



Guidebook

Advocates Inspiring Good Behavior

Presented by:
GEORGIA APPALACHIAN TRAIL CLUB



“The idea of Wilderness needs no defense.

It only needs defenders”

Edward Abby

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This Georgia AT Trail Ambassador Guidebook was edited by Jay M Dement and draws heavily from other sources such as PATC, ATC and the Forest Service.

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The Trail Ambassadors mission is to enhance the hiker's experience through sustainable backcountry ethics



The Three Legged Stool

Patrol Overview

Role of the Coordinator

Goal: The prime directive is to maintain the wilderness character along the Appalachian Trail in Georgia. A successful program requires central organization and a program to capture usage data.

Objectives: Patrols will be scheduled to minimize any one's exposure to authority.

1. Safety is our first priority
2. Educating users of the trail
3. Patrols will be scheduled to disperse activity across the trail

Introduction:

Schedules of available patrols will be developed to augment the Ridgerunner's patrol, Trail Ambassadors will then select patrols ahead of the season. The schedule will be available for ongoing patrols. The following guidelines cover procedures for going on patrol.

Guidelines:

1. Trail Ambassadors will select patrols from a schedule (coordinated with the Ridgerunner/Caretaker schedule) to avoid duplication and concentration. Patrols should be scheduled well in advance and can be done with little planning as long as there are open areas.
2. When on patrol the Trail Ambassador's only focus is the job at hand and will avoid distractions such as trail work.
3. Before the patrol begins, the Trail Ambassador will notify the Scheduler of the intended route, and the date and time of their Check-in (In the woods). The scheduler shall confirm with the Trail Ambassador.
4. For multiple day patrols the Trail Ambassador will have a satellite phone, a radio (powered off) or other acceptable device, and a SPOT. There will be a two daily SPOT check-ins.
5. At the end of a patrol the Trail Ambassador will notify the Scheduler of their date and time of check-out (Out of the woods), and return equipment as needed.
6. The Trail Ambassador program will run with a separate Volunteer In Forest (VIF) Volunteer User Agreement (VUA). A list will be maintained of Trail Ambassadors. Only GATC members can be Trail Ambassadors.
7. A Job Hazard Analysis will be developed for Trail Ambassadors.

Introduction to Trail Ambassadors

Goal: Participants should understand the mission of GATC and the Trail Ambassadors

Objectives:

4. State the mission of Trail Ambassadors
5. Describe how Trail Ambassadors supports the mission of GATC
6. Identify key areas regarding the GATC agreement with C-ONF
7. Understand how to achieve Trail Ambassador status

Introduction:

Many in the public who utilize trails in our region are often under the impression that county, state or federal agencies are responsible for maintaining or repairing these resources. Often Trail Ambassadors serve as the face of GATC to inform the public that in most cases volunteers are actually performing these duties without compensation. Today's course will give you the skills needed to interact with the public *with confidence*.

Why are we here? Our main focus is to minimize the environmental impact and to enhance the hiker experience through sustainable backcountry ethics which preserve the primeval characteristics of the backcountry.

Guidelines:

1. What is the mission of GATC?
 - Oversee and maintain 78 miles of the AT in Georgia and another 50 miles of adjacent trails
 - Discuss some of the current key partnerships
 - The Appalachian Trail Conservancy and the Chattahoochee National Forest
2. How does the mission of the Trail Ambassadors support the mission of GATC?
 - GATC is responsible for maintaining and managing the AT in Georgia with partners ATC and C-ONF.
 - Report on trail conditions
 - Help visitors on the trail by answering questions, providing information and guidance to insure a more harmonious wilderness experience.
 - Work with the Ridgerunner program which is essential to maintaining a presence in high-use areas along the Appalachian Trail

3. Review the current Trail Ambassador programs strategic goals

- Commitment to education
- Increase membership
- Provide Multiple training sessions
- Scheduled monitoring (statistics gathering)

4. Review the GATC agreement with C-ONF

GATC is a **volunteer** organization. You should expect frequent visitor engagements. If you feel you're getting out of your comfort zone in a given situation, please take a step back and reassess whether you want to continue to engage or simply note it in a report. Eventually your skills will grow and you will feel more comfortable in your role as a Trail Ambassador.

