wrists on the trail comes from using your hiking pole straps on your wrists; I had just added to that statistic.

I picked myself up out of the mud and started to brush the schmutz off. Greenie conjectured that perhaps it was just a bad sprain, but I knew it was broken. Your bones are not supposed to move the

way they did when I fell. My pack still strapped to my back, I walked a short distance back to the nearby lake and washed the mud off as best I could.

It was at this point that our AMC training in leadership and wilderness first aid, along with careful planning and experience, paid off. We very calmly stopped, collected our thoughts, addressed my immediate medical needs, and formulated a plan on how we would get out of the woods to emergency medical services. We never panicked or lost focus. Not once.

From our advance planning, we knew we would ultimately get cellular service when we reached Rainbow Ledges. The next shelter was another 2.5 miles after that, and Abol Bridge was an additional 3 miles beyond the shelter. We estimated that we would reach the ledges around 5:00 PM and that if all else failed and we could not get a call out to EMS, we would walk to Abol Bridge where we would likely find assistance given that there was a store and camping area nearby. We made the ledges at 5:15 PM finding we did in fact have cell service and contacted EMS. We made arrangements with a Baxter State Park ranger to meet us at the next shelter where he would hike into and escort us out via an unmarked side trail cutting the walk out from the shelter to a mile.

Everything went off like clockwork after that. We made the shelter in less time than expected, the ranger met us as planned, walked us out to his truck, and drove us to the hospital where the X-rays confirmed I had broken my radius.

We will go back to Maine next summer and finally finish section hiking the AT after what will end up being 21 years for Greenie and 16 years for myself. It will be wonderful to finish this adventure once and for all.

While what happened on this trip makes a good tale to tell, and I now sport a scar from surgery as a reminder, the bigger story here is everything that led up to our being successful with addressing a tough situation for which the outcome could have been much worse.



Trail shoe repairs.

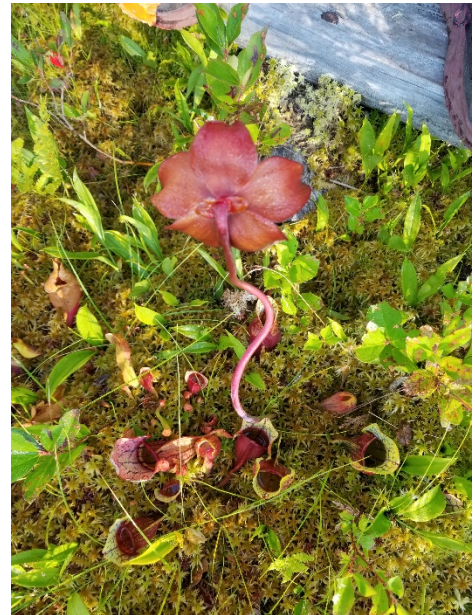
1. We have both had AMC leadership training.
2. We both have wilderness first aid training.
3. We had the right gear with us to address the situation and, more importantly, knew how to use it.
4. Our trip was well planned. We had proper resources (maps, trail guides etc.) to plan our evacuation.
5. We are both experienced and know our limitations.
6. People at home knew where we were and when we planned to finish. Had things been worse, someone would have missed us and known where we should be and where to direct help.
7. We remained calm and focused throughout the episode.

The lesson for me from this experience is not to use my hiking pole wrist straps. Had I not been using them; my fall would have been a mere muddy mess to laugh off. My hope is that others gain from my error and not make the same mistake.

The remaining 18 miles Greenie and I have left to complete the Appalachian Trail will still be there waiting for us come next August when we will head back to Maine. Hiking the AT over many years, we have had mostly positive experiences and a few not so good ones. Overall it has been rewarding and we have learned and grown. After that, in many respects, sharing with others what we have gained is the next best thing to being there.



