

THE TRAIL AMBASSADORS GUIDEBOOK

Advocates Inspiring Good Behavior

Presented by: GEORGIA APPALACHIAN TRAIL CLUB



Georgia Appalachian Trail Club manages, maintains, and protects the Appalachian National Scenic Trail in Georgia with volunteers from its membership and the interested public.

The Georgia Appalachian Trail Club promotes the appreciation of the Appalachian National Scenic Trail and natural outdoor places through education and recreational activities, with an emphasis on conservation ethics and protection of the forests, their natural resources and wilderness areas. The Trail Ambassadors mission is to enhance the hiker's experience through sustainable backcountry ethics.



www.georgia-atclub.org https://www.fs.usda.gov/main/conf/home www.appalachiantrail.org www.lnt.org

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Table of Contents

SECTION 1.	INTRODUCTION	5
SECTION 2.	WHY TRAIL AMBASSADORS DO WHAT THEY DO?	6
Historical	Context	6
Backgrou	nd of the Georgia Appalachian Trail - Trail Ambassador Program	7
2017 Trai	I Ambassador Support – By the Numbers	8
SECTION 3.	WHO ARE TRAIL AMBASSADORS?	9
Trail Amb	bassador Levels	9
SECTION 4.	WHAT DO TRAIL AMBASSADORS DO?	0
Patrol Over	<i>v</i> iew1	2
Patrol Pri	orities1	2
Patrol Gu	idelines1	2
Types of	Patrols1	3
Trail Amb	bassador – A Day in the Life1	4
Interacting	With the Public1	6
General C	Suidelines for Interacting with the Public1	6
Using WI	SDOM1	8
Real-Wor	ld Scenario1	9
SECTION 5.	HOW DO TRAIL AMBASSADORS DO WHAT THEY DO?	0
Patrol Plann	ing and Research2	0
Websites	and Apps2	1
Primary V	Vebsites	1
Additiona	al Websites2	2
Navigatio	n2	3
Weather	2	4
Social Me	edia 2	5
The Trail	Ambassador's Equipment2	6
The Trail An	nbassador's Uniform2	8
Patrol Schee	duling2	9
Trail Amb	assador Scheduling Tool2	9
Using the	Trail Ambassador Scheduling Tool3	0

Communications	
Daily Check-In/Out Policy	
Communications – Using a SPOT Device: Quick Reference	
Communications: Missed Check-in – Orange Condition	
Emergency Procedures	
Guidelines for Emergencies	
Collecting Information and Reporting	
Using the FastField Application	
Recording Hours	43
Entering Hours in the GATC Work Trip Database	43
APPENDIX A. GATC DOCUMENTS	
Location Resource Guide	44
Setting up a SPOT Device	45
APPENDIX B. LEAVE NO TRACE DOCUMENTS	49
The Leave No Trace Principles	49
Authority of the Resource	51
APPENDIX C. FOREST SERVICE DOCUMENTS	57
Trail Ambassador Job Hazard Analysis	57
General Forest Orders	61
Bear-resistant Container Requirements	64
Limits of Stay	
APPENDIX D. APPALACHIAN TRAIL CONSERVENCY	67
ATC Strategic Plan 2015-2019	67
ATC Policy on Advertising on the Appalachian Trail	
ATC Guidance on Special Use Permits	70
ATC Policy on Wilderness	71
ATC Suggestions for Providing Trail Magic	72
ATC Poster on Norovirus Prevention	73
Appalachian Trail Ridge Runners – Job Description	74
APPENDIX E. HIKING REFERENCES	
Hanging a Bear Bag – the PCT Method	79
First Aid Checklist	80

SECTION 1. INTRODUCTION

This Guidebook is intended to inform the reader regarding the Trail Ambassadors program by detailing the Who?, What?, Where?, Why? and How? of the trail ambassadors of The Georgia Appalachian Trail Club. But we will not proceed in that order. Let's begin with the Why.

This Guidebook is all about you, the trail ambassador. Without selfless individuals willing to devote their time and energy to this cause, there would be no need for this Guidebook and the Trail would suffer from your absence.

SECTION 2. WHY TRAIL AMBASSADORS DO WHAT THEY DO?

Historical Context

This question might be better understood as, "Why is there a Trail Ambassadors program in the first place?" How did we get to a point in history where there was room for such an idea as this?

In 1921 Benton MacKaye wrote his now-famous article entitled, "An Appalachian Trail: a Project in Regional Planning." In that article he proposed a footpath that would serve as a sort of retreat or refuge from a civilization which was becoming too mechanized."¹ At the time, the idea that American citizens might want to hike and camp in the mountains was a novel one. In 1930, when a few individuals decided to organize the Georgia Appalachian Trail Club in order to implement MacKaye's idea in Georgia, it was difficult just trying to get folks to come to the first meeting to discuss it. Eddy Stone, Assistant State Forester for the State of Georgia asked his assistant, Charlie Elliott to form the Club. When Charlie called the first meeting no one besides Charlie showed up. On the second attempt to hold the meeting, only the janitor showed up.² On November 1, 1930, the organizational meeting was actually held and the Georgia Appalachian Trail Club was born. Since that time, faithful members have promoted the AT in Georgia as one of the best hiking trails anywhere.