We're happy you're here! Have fun today and while you're out patrolling the trails!

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Patrol Planning

Goal: Participants should understand how to properly plan for a patrol and be prepared prior to arriving at the trailhead.

Objectives:

- 1 Discuss patrol route selection
- 2 Identify research methods for planning a patrol
- 3 Review actions prior to departing the trailhead
- 4 Describe the importance of attitude while on Patrol
- 5 Daily check-ins

Introduction:

One of the key points to note is that Trail Ambassadors are on patrol to assist hikers. Most of your patrol will involve engaging hikers. Occasionally you will be approached by day hikers with a range of questions. Our presence demonstrates our commitment to the trail environment and that we are available to enhance the visitor experience. In this section we'll discuss how to add value to our patrol by being properly prepared.

As a forest "resource", people often ask questions that are completely unrelated to the specific trail you are patrolling. Are you ready to answer any question asked? Probably not, but this section will present some ways to help you prepare for your next patrol.

Guidelines:

1. Route Selection - What area or trail should I patrol?
 - GATC is responsible for all the white, blue and green-blazed trails in Georgia.
 - Where can I do the most good?
 - Certain trails have very high usage. The high volume of traffic and difficulty of trail usually dictate increased number of incidents and requests for assistance
 - AT and approach trails
 - Trail heads and high use road crossings
 - Significant events may also play a role in your route selection. Recent windstorms, ice storms or floods may have damaged portions of the trail. These are important patrols that can alert work crews to trail problems and lead to a quick resolution.
2. Plan Ahead and do the research!
 - When patrolling in uniform, visitors will ask anything and everything.
 - What are the water sources along the route and what is known about the water quality?
 - What wildlife inhabits the area? Any special concerns due to the time of year?

- Where is the closest gas station, clean bathroom, ranger station, phone, hospital, concession or restaurant?
- Where are the waterfalls or scenic vistas? How do I get to the trail?
- Learn about the patrol area prior to arriving.
 - Study GATC maps and forest maps issued to visitors to understand the regulations in effect throughout the forest
 - Helps highlight behaviors that would be of concern for Trail Ambassadors
 - Be prepared with materials that may be helpful on your patrol
 - If you previously patrolled an area or trail, review your TA notes to refresh your memory of things you observed last time.
 - Perform your personal hike preparation. Know the terrain, length of hike, weather forecast and predicted time on the trail.
 - Identify alternate routes and bail-out points
 - Leave an itinerary with a responsible party

3. Prior to departing the trailhead

- If the patrol is in an area with forest personnel present, check-in with the nearest ranger to introduce yourself
 - Determine whether there are any issues to be aware of while on patrol (e.g. area has been site of several illegal campfires)
 - Obtain latest information distributed to the public. Pay attention to special as well as routinely scheduled events in the forest or nearby areas
 - If you observe anything significant while on patrol, be sure to relay it to forest personnel prior to departing the area
- At the trailhead.
 - Upon exiting the vehicle, consider yourself on patrol and be prepared to answer questions.
 - Be ready to hike at a slower pace than usual.
 - Frequent stops to assist hikers, answering questions, and taking notes can severely impact your predicted hike time.
- Attitude: Check your emotions at the forest entrance
 - Conduct the patrol with a great attitude and an open mind - leave the pressures of family and work at home
 - Our attitude can make the difference between making a hiker's experience a good one or a bad one.
 - As discussed, Trail Ambassadors are not "Trail Police"
 - Don't "expect" any outcome.

Conclusion:

No matter how prepared you are there will undoubtedly be a question or situation for which you are not prepared. Do not over extend your knowledge or reach.

Activities Overview

Ambassadors protect the visitor experience by reducing social and resource impacts for visitor use. Their presence should inspire good behavior, safe and self-reliant enjoyment of the outdoors, and minimum impact on the natural resources by visitors. They are friendly, helpful and kind.

