



ADMINISTRATIVE RULES OF MONTANA



37.98.1721 HIGH ADVENTURE REQUIREMENTS: HIKING AND BACKPACKING

- (1) All hiking or backpacking trips and activities shall be supervised by a hiking or backpacking supervisor meeting the requirements of this rule.
- (2) The hiking or backpacking supervisor shall:
 - (a) hold a current American red cross community first aid and safety certificate or equivalent;
 - (b) have knowledge of outdoor experience and the symptoms and correct treatment procedures for hypothermia and dehydration; and
 - (c) have verifiable experience in hiking and backpacking at the elevation where the hike is to take place.
- (3) All staff members involved in hiking or backpacking trips or activities shall:
 - (a) be trained by the supervisor concerning hypothermia and dehydration;
 - (b) have knowledge of the symptoms of hypothermia and dehydration and correct treatment procedures; and
 - (c) continually observe and monitor youths on the trail for early diagnosis and treatment of hypothermia and dehydration.
- (4) When a group takes a hiking or backpacking trip where youth are away from the field office, there must be at least one staff member with each group of youth with:
 - (a) wilderness first responder training;
 - (b) CPR; and
 - (c) medication administration training.
- (5) The hiking or backpacking supervisor shall consider the hiker's age, physical condition and experience, as well as the season, weather trends, evacuation and communication, and water quality and quantity when selecting the area for hiking or backpacking.
- (6) Before participation in a hiking or backpacking activity, the youths must have a safety orientation and be instructed at a minimum on:
 - (a) the fundamental safety procedures on the trail;
 - (b) procedures for a hiker if they become lost;
 - (c) proper health procedures, including the need for drinking fluids and eating appropriate foods while on the trail;

- (d) sanitation procedures on the trail;
 - (e) rules governing land to be hiked over;
 - (f) potential high-risk areas which may be found on the trail;
 - (g) fire danger precautions;
 - (h) flash floods;
 - (i) lightening dangers; and
 - (j) procedures when encountering wild animals.
- (7) Each hiker or backpacker must be equipped with protective clothing and equipment against natural elements such as rain, snow, wind, cold, sun and insects.
 - (8) The hiking activity may not exceed the physical capability of the weakest member of the group.
 - (9) When a youth cannot hike, the group may not continue hiking unless it is necessary for compelling safety reasons.
 - (10) When a youth refuses to hike, a contingency plan, based on pre-approved policies and procedures, must be used. The plan must ensure that if the group is split, there is proper staff coverage for each group and communication between the groups is maintained.
 - (11) First aid supplies, assembled by a person knowledgeable in first aid supplies needed for hiking and backpacking activities and possible accidents or injuries, must be present on each hike or backpacking trip. The contents of each kit must be adequate for the number of youths, the terrain and the length of the hike or backpacking trip.
 - (12) An itinerary of the hiking or backpacking trip and a list of all people on the hike or backpacking trip must be kept at the field office.
 - (13) The program shall have written safety procedures for hiking and backpacking, including a written protocol for evacuating a youth that becomes sick or injured on a hike or backpacking trip. Staff and youths must be trained on the safety procedures and protocol.

Authorizing statute(s): Sec. 50-5-220, MCA

Implementing statute(s): Sec. 50-5-220, MCA

History: NEW, 2004 MAR p. 1960, Eff. 8/6/04.