

## AMC Leader Tips

- Be welcoming to all, particularly those who appear new to the group or aren't assimilating as easily.
- Assume the role of an ambassador for the club
- Consider offering a wide range of activities. As an example: Short and easier walks for new, older, or occasional participants; and more strenuous hikes for participants who are looking for a challenge.
- Consider offering wheelchair accessible activities in appropriate locations.
- Consider offering family-friendly activities to allow adults with children to participate as well. (Note all children must be accompanied by a parent or guardian.)
- Consider associating activities with a community event or organization. Use these events and organizations to help publicize the activity.
- Think about the terminology in your write-up; does the term 'walk' fit the description better if it's a casual meander along a rail trail?
- Consider meeting spots that are close to public transportation. If possible, offer public transportation information in your write up.
- Consider offering a theme or educational opportunity along with the activity. As an example, a Mural hike, history hike, wild flower identification hike, etc. Make sure to include this information in your write up.
- Choose language and behavior that is inclusive of all viewpoints and unbiased in decision- making
- Avoid blaming and shaming; seek out learning opportunities.
- Be accepting of different types of "gear". Only if there is a true safety issue should someone be excluded due to gear.
- Protect the privacy of personal information

### Extra Tips for Urban Hikes

- Determine the feasible date for the trip: Check if there is any running/walking/bicycling/paddling or fair/festival by the meeting location or the hiking/walking routes.
- Confirmed if the indoor visiting sites (if any) are open and a reservation is necessary on the potential trip dates.
- Check the major public transportation schedules (Trains/buses/subways) as well as confirm the parking locations. Public transportation schedule changes frequently, and the stops may be limited on Weekends or Holidays
- Scout the route 2 weeks before (even you plan to follow the routes on the Gaia or Alltrail in the DEI trip library) unless you are very familiar with the location.
- Check if bathrooms are available at the meeting spot and the potential rest-stop locations.
  - (Opening hours &/or locations changes often) // Check the lunch or snack break spots.
- Check the participants' potential bailout location (if any)
- Assigned a sweep on the day who can independently go around the route.
- Announce the rest-stop and snack/lunch stop location when circling up. Remind the participants not to run into Starbucks or Dunkin Donuts when the group is moving.
- (Optional) Give out your (leader) phone number in case the participants get lost during the trip.
- (Optional)Have a trip route printout unless you are very familiar with the places and the routes.