Activities may include:

- Serving as role model by practicing quality Leave No Trace behavior,
- Picking up litter,
- Counting overnight visitors,
- Helping visitors by answering questions about the local area,
- Utilizing Leave No Trace awareness or training, along with the “authority of the resource” to educate visitors on local regulations as well as best practices for enjoying the natural environment.
- Dismantling fire rings at visitor-created campsites and re-naturalizing the area, or
- Other support activities as requested by the club, which could include trail condition reports or shelter and privy maintenance.

Approach with a smile, listen first, and seek the best possible outcome with patience.

Activities should not include:

- Taking trash from hikers (they should be encouraged and empowered to carry it out themselves),
- Driving hikers around,
- Providing unsolicited advice on gear or what the terrain is like ahead,
- Issuing first aid beyond your level of comfort or training. Never administer medication to others.

Trail Ambassadors have no law enforcement authority and avoid an approach that would imply levels of authority that do not actually exist. As a rule it is best to stick to information and encouragement.

It is not incumbent upon Ambassadors to talk to everyone. Respect that some visitors have come to the Appalachian Trail to seek respite from societal pressures to “engage” while others relish conversations and meeting new people. Recognize that not all people are people you want to engage with, but we’ll address that in the safety portion of this training.

Patrol Equipment

Goal: Participants should understand which equipment they will need when patrolling

Objectives:

1. Review the different items in their pack and their uses on patrol
2. Identify the "10 essentials"
3. Describe the Trail Ambassador uniform

Introduction:

While on patrol, you should be well prepared to encounter many situations. This is essential if you're ever called upon to assist hikers in need or find yourself in the middle of an extended emergency situation.

As experienced hikers, we've all been exposed to the "10 essentials" and tailored our packs according to the type of trip we're undertaking. However, as a Trail Ambassador you may find yourself in a situation where you may be on the trail hours longer than you expected when first leaving the trailhead. These things can easily happen when you're not only responsible for yourself, but others on the trail.

Guideline:

1. Personal items: "The Ten Essentials"

- Map and Compass - GATC (topographic) map and/or forest map to reference for regulations and other key information. In the backcountry it is very easy to get disoriented. A compass can help you identify a location of lost hikers.
- Water – You need enough water to last for an extended hike on the trails. As a precaution, carrying a water purification method is extra insurance to guarantee access to drinkable water all day long.
- Food - Snacks, energy gels or energy bars for your personal consumption.
- Light source - flashlight or headlamp is critical if walking a trail in dwindling light. Most only weigh a few ounces. Don't forget extra batteries!
- Extra clothing - Raingear, change of socks, extra shirt, gloves, hat? All are critical if you want to stay warm and dry!
- Pocket knife or multi-tool - Handy for gear repair, cutting, and other emergency needs. Select a that tool meets your needs, not what is lightest or has the most tools.
- Large Plastic Trash Bag or "Space" Blanket - to serve as an emergency shelter.
- Pencil and paper - Important for leaving messages, writing down emergency information, or taking patrol notes.
- Signaling Device - We recommend a whistle; the sound travels farther than your voice and won't exhaust your vocal cords. Mirrors are great in the desert or an alpine environment but not great in this part of the country.

- Personal First Aid Kit - Tailor a kit with medication specific for your needs. Don't use your personal kit to treat others.
 - Other items to consider:
 - Sunglasses and hat
 - Sunscreen and/or bug repellent
 - Matches and/or fire starter
 - Emergency shelter/blanket
2. "Patrol" Items: Common use items that you're prepared to replenish or replace after use.
- First Aid Kit - Fully stocked kit to treat the public. Include medical gloves and determine whether you want to carry a CPR shield. Extra "space" blankets are inexpensive and an easy way to keep people warm.
 - Spare water and snacks - Keep separate from personal supply to avoid passing out items you need for yourself.
 - Spare maps - Can be used to give away or point out forest regulations if needed.
 - Gloves and folding saw for light trail maintenance.
 - GATC Cards - use as a way to generate new membership or as a way to inform the public our presence on the trails.
 - Garbage bags
3. Trail Ambassador Pack "Shake-down"
- Encourage each Trail Ambassador to evaluate the contents of their packs and share ideas. No one has a perfect pack...explore rationale behind some of the more interesting items they find
4. Trail Ambassador Uniform:
- Visual recognition of a Trail Ambassador on patrol is an important aspect of our mission. This is the only way to non-verbally identify ourselves as someone to approach with a question or concern. Trail Ambassadors should strive to wear identifiable GATC or Trail Ambassador logos while on the trails. GATC patches can be sewn onto long-sleeve shirts for wear in cooler weather.