One of the reasons for this guidebook is that we have done too good a job. Now the Trail is overused and abused. Many of those hiking on it know or care little about how precious the resource actually is. That presents the desperate need for trail ambassadors.

Despite the abundant resources regarding nature, outdoor recreation, and conservation most hikers come to nature unprepared. It is this lack of concern coupled with the ever increasing number of hikers that threaten the resource. Many in the general public who utilize trails in our region are under the impression that some government agency, state or federal, will take care of everything and clean up their mess. Of course we, the volunteers who make up the Georgia Appalachian Trail Club, know different. That's because we are the ones who take care of everything and who clean up all the mess.

The dream of the Trail Ambassadors program is that there must be a better way to protect our beloved Trail. That better way is to meet the hiker on the Trail and teach him or her the better way. The better way is the principles of "Leave No Trace."

Benton MacKaye probably never envisioned the need for such principles. He would probably be amazed to discover how many folks come to hike his footpath every year. He would probably be even more amazed at the mess those folks leave in their wake.

¹ Benton MacKaye. "The Appalachian Trail, a Project in Regional Planning." *Journal of the American Institute of Architects*, v.9, Oct., 1921

² Harold Arnovitz ed., <u>Friendships of the Trail: The History of the Georgia Appalachian Trail Club 1930-1980</u> (Marietta, Georgia, 1995), p.14-15.

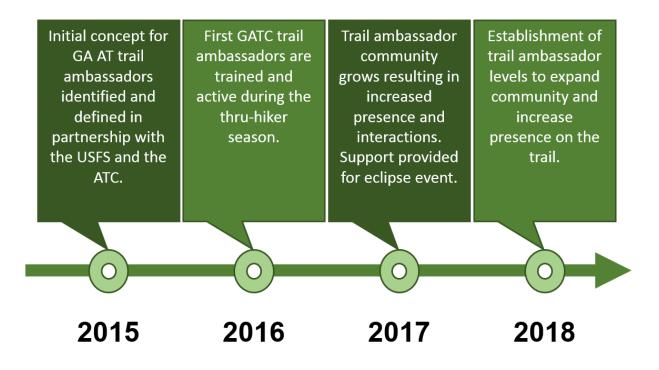
Background of the Georgia Appalachian Trail - Trail Ambassador Program GATC - Presidential Ponderings, December 2016

One of the most damaging aspects of the thru-hiker rush in Georgia is that so many hikers are inexperienced. They have heard about our wonderful Trail and they want to experience it. They know little, if anything, about "Leave No Trace." They purchase some cheap hiking gear and head to Springer Mountain or Amicalola Falls State Park. They pack the shelters. Overseers spend a lot of time and effort picking up trash for these newbies. The challenge is how to educate them.

Our own Jay Dement came up with an idea -- trail ambassadors on the Georgia AT. Everyone was not 100% in favor of this plan. Now, to some Jay may seem simply stubborn. I view him as charmingly persistent. He got the support of the Forest Service and The Appalachian Trail Conservancy. Jay issued the call for volunteers and arranged extensive training.

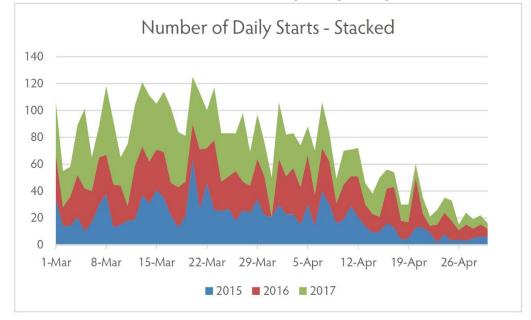
The newly trained trail ambassadors along with additional ridgerunners and caretakers were able to make a huge difference by being present with the hikers along the Trail, especially at the new Hawk Mountain Campsite. Several thru-hikers who made it all the way to Maine wrote back thanking GATC for providing such wonderful assistance at a time when they were just starting on their journey.³

-Don Hicks, GATC President (2016)



³ Don Hicks, GATC President (December 2016). Presidential Ponderings. <u>https://georgia-atclub.org/news/past-presidential-ponderings/201-december-2016</u>

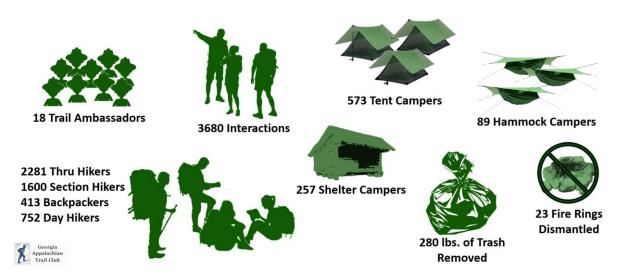
2017 Trail Ambassador Support – By the Numbers



The 2017 thru-hiker season saw record numbers coming through Georgia.