Drying gear out during break in weather



Bog plants

Eighth annual New Year's Day hike

By Mike Foley, Worcester Chapter Social Chair

It all started back on New Year's Day in 2013 when I planned a champagne tasting hike to the summit of Mount Wachusett. I thought that no one would be interested but realized how wrong I was when 12 hikers came out for it, for a trip up the Bolton Pond Trail to Old Indian Trail to the summit. That was just the beginning. Every year the group got bigger and the food people brought became more amazing. Champagne, home brew, hot cider, shrimp, lobster tails,



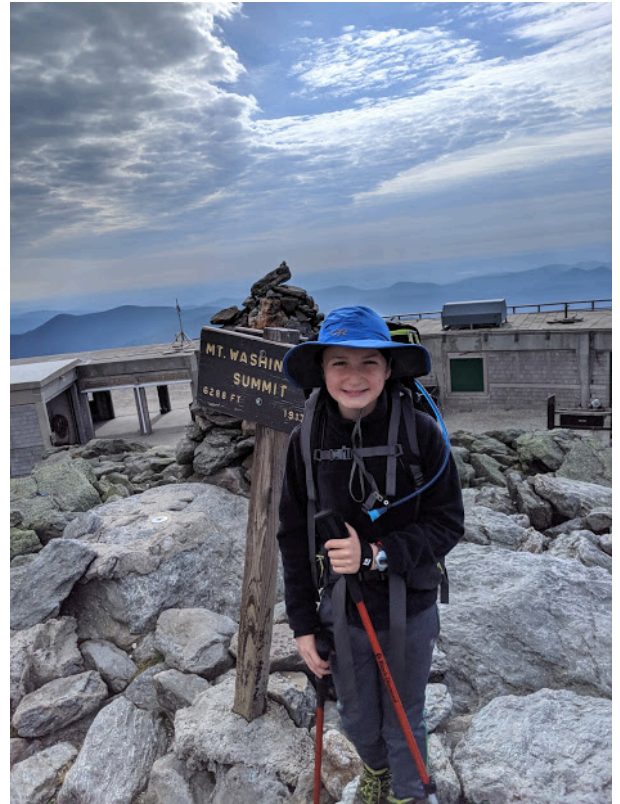
rum balls...too many goodies to list. That first year we had our pot luck champagne brunch at the picnic tables at the junction of Old Indian, West Side, and Semuhenna Trail. This site became our annual spot to get people together to have our New Year's Day hike, with 2020 marking our eighth year! That means around 320 people have joined this hike over the years. I try to do a different trail to the summit each year, so at its 10th year, I will go back to where it all started.



My almost complete hike of the Presidential Traverse

By Evan Shear, the 11 year old who hiked it

Last year Dad and I did an 11 mile day hike summiting Eisenhower, Pierce, Jackson, and Webster. After that I had to have more, so a backpacking trip was born. We started on Thursday, September 5th, at 7:45 AM. Mom drove us to the Edmands Path trail head. It was just my dad and me (my brothers and mom were hiking to Zealand Falls Hut later that day). Our first summit was Mount Monroe. After summiting we went to Lake of the Clouds Hut. We made it there by noon and decided to hike Mount Washington and make it an 8 mile day. At the summit of Mount Washington I got pizza at the snack bar! Our second day, we were planning on bypassing Washington and using the Westside Trail, but I had to poop so we summited again. That is when Dad got me a twix ice cream bar! The second and third peaks of the day were Jefferson and Adams-- they were really rocky and steep so they were brutal and really hard on my short legs! We only averaged a 0.9 mile/hr pace for the 8 mile day. The 3rd and final day was only a 5 mile day. After leaving Madison Springs Hut we summited Mount Madison. I slipped in a stream and was wet for half the hike. We came out Watson Path to Valley Way to the Appalachia trail head.



Evan Shear at the summit of Mount Washington.



"The area ahead has the worst weather in America."

The weather was ideal for the whole hike, sunny with no rain. The view was AMAZING from the top of Mount Washington! We did hike through a cloud on Mount Adams, though. I carried my own 15 pound pack with almost all of my own gear! One reason the high huts are so fun is that every morning they put on a skit. At the first hut (Lake of the Clouds Hut) they tried to get donations by saying they knew the bears and that they could tell them not to attack us! Another reason is the food! It is as good as a restaurant with the pancakes in the morning and the lasagna at night! My favorite dessert was the gingerbread pie! I would recommend this hike only to somebody who is in shape. I can't wait for next year's backpacking trip!