Conclusion:

By having the right equipment in our packs and the right knowledge in our heads, we're off to great start on any patrol. Remember we are the responsible ones on the trail that people look to as a resource. People depend upon us to be the ones "in the know" on the trail. Better preparation will yield a better patrol.

Visitor Engagement

Goal: Participants should obtain an idea of the proper procedure on how to approach and engaged people safely on the trail.

Objectives:

1. To be a visible presence.
2. To know when to exit a situation
3. Understand who, how where and when to engage visitors on the AT.
4. To understand the Trail Ambassador's limits on interfacing with the public.

Introduction:

Most people on the trail do not realize their errors and mean no harm. Our objective is to engage these people and help them enjoy a better experience by being more responsible. While on patrol you will be a point of presence for the Forest Service and GATC your patrol should always be within your comfort levels, if you feel uncomfortable approaching a situation, withdraw to a safe position.

It is enough to be friendly and approachable. Sometimes your presence is enough to instill good behavior. You may even be approached by visitors making engagement easier. Do not try to engage visitors beyond you skill and comfort level.

Volunteer Service Agreement

Guidelines:

Use WISDOM when making public contacts:

- W**here are you coming from?
- I**ntroduce yourself
- S**ize up the situation
- D**iscuss appropriate behavior or skill
- O**utline how it benefits the resource
- M**ake a positive impression

When encountering people on the trail, start with a friendly greeting and some ice breaking conversation to establish a rapport with visitors. Always be ready to provide correct information, if you don't know the answer offer to find one or direct them to an appropriate source. Refer those who disagree with any Forest Service policy to the district ranger.

Your presence on the trail should be enough, position yourself to be visible and friendly with an offer to help. You are there to assist people who are willing to listen and learn. By walking around a shelter and introducing yourself it will become apparent how “friendly the crowd” is and how receptive they are to a Leave No Trace conversation. Proceed as you are comfortable.

Should you encounter agitated visitors on the trail, do not intensify the situation, you should find a convenient exit. Do not turn your back until you feel you are safe. **Whenever** you feel your personal safety is likely to be in jeopardy, end the contact and leave the area. Once a safe distance from the situation write down information about the encounter that you can pass on to a Forest Ranger.

You may find people that are just frustrated and need to vent. Try to listen more than you talk, be sympathetic and understanding. Do not try to fix the problem. By being there and listening may be enough to diffuse the situation.

Routine Procedures

Goal: Participants should understand the day-to-day activities that occur while on patrol and be prepared to render assistance as needed and requested..

Objectives:

1. Discuss different opportunities to interact with the public
2. Describe the "Authority of the Resource"
3. Understand the difference between education and enforcement

Introduction:

The purpose of this course is to provide an overview of the role of the Trail Ambassador, and guides you on how to handle these situations. First we will cover issues you may encounter on patrol. In this section we'll start with the normal or "routine" encounters we have with the public.

The Trail Ambassador also needs to engage hikers, to gather certain data and to access their ability to practice Leave No Trace.

Guidelines:

1. Different ways of interacting with the public

- Provide a reassuring presence: You will likely **make novice hikers more comfortable** just by being there. Your presence helps by giving them a person who can answer their questions and help guide behavior
- Be a resource people can turn to. This is **not only to the public but our land managers** as well.
- Be a professional: Be prepared to deal with the public in a professional manner. You represent our club and **your behavior reflects on the club and the forests** we have partnerships with.

2. Typical Encounters

- Trail Ambassador: Ambassadors not only represent the resource, but GATC as well.
- Information Source: Be prepared to answer general questions about the area in which you are patrolling.
 - People look to you as a resource for all things associated with their outdoor experience, from bathroom locations to where the best overlook may be.
 - Be prepared to provide directions, information on trail conditions and anything or everything else associated with the forest or area you're patrolling.