Following are numbers showing the trail ambassador support during the 2017 thru-hiker season as compiled from the trail ambassador FastField reports.

• Note: these do not represent the total numbers on the trail, just the numbers counted by trail ambassadors on their patrols.



SECTION 3. WHO ARE TRAIL AMBASSADORS?

The mission of the Georgia Appalachian Trail Club has always been to *manage, maintain,* and *protect* the Appalachian National Scenic Trail in Georgia.

Since the early days, GATC has served as a model to other trail maintaining organizations as an example in accomplishing this mission in the most extraordinary fashion.

"The idea of wilderness needs no defense. It only needs defenders"

Edward Abbey

As members of GATC, trail ambassadors share this mission, but the focus of what they do is much sharper. As the number of annual visitors has increased significantly, the threat to the Trail has become ever more apparent. As stated earlier, the growing numbers of largely uninformed hikers on the Trail is threatening to destroy it. There is a crucial need to meet hikers on the Trail and attempt to educate them regarding proper use of this valuable but fragile resource.

Trail Ambassador Levels

There are three levels, or "classes" of trail ambassador, based on their certifications and experience.

Having different classes will allow for more people to participate in the program to increase the presence on the trail.

Class A Trail Ambassador	Class B Trail Ambassador	Class C Trail Ambassador
Basic Knowledge	Certified	Master Trainer
 Has good hiking and backcountry skills. Has taken the trail ambassador training. Is able to educate hikers on general knowledge and Leave No Trace. Can conduct patrols with another trail ambassador (Class A or higher). 	 Has met Class A requirements. Has strong hiking and backcountry skills. Is certified in Wilderness First Aid as well as a Leave No Trace Trainer. Can conduct patrols alone. Can assist with trail ambassador training and administrative functions. 	 Has met Class B requirements. Designated by a red shirt. Has strong or advanced hiking and backcountry skills. Is certified in Wilderness First Aid as well as a Leave No Trace Master Trainer. Has extensive experience conducting patrols as well as performing leadership functions. Is able to train trail ambassedore

SECTION 4. WHAT DO TRAIL AMBASSADORS DO?

Trail ambassadors strive to protect the visitor experience in the wilderness. The tactic chosen to accomplish this is a proactive effort to reduce social and environmental impacts that each visitor has when they visit. A trail ambassador's job is first, to display proper behavior and ethics and, second, to teach that behavior and ethics to other visitors that he/she may encounter. The role of trail ambassador is one of teacher, not an enforcer of rules.

Whether on the Trail or off, trail ambassadors should always remain aware that they are representatives of a strong and historical partnership. This partnership includes the Georgia Appalachian Trail Club, the Appalachian Trail Conservancy, and the US Forest Service.

AMBASSADOR "an authorized messenger or representative"

www.dictionary.com

Every activity and action of a trail ambassador must be a reflection of the standards and ethics of all elements of the partnership. When on the Trail, safety standards set by the Forest Service must be followed at all times. The GATC Trail Ambassador program is governed by a Volunteer Service Agreement signed by both GATC and the Forest Service. When on patrol trail ambassadors are considered Federal employees and are covered by Workers Compensation under the Department of Agriculture (US Forest Service). That protection is provided with the understanding that trail ambassadors follow the safety standards included in the *Health and Safety Code Handbook* (US Department of Agriculture FSH 6709 11). In compliance with this Handbook, a Job Hazard Analysis will be developed for trail ambassadors.

Activities may include:

INOTE:

- Serving as a role model by practicing Leave No Trace ethics.
- 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. Practicing and promoting Leave No Trace Principles is central to our mission. Every trail ambassador should be familiar with the principles. (See Appendix D for the complete listing and description)
- Dismantling fire rings at visitor-created campsites and re-naturalizing the area.
- Other support activities requested by the Club such as trail condition reports or shelter and privy maintenance.

Your eyes on the trail can serve to get word of a trail situation back to the Trails Supervisor or a Section Overseer. Be sure that your notes include sufficient detail to enable the trail crews to find the location of that particular situation. For more information see: Collecting Information and Reporting.

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.
- Providing first aid beyond your level of comfort or training. Never administer medication to others.
- Performing regular trail maintenance activities that are the responsibility of the section overseers.

Trail ambassadors have no law enforcement authority and must avoid any approach that might imply levels of authority that do not exist. As a rule, it is better to stick to information and encouragement.

It is not incumbent upon trail 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.

Approach with a smile. Listen first. Seek the best possible outcome with patience and respect.

Recognize that not all people are people with whom you want to engage. (See the Safety section of this Guidebook)

During the peak of the thru-hiker season (March – May) you will most likely encounter what may seem like an onslaught of visitors. They will come with a variety of expectations and attitudes. If you feel that you might be getting out of your comfort zone in a given situation, please take a step back and re-access whether you want to continue to engage or simply note it in a report. Eventually your skills will grow and you will become more confident in your role as a trail ambassador.

Patrol Overview

Patrol Priorities

The following are the highest level priorities for the Trail Ambassadors as they are on a patrol.