My Zealand Falls Hut Adventure

By Brendan Shear (age 7)

My age is 7 and my name is Brendan. I hiked to Zealand Falls Hut with my mom and my brother, Connor. On the hike in, we saw some people who worked at the Highland Center. We JUST missed the helicopter drop, but they showed us some videos. I slept there for one night. The bunks were THREE TALL! I tried on the pack board [that the croo uses to pack in supplies and pack out trash/recycling]—it was heavy and bigger than me! The cook made wonderful food. My favorites were the treats and noodles. After dinner there was a skull talk. One of them was a beaver and I made the observation that a different one of the skulls looked like a beaver, just was MUCH, MUCH littler. It was a mouse. I went to the falls—I accidentally jumped into the water. It was very cold. I want to go there again because it is awesome!!



Brendan trying on the pack board.



Sunset at Zealand Falls Hut.



Brendan (right) and his brother at the falls.

Leave No Trace in Winter

By Pete Lane, Worcester Chapter member

Winter is a great time to get outside and enjoy the outdoor world. And, as we do so, remember to Leave No Trace:

Plan Ahead and Prepare

- The days are shorter, and the nights are colder. Plan accordingly
- Go with a buddy. Winter is not the best time to go solo
- Carry additional clothing and gear in case the unexpected happens
- Select food and snacks appropriate for cold weather. (whole bars freeze solid)
- Protect your water bottle from freezing



Travel and Camp on safe Durable Surfaces:

- Stay on deep snow cover whenever possible
- Avoid trail widening and trail braiding by staying to the center of the existing trail.
- Be aware of the ground cover underneath when snow cover is minimal and avoid trampling vegetation.

Dispose of Waste Properly

- Pack out all trash. Otherwise, it's still going to be there when the snow melts.
- Pack out toilet paper. Otherwise, it's still going to be there when the snow melts. Or, better yet, use a ball of snow (it's really not that bad).
- Preferably, pack out poop. Carry a WAG bag for this reason.
- Like other seasons, pack out dog poop.
- Dismantle any snow shelters, and snowmen. We want to leave no evidence, other than a track, that we were here.

Leave What You Find

- Same concept as other seasons

Minimize Campfire Impacts

- If you do choose to have a campfire, clean it up when done. Otherwise, it's still going to be there when the snow melts.

Respect Wildlife

- Winter is an especially vulnerable time for wildlife.
- Stay far enough away so as not to disturb the wildlife
- Control dogs with a leash
- Just like other seasons, don't feed wildlife

Be Considerate of Other Visitors

- Avoid post holing
- Separate ski and snowshoe tracks where possible
- Yield to downhill and faster traffic
- Like other seasons:
 - share the trail and be courteous,
 - Keep voices and noises to a minimum
 - Small group sizes

Enjoy winter responsibly!

Interested in learning more about Leave No Trace?

- Take the Leave No Trace online awareness course at: <https://lnt.org/learn/online-awareness-course>
- Attend a Leave No Trace Trainer course. This is a two-day course with overnight. Search "Leave no trace" on the [AMC webpage](#) or on the Leave No Trace website: <https://lnt.org/learn/courses>

Hiking safely during hunting season

By Dana Perry, Worcester Chapter Hiking Chair (adapted from Appalachian Long Distance Hikers Association)

Hiking during hunting season requires hikers to be vigilant and more importantly, seen. Blaze orange can be seen clearly at long distances even in low light environments like dawn, dusk, and light fog.

That quality makes it also helpful in search and rescue efforts. Another benefit of the color is none would mistake it for an animal's fur.

How much blaze orange should you wear? Many states require hunters to have an area between 200 to 500 square inches that is visible from 360 degrees.

This would include head gear and a shirt, vest or coat being covered with the color. Hikers should put some blaze orange on the back of their pack as well.

Requirements vary by state as do days when hunting is allowed (There is no hunting on Sundays in Massachusetts). Read more about Mass hunting regulations here:

<http://www.eregulations.com/massachusetts/huntingandfishing/hunting-season-dates/>

Hiking in another state? Please take the time to check the hunting season regulations for the particular state in which you are hiking and let your participants know in advance what is needed.

Leader's Corner

Wilderness First Aid Training & Recertification

Saturday, March 28 to Sunday, March 29

Leominster Boys and Girls Club, 365 Lindell Rd., Leominster, MA

Learn how to manage an emergency in the backcountry from SOLO and their instructors. This two day course covers standard emergency situations and the care of the sick and injured in a wilderness setting. The emphasis is on patient assessment, care and evacuation. The fee covers course instruction and material along with light breakfasts and lunches. CPR is included. Space is limited and preference is given to active Worcester Chapter leaders. Please see the Worcester chapter's website for Paypal options.