- In addition to interacting with the public, we are the “eyes and ears” for many of the forests where we patrol in and forest officials welcome our reports to help keep the forests safe. As TA members we have an obligation to report illegal activity to forest officials. You should report significant events or activity to forest personnel before departing the area.
- LEAVE NO TRACE Education: Recognize teachable moments.
- Pet encounters: Correct and educate instances of pets off-leash or not permitted on a specific trail. Ensure safety of pets, hikers and wildlife. Which Leave No Trace principle applies?
- Hikers in distress: Sometimes people get into trouble on the trails. It is **our responsibility to help** those in need.
 - Situations can include lost hikers. Having a map or expert knowledge of the area will easily put fears to rest.
 - Situations of unprepared hikers with little or no water or proper gear can usually be addressed easily if caught early on a hike.
 - Hikers experiencing overexertion, dehydration or minor injuries such as cuts, are also common. Knowing what to do in these situations is essential to prevent a distressing situation from becoming an emergency.
 - There is often a fine line between a hiker in "minor" distress and a true emergency situation. Being an observant Trail Ambassador is the best way to distinguish between the two.
 - If an obviously distressed person turns down your assistance, attempt to follow them back to their car or stay with them for a while until the crisis passes. It could be the difference between distress and emergency.

3. Reporting Trail Conditions: Your eyes on the trail can serve to get word of a trail situation back to the Trail Director. Sometimes you will be able to easily correct a situation through light maintenance.

- While on patrol, **ensure that your notes are detailed** so the information is adequate for trail overseers to use. At times these reports are the only information trail crews have when planning their work trips and is critical for maintainers!
- Be sure each report contains the following information:
 - Problems requiring attention of trail crews and overseers
 - Overall trail conditions and noted improvements or potential concerns

4. Authority of the Resource:

- The land deserves a level of respect no single person can gain with a badge or title.

- Authority of the Agency: Regulations and enforcement have little effect once the authority is no longer present. Sometimes people will change their behavior when told "It's against the law", and sometimes they will not.
- Authority of the Resource: Why a rule is in effect is much more important than what the rule is. People will usually become compliant when the rule is explained to them. Education and persuasion each have an extensive and long-term effect.

5. Attitude: Education vs. Regulation (or enforcement)

- Education changes behavior patterns; confrontation does not. Land managers realized this in the 1980's and transitioned to Leave No Trace to educate the public on proper outdoor etiquette.
- Trail Ambassadors are not "trail police" and we are not on the trail as forest law enforcement. We have no authority to enforce regulations or ticket abusers.
- Trail Ambassadors use the Authority of the Resource model to educate and change behavior. By concentrating on education we routinely avoid conflict and confrontation.
- In some situations, you should not offer advice or even interact with visitors:
 - Those who are acting irrational or appear aggressive
 - Those holding potential deadly weapons such as axes, guns or knives
 - If the person doesn't appear to want to change their behavior, it is best to back away and inform the authorities
 - If you are not sure what to do, it is sometimes best to do nothing.

Conclusion:

- When interacting with the public in any situation:
 - Always be friendly and try to say "hello"
 - Represent the Authority of the Resource - tell WHY the rules are in place
 - Do not offer advice or interact with people/groups beyond your comfortable level with. DO NOT PUT YOURSELF IN DANGER at any time.

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Reporting Procedures

Goal: Part of the Trail Ambassador's mission is to collect data on trail use. We will review the different reporting forms and how to properly fill them out.

Objectives:

1. Discuss Ambassador reporting procedures using the TA Report
2. Describe the uses of a Trail Ambassador Activity Report
3. Identify other forms and reports available for their use
4. Review Emergency Reporting procedures

Introduction:

Whenever you're out enjoying a patrol or working on trails, you are a small part of a larger system that has worked effectively and efficiently for a number of years. In this section we'll address how to report incidents and trail conditions encountered by Trail Ambassadors.

GATC is famous along the AT for being one of the best areas, not only for scenery, but for overall trail conditions as well. Trail Ambassadors play an essential role to relay important information regarding trail use.

Guideline:

Check in and out procedures will be established to insure Trail Ambassadors safety. This way someone will know where you are and when you are expected back.