- 1. Safety!
 - Safety of the trail ambassadors
 - Plan and research your patrol.
 - Schedule your patrol online.
 - Check In/Check Out daily.
 - Safety of all visitors

2. Educating users of the trail.

Safety is always our first priority!

- 3. Making a positive impact without visitors feeling overwhelmed by too many "helpful" ambassadors.
 - Patrols will be scheduled to minimize any individual's or group's exposure to authority.
- 4. Collecting and reporting information on hikers and trail conditions.

Patrol Guidelines

In general, trail ambassadors should be mindful of and adhere to the following guidelines.

- In most cases, trail ambassadors will schedule patrols using a calendar of ridgerunner/caretaker assignments to avoid duplication of efforts in any specific area.
- When on patrol the trail ambassador's only focus is the job at hand without distractions such as trail maintenance activities.
- Work collaboratively with people from other agencies like ATC ridgerunners, and USFS Rangers. When necessary, defer to their expertise, skills, and authority.
- Before the starting date/time of the patrol, the trail ambassador will notify the Scheduler of the intended route and the planned date/time of their check-in at the trailhead. The Scheduler shall confirm plans with the trail ambassador.
- For patrols that span multiple days the trail ambassador will carry a SPOT device. There will be two check-ins daily using the SPOT device.
- At the conclusion of the patrol, the trail ambassador will notify the Scheduler of the date/time of their check-out at the trailhead and return any loaned equipment.

Types of Patrols

Patrols should be scheduled to provide a balance between both: adequate coverage in potential overuse and high-impact areas but also spread out to minimize over-exposure or overwhelming visitors. Use the Trail Ambassador Scheduler to plan a patrol effectively with these goals in mind.

There three are different type of patrols based on how the trail ambassador plans to interact with hiker either out on the trail hiking or stationary, at a fixed location.

Day Hike

If it's out on the trail, the conversations will be casual but also fairly short. This only allows for a small window to impart helpful knowledge. Messages need to be in the form of "elevator pitches."

Stationary Patrol - Information Station

However fixed locations where hikers are likely to gather, like a shelter or trail head, are great opportunities to engage in lengthier conversations condusive to education and skill-building as well as services like a pack shake-down.

Multi-Day

A combination of both a hike and a stationary patrol can be used to plan and execute a multi-day, overnight patrol. This helps to provide coverage at the shelters where Ridgrunners are stationed on their day's off.

Se 34	ection: 4.8 .6548, -84.0497 Hike ×	Stationary			Multi-Day
	iking through high impact	Fixed locations:	×	Day	
Po	affic areas	Amicalola Visitor Center		•	Hike through the traffic.
	formal interactions	1 st Five Shelters	1.	·	Set up camp and
(cst	Trail guidance	 Trail heads (Springer) 			information station at a
The.	Quick-hit tips and ad-hoc	Gaps/trail junctions	N		shelter.
	education		X	Day	2
> Da	ata collection	"Information Station" with	h Ga	ap \	Host information station
		location-relevant information			Day hike
		Informal training & education	>	Day	3 Spr
		> Data collection ooch		• 1	Hike out.

Trail Ambassador – A Day in the Life

Following are the daily activities for the various patrols.

Hike Patrol Performing a day hike. 1. Plan and 2. Check-in 4. Check-out 3. Hike • E-mail E-mail Interact and educate Prepare . SPOT Collect data te: Sun, Jun 18, 2018 at 7:45 F bject: Check-Out of the Woods Research Schedule eck-Out of the Wood Pack 5. Report FastField report **Trail conditions** Log hours

Stationary Patrol – Information Station

Supporting a fixed location.

 Plan and Prepare Research Schedule Pack 	 2. Check-in E-mail SPOT 	 3. Host Set up an information station Interact and educate Register hikers Conduct pack shakedowns Manage hiker box Collect data 	4. Close Check-(• Pack up • E-mail	
Georgia Appalachian Trail Club			 5. Repo FastField Trail cor Log hou 	d report

h





- 15 -

Interacting With the Public

General Guidelines for Interacting with the Public

GATC trail ambassadors serve not only as representatives of GATC. For the visitors in the Forest, they also represent the GATC partners as well, including The Appalachian Trail Conservancy and the US Forest Service



Whatever pressures are placed on us while on patrol it is imperative that we always follow the policies and procedures of those organizations. Our behavior must always be exemplary.

Most people on the Trail do not realize their errors. They mean no harm. They are simply unaware of their impact on what is often a fragile, irreplaceable resource. Our objective is to engage these people and help them enjoy a better experience by being more responsible. It is usually enough to be friendly and approachable. Sometimes your presence is enough to instill good behavior. Some visitors may take the initiative by approaching you.

Do not attempt to engage visitors beyond your skill and comfort level. As always, if you feel uncomfortable approaching a situation, walk away to a safe position.

There are guidelines to help achieve those goals:

Provide a reassuring presence.

 You will likely make novice hikers more comfortable just by being there. You should strive to be a person who can answer their questions and guide behavior by knowledge and by modeling good back country ethics.