Cost*

Adult: \$200 member / \$240 non-member

*Includes, instruction, course materials, CPR training, light breakfasts and lunches. Please see the Chapter's Home page for PayPal information at <http://www.amcworchester.org/>

Space is limited! Register today by emailing or calling Worcester Chapter Leadership Chair, Paul Glazebrook at: 617-852-1975 or tumpline9@gmail.com



Paul is a Master Leader for the AMC' Worcester Chapter, an experienced 4 season up-country leader and a retired Registered Maine Guide. Paul is certified in AWFA & CPR

AMC has a new standard activity ratings system!

Guidelines and the new activity difficulty ratings can be found on the [Participant Information Page](#) and in the following pages of this newsletter. The actual difficulty ratings are on their [own page](#).

As of January 2020, all leaders must use this rating scale for all AMC trips and events.

If you have any questions or concerns, please feel free to reach out to Kim Beauchemin at chair@amcworchester.org or Paul Glazebrook at leadership@amcworchester.org.

New chapter Leadership Guidelines

The Worcester Chapter Executive Committee is pleased to announce that new chapter leadership guidelines were approved by the Committee in fall 2019.

Please review the guidelines, which can be found within the subsequent pages of this newsletter.

Appalachian Mountain Club Activity Rating System

Appalachian Mountain Club (AMC) activities are rated using a scale of six levels described below. Consult the participant information or trip posting for details including the intended group pace and equipment requirements. Refer to the tables that follow the general descriptions for the miles, speed, and, when applicable, elevation gain. Note that any individual activity may be rated higher by the leader than the tables indicate for several reasons, such as a short distance but very difficult conditions (terrain, steepness, or exposure) or a much longer distance over easier terrain. Activities may also be rated lower at the leader's discretion if instruction in the activity discipline is among the objectives of the program. Some direct experience in the trip activity is required for vigorous and strenuous levels, especially if there are technical skills needed for the activity. This experience threshold may be met at the leader's discretion for hiking and backpacking programs if the participant is able to provide examples of recent similar experience and adequate fitness to participate in a group activity.

1. **Accessible:** Suitable for stroller, wheelchair, or other wheel assisted travel. Paved, hardened gravel, or ADA listed terrain or approach. The distance travelled and anticipated timing of the activity are detailed in the activity description. This rating is employed across activities and is not broken out in each of the tables below. Please direct any inquiries for reasonable accommodation to the trip leader in advance of the trip.
2. **Relaxed:** Suitable for most active participants with full mobility and participants new to the activity described. Expect to be actively on the move for about 3 hours/day. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks.
3. **Easy:** Reasonable fitness for the expected activity is needed, but the trip is designed for those new to the activity. Expect to be active up to 4 hours/day. A bit more active time than the relaxed rating, but with generous breaks.
4. **Moderate:** Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.
5. **Vigorous:** Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multiday trips. Expect to be active up to 5-6 hours per day, with brief breaks.
6. **Strenuous:** Most physically demanding. Fitness for the specific activity is required with direct experience in the activity highly recommended and potentially mandatory (see the activity description). Expect to be active 6+ hours per day for back-to-back days if it is a multiday trip. Breaks will be shorter/fewer than for other levels of trips.

Tables for specific types of activities, to go with general ratings

Hiking/Backpacking/Trekking

Activity Level	Moving Time up to __ hours	Distance up to __ miles	Daily Elevation Gain or Loss up to __ feet
Relaxed	3+	4	500
Easy	4	6	1000
Moderate	6	8	2000
Vigorous	6	12	3000
Strenuous	6+	15	3500+

Notes:

1. Trips involving hiking at high elevations, such as above 7000', may be rated more difficult than mileage and elevation gain alone would dictate.
2. Likewise, backpacking and trekking trips that involve carrying a heavy pack may be rated up a level.

Trail Work

Travel to/from the work site rated as per hiking activity levels. Specific trail work activity along with difficulty will be detailed in the trip description.