1. Review Trail Ambassador Report
 - Review each section of the report and highlight specific ways to fill out report.
 - Record the Number of People Encountered
 - Differentiate between observed, interacted and assisted
 - Trails patrolled – route trail condition reports to the correct District Leader
 - Trail Conditions - use drop-down menu to describe issues that require overseer attention. Do not use to highlight conditions you've already addressed
 - Blowdowns: Diameter, on/off ground, height, location, radiating branches
 - Blazes: Faded, no longer visible, etc
 - Erosion
 - Structures
 - Vegetation

- Springs
- Other
- Additional Comments - describe actions **you** took on patrol
 - Light maintenance
 - Overall impression of trail
 - Don't limit comments to what needs attention but also highlight improvements
- Purpose: report detailed observations to the specific District Managers and Trail Overseers responsible for maintaining area trails

2. Discuss Activity report

- Purpose: provides details of volunteer activities supporting GATC and Trail Ambassador program.
- Review each section of the report and highlight specific ways to fill out report.
 - Activity leader usually submits the report, not each participant

3. Emergency reporting

- If you find yourself in a situation you're not prepared or equipped to handle, **seek assistance** at the earliest opportunity from forest personnel or emergency responders
- Significant events that may interest GATC leadership should be reported well for follow-up action. This will ensure key members are aware of the situation and are prepared to address any questions or follow-up actions for the organization.

Conclusion:

Gathering statistics and information on trail usage will be helpful for future planning and trail maintenance. By quantifying activities, we can better manage the volume of traffic on the trail.

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Emergency Procedures

Goal: Circumstances can occur that constitute a hazardous situation that require the Trail Ambassador's involvement for a safe solution.

Objectives:

1. Describe how to assess conditions prior to an approach and encounter.
2. Identify potential situations that can arise during a patrol and select a method to engage the public.
3. List the avenues of assistance available to a Trail Ambassador in a given area.

Introduction:

When a Trail Ambassador leaves the trailhead, they must be prepared for the unexpected. Most patrols are routine with reports on trail conditions, the number of hikers encountered, etc. Sometimes a situation will occur that requires action on your part.

These guidelines are not meant as formal first aid training. You are encouraged to pursue additional instruction. YOU are the most important person on the trail. If you're hurt or injured, you can't assist others. You must protect yourself at all times and when responding to an emergency.

Guideline:

1. What constitutes an emergency situation?
 - Threat to health of the hiker and immediate action is required
 - Situations that require evacuation
 - A hiker who is very lost and requires activation of a search team
2. Review potential encounters
 - Injured hiker - administer first aid as needed ***within your capabilities***
 - Stay in your comfort zone
 - Lost hiker or child - do not conduct or organize a search on your own
 - Ensure someone stays at last known location; contact forest service or state police
 - Organizations such as GATC's Search and Rescue Group are trained for such operations
 - Unprepared hikers - initiate contact to prevent an emergency later
 - Situations include wrong footwear, insufficient water and lack of awareness

- Dangerous Activity climbing, wading, swimming, wildlife encounters etc.
 - Attempt to prevent injuries before they occur
- Illegal camping or cooking fires
 - Reason for initiating contact but not an emergency
- Belligerent people
 - Be cautious and assess. This is not an emergency but impacts enjoyment for others
 - Much safer to note the activity (especially illegal) and report it to law enforcement or the land manager

3. Assess the situation before approaching

- Ensure safety of all individuals in area (including yourself!)
 - Does a hazard currently exist in the area such as a rockfall or bear cubs?
 - Take steps to minimize risk. Move the injured person or secure the area if possible.
 - **You** are the most important person in the area followed by your partner and the injured hiker.
- Identify yourself as a Trail Ambassador member and establish rapport
 - Places the injured hiker at ease with your presence
 - Explain the training you've received and the relationship with the land manager.
- Offer assistance and receive permission prior to proceeding - **obtain consent**
- Walk through an example of how to approach someone

4. Typical Injuries: ***This is not a first aid class and does not explain treatment! These highlight some of the classic symptoms but actual conditions can be exhibited in a number of different ways.***