Be a person on whom others can rely.

• This includes not only the public but our partners as well.

Be a professional.

• Be prepared to deal with the public and others in a professional manner. Your behavior will reflect on a whole lot more than just yourself.



Some general areas you will want to avoid:

Misrepresenting your authority.

- Trail ambassadors in uniform may be perceived as having authority similar to a forest service ranger. Make sure you emphasize/clarify your role as an educator and guide.
- An important rule in Wilderness First Aid is to not exceed your level of training.

Overbearing presence.

 It is important that visitors do not feel an over-bearing presence of authority in their journey. Plan patrols to reduce that risk.

Talking down to people.

 Any time you are providing helpful information, there is a risk of coming across in an authoritarian or over-burdening way. Use techniques like Authority of the Resource and other educational methods to assure visitors that you are a trusted advisor.

Contention between partners.

 If there is a disagreement between yourself and members of other agencies, like ridgerunners or forest service rangers, please defer to their expertise first. If needed take the conversation offline and outside of the view of visitors. It's important that we always work as a team with a united face to the public.

Contention regarding visitor's personal choices.

- The decisions people make regarding their gear or plans can be very personal and has often been the point of contention. It's important to respect people's personal choices. Do not disparage, even if you have strong personal opinions.
- Stay focused on guidance that is grounded in safety and practices recommended by known and accepted authorities and experts.
- Examples:
 - Referencing specific recommendations from the ATC regarding hygiene to avoid the stomach bug.
 - Referencing Backpacker Magazine or REI when recommending the proper way pack your backpack.
 - Referencing Leave No Trace principles when guiding visitors to proper campsites.



Using WISDOM

When encountering visitors on the Trail, try to start with a friendly greeting and ice-breaking conversation to establish rapport. Always be ready to provide correct information but if you don't know the answer, just say so. Refer those who disagree with Forest Service policy to the district ranger.

If you encounter agitated or hostile visitors on the Trail, do not make the situation by taking an aggressive approach. Find a convenient exit. Whenever you feel that your personal safety is in jeopardy, leave the area immediately. Take careful notes including a description of the individuals and the location and pass the information on to a Forest Ranger.

You may find that some people are just frustrated and need to vent. Try to listen attentively and sympathetically. You cannot fix every problem. Just try to lower their anxiety as much as possible.

Use WISDOM when initiating contact:

- Where are you coming from?
- Introduce yourself.
- Size up the situation in a non-threatening manner.
- Discuss appropriate behaviors.
- Outline how it's a benefit to the resource therefore all of us.
- Make a positive impression.

Real-World Scenario



Trail Ambassador Nancy was on a patrol hiking southbound to Three Forks. On her way she passed through a lot of northbound thru-hikers that day. As she met people she introduced herself as a trail ambassador with a quick explanation that she is out on the trail to provide education and guidance.

She then asked people where they started that day and how far they planned on going as a way to start a friendly conversation.

As she spoke to hikers she took in the entire picture:

- Did they look prepared?
- Were they having fun or did they look physically challenged?
- Did they look over-packed? Did they have appropriate gear?
- Did they have pets?
- Did they have a reasonable plan for their capabilities and the conditions of the trail that day?

Throughout her day, Nancy provided various types of guidance to the people she met along the way.

- She reminded people heading into the bear canister area that they will need to follow proper food storage in order to respect the wildlife and avoid a habituating bears to human food.
- She saw a woman who looked over-burdened and suggested she could reevaluate her gear when she got to Neels Gap. She explained that will mitigate the chances of gear left at a shelter or worse, in the woods and impact the environment. The woman resisted the suggestion stating that she was an accomplished hiker from Germany. Nancy enthusiastically welcomed her to the U.S. as well as the AT and just reminded her that the option was there at Neels Gap if needed.
- She helped some people make educated decisions about which campsites and shelters to stay to help prevent over-crowding or impacts from stealth camping.

Most importantly, Nancy made sure to greet each hiker with a smile and shared her enthusiasm for the trail. She offered supportive encouragement for people who are just getting started.

SECTION 5. HOW DO TRAIL AMBASSADORS DO WHAT THEY DO?

Patrol Planning and Research

One key point to always remember is that trail ambassadors are on patrol to assist hikers. Most of your patrol will involve engaging hikers. Most likely you will find yourself approached by a variety of hikers, including day hikers, with a range of questions.

Our presence demonstrates our commitment to the Trail and the surrounding environment. The following guidelines are provided to assist you in planning your patrol.

1. Select a section.

GATC is responsible for all of the Appalachian Trail in Georgia, which is marked with white blazes, and other connecting and side trails, which may have blue or green blazes.

Certain sections have very high usage. The high volume of traffic and difficulty of trail usually lead to increased number of incidents and requests for assistance.

Significant events may also play a role in your route in planning your patrol. Recent weather related storms may have damaged the trail. Patrolling in those areas may help alert trail crews and lead to a quicker resolution.