Biking

Activity Level	Moving Time up to __ hours	Distance up to __ miles	Average Moving Speed __ miles per hour	Elevation up to __ feet	Rise __ feet per mile
Relaxed	3	25	8.3	1000	40
Easy	4	35	8.8	2000	57
Moderate	4	45	11.3	3000	67
Vigorous	5	60	12.0	4500	75
Strenuous	6	80	13.3	7000	88

Cross Country Skiing (Classic or Skate)

Groomed touring center maps are in kilometers so metric units are used.

Activity Level	Moving Time up to __ hours	Distance up to __ kilometers	Moving Speed average __ kilometers per hour	Elevation Gain up to __ meters	Rise __ meters per kilometer
Relaxed	3	8	2.7	100	13
Easy	4	12.5	3.1	200	16
Moderate	4	16	4.0	300	19
Vigorous	5	28	5.6	650	23
Strenuous	6	40	6.7	1000	25

Backcountry Skiing

Activity Level	Moving Time up to __ hours	Distance up to __ miles	Average Moving Speed __ miles per hour	Elevation up to __ feet of gain	Rise __ feet per mile
Relaxed	3	3	1	300	100
Easy	4	5	1.25	500	100
Moderate	4	8	2	1000	125
Vigorous	5	12	2.4	2000	167
Strenuous	6	15	2.5	3500	233

Paddling

Activity Level	Moving Time up to ___ hours	Distance up to ___ miles	Comments
Relaxed	3+	3	Flatwater, day trip, no portages
Easy	5	5	Flatwater, day trip, no portages
Moderate	6	6	Class 1 river; no portages, overnight
Vigorous	7	8	Class 1-2, river; 1-2 portages/day; overnight
Strenuous	7+	8+	Class 3 and higher rivers or class 1-2, river; portage class 3 rapids; longer and/or more difficult portages; overnight

Sea Kayaking

All levels require ability to wet exit and re-entry, either solo or assisted.

Activity Level	Moving Time up to ___ hours	Distance up to ___ miles	Comments
Relaxed	3 hrs.	5	Protected water with little wind and current, within ½ mile of shore.
Easy	3-4 hrs.	6-7	Less sheltered rivers or harbors, open water in flatwater conditions, waves < 1ft., 5-10 knot winds, following seas, boat wakes.
Moderate	4-5 hrs.	8-12	Open water, up to 2 ft. seas, 2-3 knot currents, 10-15 knot winds, open water crossings up to 2 miles.
Vigorous	5 hrs.	10-15	Open water, up to ocean swells and chop, 20 knot winds, crossings with significant exposure to winds, waves, current and boat traffic.
Strenuous	7 hrs.	15-20	Open water in remote locations in foul weather, winds up to 25 knots, 3 ft. surf, open crossings of 5-10 miles.

Climbing & Mountaineering

Activity Level	Moving Time Up to, Hours (Car to Car)	Distance up to, miles (Approach)	Comments
Relaxed	2-4 hours (Grade 1) 1 pitch	< 20 minutes < .5 mile as and 250' elevation gain	Top rope activity Figure 8/Skills
Easy	4-6 (Grade 1) 1 pitch	30 minutes .5 miles and 250-500	Top Rope/lead belay/sport climbing
Moderate	6-8 (Grade 1-2) 1-2 pitches	45 minutes .75 miles and 500'-750' elevation gain	Lead belay/anchor cleaning/ trad/sport Single Pitch
Vigorous	8-10 (Grade 2) 2-4 pitches	Up to 60 minutes 1 mile 750-1000 elevation gain	Multi-pitch Trad skills
Strenuous	10-12 (Grade 3) 3-9 pitches	> 60 minutes Over 1 mile AND over 1000' Elevation gain	Multipitch Trad skills

Youth (14 & Under) & Family Hiking

Activity Level	Moving Time up to __ hours	Distance up to __ miles	Daily Elevation gain/loss up to __ feet
Relaxed	2	2	250
Easy	3	3	500
Moderate	4	5	1000
Vigorous	6	8	2000
Strenuous	6+	10+	2000+

Notes:

1. Hikes over rough terrain and/or poorly marked trails may be rated up a level.
2. Trips where participants are carrying full packs for overnight backpacking programs may be rated more difficult than a day hike of the same distance.