- Environmental Emergencies
 - Hypothermia/Frostbite
 - Shivering, confusion, numbness and/or change in skin color
 - Treatment: Remove wet clothing and dry and warm the injured hiker
 - Hyperthermia/Heat stroke
 - Warm/clammy skin (mild or moderate), red/hot skin (severe)
 - Decreased consciousness, extreme thirst, nausea, cramping
 - Treatment: Seek shade, open/remove clothing, cool hiker down
 - Dehydration
 - Thirst, profuse perspiration, mental confusion
 - Treatment: Rehydrate with water and other non-caffeinated drinks
- Medical Emergencies
 - Heart Attack/Chest pain
 - Chest discomfort, shortness of breath, pain down one arm, nausea
 - Call 911

- Stroke
 - Numbness or weakness on one side of body, headache, difficulty speaking, altered behavior
 - Call 911
- Shortness of Breath
 - Asthma or allergic reaction
 - Call 911
- Traumatic Emergencies or Injuries
 - Sprains and fractures
 - Swelling, painful to touch, cannot move or place weight on injured area
 - Treatment - Lower: Leave boot on & splint so hiker can walk out
 - Treatment - Lower Severe: Remove boot, elevate, ice injury & await evacuation
 - Treatment - Upper: Secure to body with sling to avoid further injury
 - Bleeding
 - Treatment: Provide direct pressure, elevate injury and apply pressure dressing
 - Bleeding may also be internal; look for bloating or "hard" areas on body
 - "When treating these types of injuries be resourceful"
 - Use walking sticks to reduce pounding on lower body during hike out
 - Improvise splints and ways to control bleeding - there's no magic formula
 - Use their gear first!

5. Avenues of assistance - Engage a response team **when the situation warrants**

- Evaluate the situation and consider alternatives
 - Should you treat the injured hiker and then leave the scene when finished?
 - Should you evacuate the person yourself?
 - Should you send a runner for help?
- How: cell phone, public phone, nearest ranger station?
- Who: forest personnel, state police, emergency responders/911, GATC staff
 - GATC maps are a great source of emergency information!
- What: Relay the key information needed to ensure optimal response
 - Exact location of the injured hiker
 - Medical condition of the injured hiker
 - Patient information: name, age, gender, weight, medical history, allergies, current medications
 - Your information: name, cell number or contact info, level of training

NOTE: When using a runner, be sure to write down all information they are required to pass on to the authorities
- Remain with the injured hiker until situation is remedied or they receive the proper care.

6. Good Samaritan laws - <Refer to Handout>

- Do not exceed your training; act in good faith and without compensation
- QUESTION: What are you obligated to do if you are uncomfortable acting?
- ANSWER: Nothing. As a volunteer you have no obligation to act in any medical emergency.

Conclusion:

When people get into trouble in the backcountry or on the trail, it is our responsibility to help those in need. The most common form of distress is the dehydrated hiker or one with minor injuries. If you see someone in distress but they refuse assistance, stay with them a while or follow them back to their car. It may make all the difference in their day and yours!

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Forest Service Regulations

Goal: Participants will have a general understanding of existing rules and laws pertaining to users in the Chattahoochee National Forest

Objectives:

5. Have an understanding of the regulations of the forest in which we patrol
6. Know which Forest Service office is responsible for what area
7. Become familiar with the law enforcement chain of command

Introduction:

While on patrol you will witness behavior that may be against the regulations or laws of the Forest. While we “educate” people with the *Authority of the Resource* sometimes we may have to reference the local and federal laws that govern our area.

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Guideline:

To be completed by the Forest Service.
Guns, jurisdictions, staff, contacts

Conclusion:

Understanding the regulations that govern the trail at least alerts us to acceptable behavior. Enforcement of these laws is another matter that may require referring to local officials.

Appalachian Trail Conservancy

Goal: To better understand the contributions made by the Appalachian Trail Conservancy ATC.

Objectives:

1. Have an understanding of the role of the ATC
2. Review reports and reporting
3. Become familiar with some of ATC policies

Introduction:

With 31 maintaining clubs, fourteen states and numerous national, state and local forests and forests the Appalachian Trail Conservancy is the only common entity on the trail. The ATC oversees many aspects of the trail and its management.

Guideline