2. Research the section.

When patrolling in uniform, visitors may ask you a wide variety of questions. Do not expect to be able to answer every single one or solve every issue that the visitors may have. But prepare yourself by studying your intended section. There are a few basic areas in which you should have at least a basic understanding.

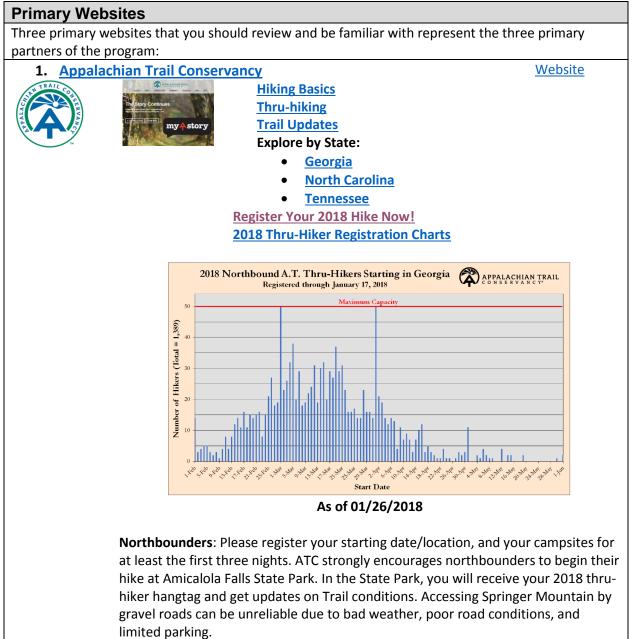
- □ Where are the trailheads and other access points to that section of trail?
- □ What is the general terrain of that section? Are there areas that are especially challenging?
- □ Are there areas that include good scenic views or other areas of interest?
- □ Where are the water sources along the route? Are they available year round? What is the quality of the water found there?
- □ Where are the camping spots in that area? Which ones include a shelter and/or privy? How likely is it that a particular camping spot might be crowded during that time of year? In the event that a chosen camping spot is crowded, how many miles to the next one?
- □ What wildlife in normally found in the area? Are there any special concerns due to the time of year?
- □ Where is the nearest hospital?
- □ What towns are close by and what services do they offer? What is the best way to get off the trail in order to find them?
- □ Are there any specific regulations regarding the chosen section? What is posted at the trail head? What notifications have been

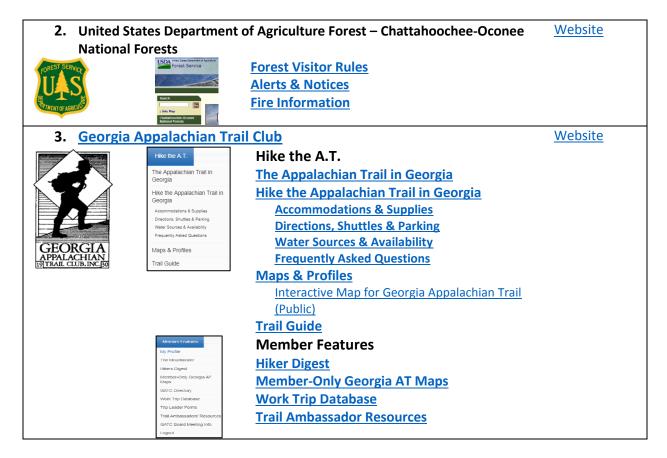
Websites and Apps

As part of your planning and research, it's a good idea to access websites and apps that have been designed to help hikers. These can be very useful in both planning as well as use on a patrol.

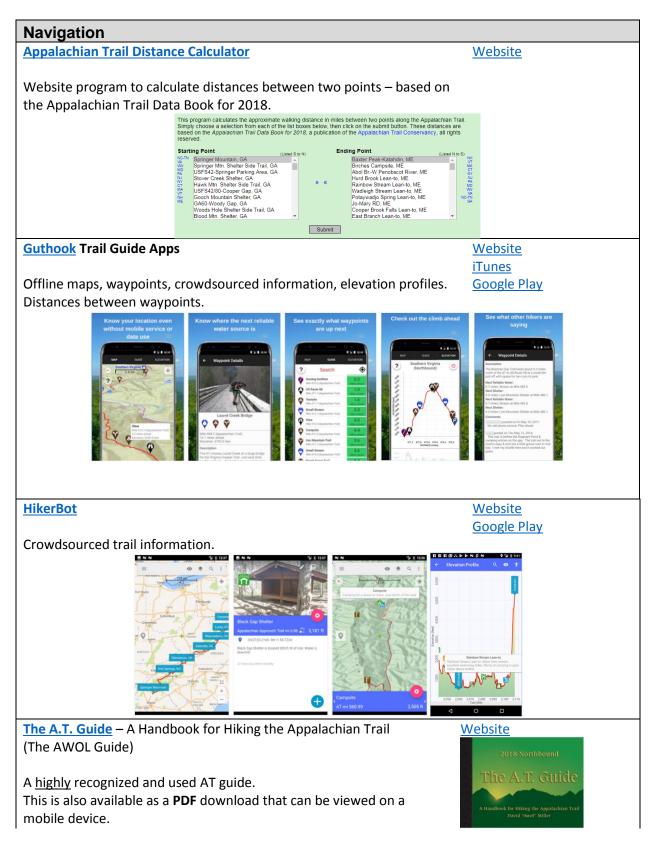
In addition, it also helps to put yourself in the mindset of a thru-hiker and familiarize yourself with other applications and tools they may be using in the areas of