Appalachian Mountain Club, Worcester Chapter
Leadership Guidelines
September 12th, 2019

Introduction:

The purpose of this document is to outline the requirements and guidelines for all leaders and co-leaders for the Worcester Chapter. Anyone who wishes to lead or co-lead an activity for the Worcester Chapter is required to meet the requirements and guidelines outlined in this document.

The Chapter guidelines are supplemental and additional to the Appalachian Mountain Club's Leadership Requirements and Guidelines (effective March 15, 2019) and the AMC's Code of Conduct.

In the situation where this document is in conflict with the club-wide Leadership Requirements and Guidelines, the club-wide document takes precedence. The Leadership Chair should be consulted for interpretation of the Worcester Chapter Leadership Guidelines.

All leaders are strongly encouraged to attend an AMC Leader's Training Workshop (either through the Worcester Chapter or another AMC Chapter or have equivalent training and experience. Pre-approval by the Worcester Leadership Chair is required). This is a one-time certification process which does not require renewal (for active leaders).

All leaders must have completed a recognized Wilderness First Aid (WFA) course (or higher, i.e., Advanced Wilderness First Aid or Wilderness First Responder) if the activity requires WFA certification. WFA training certification must be maintained as determined by the Chapter.

An active leader who is a licensed medical professional (nurses, EMT's, medical doctors) may be exempt from this requirement.

Reference Document:

AMC Clubwide Leadership Requirements and Guidelines (OLDC) March 15, 2019—
LINK
AMC Code of Conduct—LINK

General Requirements for All Leaders and Co-leaders

A leader for the Worcester Chapter:

- Must be at least 18 years of age.
- Must be an active member of the AMC.
- Must complete an AMC Leadership Training Workshop or have equivalent training and experience.
- Must demonstrate sound leadership in two mentored trips in the activity they will be leading.
- Must demonstrate good technical skills in the activity they will be leading.
- Must have current certification in Wilderness First Aid, if the activity requires it.

A Co-Leader for the Worcester Chapter:

- Must be 18 years of age or older.
- Must be an active member of the AMC.
- Must complete an AMC Leadership Training Workshop or have equivalent training and experience OR have participated in at least two Worcester Chapter trips in the same activity they want to co-lead.

When is a Leader/Co-leader Required:

A qualified leader is required on all activities, outings, or events sponsored by the Chapter with the exception of those activities which are strictly social in nature (i.e., potluck dinners, picnics, barbecues, cocktail hours, slide shows, speaker presentations).

A qualified co-leader is required at any activity for which the leader is required to hold a current certification in Wilderness First Aid. This includes:

- 3-season or winter hikes that are over 6 miles in length, with over 1,000 feet of elevation gain or located outside the boundaries of Worcester County.
- All backpacking and bikepacking trips.
- Note that the Activity Chair, at his/her discretion, may require a co-leader for any event.

How to become a Leader for the Worcester Chapter?

- Complete the Leadership questionnaire/application and submit it to the Activity Chair and Leadership Chair. (LINK)
- Complete the AMC Leadership Training Workshop or provide satisfactory evidence of equivalent training and experience.
- Complete Wilderness First Aid Training or equivalent, or advanced training if it is required for the activity.
- Complete two mentored trips (with two different mentors) in the same activity.
- Commit to leading two trips within 24 months of becoming a qualified Leader for the Worcester Chapter.

Inactive Leader:

A Leader that has not led at least two activities for the chapter in two calendar years is an inactive leader. They may be required to re-qualify. Inactive leaders may request reinstatement through the Activity Chair and the Leadership Chair.

Additional Guidelines:

Qualifying to lead one activity does not automatically qualify a leader to lead other activities. A leader must qualify for each activity he/she wants to lead, i.e., cycling, paddling, hiking.

The Activity Chair, in conjunction with the Leadership Chair and the Chapter Chair, can grant, change or rescind leadership status.

At the discretion of the Activity Chair and the Leadership Chair, a leader qualified to lead for another AMC Chapter may be authorized to lead for the Worcester Chapter.

All AMC sponsored events must be posted on the AMC's activity website/database.

The Worcester Chapter's Activity Chair and Leadership Chair must review all Chapter events to ensure they are supportive of and consistent with the Club's traditions, principles and mission.

The Leadership Chair, working with the appropriate Activity Chair(s), will resolve any judgement calls in the interpretation of the Leadership Guidelines in this document.