- Navigation
- Weather
- Social Networks





Additional W	Vebsites	
Great Smoky M		Website Backsountry Comping
	Reservations and permits are required for all overnight stays in the backcountry. To make reservations, please	Backcountry Camping Backcountry Rules &
	visit the backcountry reservation website.	Regulations
		Backcountry Permits
	Great Smoky Mountains Backcountry Permits "** Please check the 'Backcountry Facilities' section of the Temporary Road and Facilities Closures for any current trail or campsile closure (http://www.nss.gov/grsm/planyourvis/themporaaciose.htm) or contact the Backcountry Office at 885-436-1297. Welcome to the Great Smoky Mountains National Park Backcountry Permit SystemI • General Backcountry Permits • AT Thru-Hiker Permits	



Weather	
Appalachian Trail Weather	<u>Website</u> Google Play
Weather is a great conversation starter so it always helps to have the latest information to share and ensure that hikers are prepared for the conditions.	<u></u>
Appalachian Trail Weather Image result Weather Image result Image result Image result Image result Image r	⊖ £ example oph 45°F ph 17 pm
National Weather Service	<u>Website</u>
The National Weather Service can be accessed via their website but another option is to make use of a portable <u>NOAA Weather Radio</u> which can operate in areas where there is no cell signal. <u>NWR Listings for Georgia</u>	
Weather Underground	Website
	<u>iTunes</u>
General application for weather information. MyRadar Weather	<u>Google Play</u> iTunes
Radar of current weather conditions.	<u>Google Play</u>
Mountain Weather Forecasts	<u>Website</u>
Dedicated mountain weather forecasts for more than 11300 (and growing) major summits.	
Blood Mountain, United States Weather Forecast Weather Forecast Issued (local time): 6 pm Friday 12 Jan 2018 Days 0-3 Blood Mountain Weather Summary: Light of snow on Fi afternoon, first when becoming colder with a during on Fi afternoon, first without on first differences in 197 on Fi night). Winds determing, Winds determi	13 Tarendry id Wednesday rf Thu wide AD FI Wide MD
0 n 17 atternood, mm 3y 7 0n 17 inght), winns secretessing winns iron me x 0 m ved atternood, gm winns iron me (gales from the NVW on Fri night, calm by Sun morning). WiNN by Thu morning).	Image: Note of the sector of the se

Social Media		
	a. Although it can be a forum to see contributions by a diverse group of ne risk of misinformation and argumentative discussion threads.	
-	I media to see what type of questions are being asked by hikers, and also on that is shared. However, it is best to always refer back to authoritative, nary sources of information.	
Facebook There are numerous groups on Facebook that can be discovusing a search for: Appalachian Trail Class of 2018.		
WhiteBlaze.net		

The Trail Ambassador's Equipment

While on patrol, you should be well prepared for just about any situation that you may encounter. This is essential if you're ever called upon to assist hikers in need or find yourself in an extended emergency situation.

Backpack Checklist

As experienced hikers, we should all be familiar with the "10 Essentials." It is critically important that we include these in our packs every time we hike in the outdoors. These include:

- Map and Compass. It is important to carry these but it is just as important to know how to use them. In the backcountry it is easy to become disoriented. Do not rely on cell phone GPS to save you.
- □ Water. This includes some form of water purification to guarantee access to safe, drinkable water during your entire stay.
- □ Food. This includes snacks and/or energy bars for emergency use.
- □ Flashlight and extra batteries.
- Extra clothing. Rain gear, extra socks, shirt etc. Especially critical for hiking in winter.
- □ Pocket knife or multi-tool.
- □ Plastic bag, tarp or "space" blanket to use as emergency shelter.
- □ Writing pad and pen. Used for leaving emergency messages or writing emergency information. Used for taking patrol notes.
- □ Signally device. A whistle is recommended. The distinctive sound will travel far and you will not wear out your vocals cords.
- Personal First Aid Kit. See Appendix for possible items to include.

Additional Items

In addition to the personal items listed above, a well-prepared trail ambassador might consider packing the following:

- Public use first aid kit. Fully stocked kit to treat the public. Include medical gloves and CPR shield.
- □ Spare water and snacks. Their use should be limited to emergency use. Be careful not to lessen a hiker's personal responsibility for their own wellbeing.
- □ Spare maps and guides.
- □ Leave No Trace hang tags.
- □ GATC membership cards.
- □ Plastic bags for trash: both small Ziploc for micro-trash as well as larger bags (contractor or heavy duty work well).
- □ Multi-purpose work gloves.