Activity Specific Leadership Requirements:**Hiking and Backpacking**

Definition:

Winter is **generally** defined as the time period between December 1 and March 31.

A Local Hike/Walk - A hike that is 6 mile or less in length, total elevation gain of 1,000 feet or less and is within Worcester County or one-hour drive, and completed in a single day. Can be offered in winter or 3-seasons.

Upcountry Hike and Backpacking - A hike that is over 6 miles in length, total elevation gain over 1,000 feet, either within or outside the borders of Worcester County. Hikes are completed in a single day. Backpacking is completed over multiple days. Can be offered in winter or 3-seasons.

Local Hikes:

Requirements:

AMC Leadership Training

Mentored Trips

For 3-season local hiking leader qualification: two mentored trips/two different mentors.

For winter local hiking leader qualification: two winter mentored trips/two different mentors.

Up-Country Hike and Backpacking Trips:

Requirements:

Must be qualified as a Local Hike Leader

Mentored Trips

For 3-season up-country hiking leader qualification: two mentored trips/two different mentors.

For winter up-country hiking leader qualification: two winter mentored trips/two different mentors.

For Backpacking trip leader qualification: two mentored backpacking trips/two different mentors.

A valid Wilderness First Aid certification or equivalent training.

Recommended Training: Up-country hiking or backpacking – leaders are strongly encouraged to attend AMC sponsored Mountain Leadership School.

Winter hiking – leaders are strongly encouraged to attend an AMC sponsored winter skills class which includes self-arrest/ice axe training and use of crampons.

Bicycling:

Day Trips (on road and off road):

- Demonstrated knowledge of basic cycling safety and on road or off road rules (as applicable).
- Knowledge of basic bike maintenance.
- Knows how to change a front and rear flat bicycle tube/tire.
- Demonstrated knowledge of trip planning and navigation skills.
- Knows how to use Ride with GPS or other navigation tool that the Cycling Chair (or Co-Chairs) has decided to use.

- Has completed 2 co-leads (with 2 different mentors). These co-leads may be any combination of Day Trips, Touring or Bikepacking.
- First Aid training is recommended.

Touring (Multi-Day):

- Must meet all requirements of Day Trips.
- Recent Cycle Touring experience.
- At least one co-lead must be a Tour which requires Trip Planning and Screening of Participants.
- Having a co-leader on each tour is strongly recommended

Bikepacking (Multi-Day)

- Must meet all requirements of Day Trips.
- Recent Bikepacking experience.
- Demonstrated knowledge of basic off road cycling safety and rules and trail etiquette.
- Demonstrated knowledge of 'Leave No Trace' principles.
- At least one co-lead must be a Bikepacking trip which requires Trip Planning and Screening of Participants.
- WFA Certification is required.
- Having a co-leader is required.

Paddling:

Requirements:

- The General Leadership requirements apply.
- Demonstrated paddling skills, basic water safety, rescue knowledge appropriate for the class of water.
- Swimming ability appropriate for the class of water.
- Wilderness First Aid or equivalent training appropriate for the trip.
- White Water above class II may require formal training and recent experience.

Climbing:

Indoor Climbing:

- Requirements:
- The General Leadership requirements apply.
- Demonstrated basic climbing skills, belaying and safety.

Outdoor Rock Climbing:

Requirements:

- The General Leadership requirements apply.
- Demonstrated basic climbing skills, belaying, anchor building, repelling and safety.
- Multi-pitch climbs require demonstrated lead climbing skills.
- Wilderness First Aid or equivalent training.

Skiing:

Requirements:

Defined as touring at a downhill center. Also included are cross-county trips that are less than 6 miles and less than 1,000' of elevation gain.

- The General Leadership requirements apply.

Backcountry Skiing:

Requirements:

- The General Leadership Requirements
- Wilderness First Aid or equivalent training.

Trails:

Requirements:

- The General Leadership Requirements apply.
- Wilderness First Aid or equivalent training.
- As appropriate, specialized training in trail building and the use of chainsaws and other equipment.
- Additional requirements may apply depending upon the location, competency level, equipment used.



Save the date...

Worcester Chapter TRAILS FEST 2020

Saturday, June 6, 2020

Wachusett Mountain State Reservation

Princeton, MA

**Celebrate National Trails Day with the
Worcester Chapter!**

More details coming soon