The Trail Ambassador's 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. Although the uniform has no legal authority, it carries with it the "authority of the resource." Be always aware that when you wear the uniform you are representing GATC and the Forest Service. Do nothing that might be detrimental to either organization. See Appendix for proper application of patches and name tag.

In addition to the trail ambassador's name tag, worn on either the left or right breast pocket, all trail ambassadors should include the following patches on their uniform to identify with our partners.



Leave No Trace – Right Breast Pocket



ATC – Right Shoulder



Trail Ambassador – Above Left Pocket



US Forest Service Volunteer – Left Shoulder

Patrol Scheduling

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.

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.

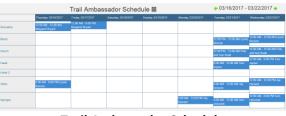
Before the patrol begins, the trail ambassador will notify the scheduler of the intended route, and the date and time of their Check-in (In the woods). The scheduler shall confirm with the Trail Ambassador.

At the end of a patrol the trail ambassador will notify the scheduler of their date and time of checkout (Out of the woods), and return equipment as needed.

Trail Ambassador Scheduling Tool

All trail ambassador patrols should be scheduled prior to the actual patrol date using the Trail Ambassador Schedule tool.

This allows everyone to share their patrol information to maximize coverage and avoid conflicts.



Trail Ambassador Schedule

Every trail ambassador will have their own login credentials to this site.

This application is developed and maintained by Ryan Thibodeau (<u>ryanthib99@gmail.com</u>) who will provide you with your login information.



You can access the Trail Ambassador Scheduling tool from the <u>Trail Ambassador</u> <u>Resources</u> on the GATC website or directly using this link: <u>Trail Ambassador</u> Scheduling Tool

Using the Trail Ambassador Scheduling Tool

For safety and security purposes it is important that trail ambassadors follow the daily check-in/out policy.

Actions	Screenshots
Access the Trail Ambassador Scheduling tool. Enter your credential to log in.	Sign In Sign In Log In Reported Ma
You will see a main dashboard screen when you log in. Review the dashboard to see upcoming and/or available patrols. To book a new patrol, go up to the schedule menu at the top. The important options there are " Patrols " and " Patrols Calendar ". You can view and schedule new patrols on either of those pages.	Announcements Announcements Announcements There are no announcements There are no announcements Tore are no upcoming patrols Resource Availability You have no upcoming patrols Resource Availability Not have no upcoming patrols Resource Availability There are no upcoming patrols next Sold are Sold are Tore are no upcoming patrols next Sold are Sold are Tore are no upcoming patrols next Sold are Sold are Tore are no upcoming patrols next Sold are Sold are Core Sold are Sold
	Dashboard
Schedule a patrol by clicking on the Reserve button next to the location you are planning on visiting or by accessing the Patrols Calendar and clicking on a specific date.	Image:
Fill in the New Patrol form and click the Create button to complete the scheduling.	New Patrol Ourde Disonal Decombinant grantal component Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal Disonal
	New Patrol Form Your reservation was successfully created! Wardware and a sufficient associations Part of the creations Part of the creations
You can edit the reservation by accessing it from the calendar, clicking on it.	Cancel More ♥ Update

Actions	Screenshots
You can either save changes by clicking Update or cancel it by clicking More then Delete .	Your reservation was removed

Field	Description
Patrol Area	Allows you to modify the patrol area.
Accessories	Allows you to add an accessory to the patrol, like a GATC SPOT device.
Begin	The date the patrol begins.
End	The date the patrol ends.
Patrol Length	Length of patrol in increments of 6 hours.
Repeat	Repeat daily, weekly, monthly, yearly.
Title of Patrol	Enter the names of the trail ambassadors on the Patrol and the location.
	Example:
	Peter Buak, Sue Buak: Gooch
Description of Patrol	Summary description of the patrol.
	Examples:
	Help ridgerunner with registration.
	Day patrol from Tray Gap to Addis Gap and back.
	Overnight patrol from Gooch Gap to Gooch Shelter.
Other Ambassadors On This Patrol	Name of additional trail ambassadors.

Communications Daily Check-In/Out Policy

For safety and security purposes it is important that trail ambassadors follow the daily check-in/out policy.

Stage	Action	Monitoring
Starting a patrol	 Before arriving at the trail head, send a "Check-In to the Woods" email to gaatta12@gmail.com. 	This initiates monitoring by the Scheduling Team.
	Example: From: Brent Binion <brentbinion@gmail.com> Date: Sat, Apr 8, 2017 at 8:26 AM Subject: Check-In to the Woods To: gaatta12@gmail.com Check-In to the Woods</brentbinion@gmail.com>	
On a patrol	 2. While on patrol each trail ambassador (or team) will use a SPOT device to "Check-in" twice daily, by pushing the "OK" button: Image: Spot state of the st	Each SPOT Check-In will prompt an email message to be sent to the Scheduling Team who will log the event. In the event a "Check-in" is missed an Orange Condition will exist. At this point the Scheduling Team will communicate with each other to discuss and decide the next step.
	 Trail ambassador(s) will note arrival time and where they are camped for the night in shelter logs. 	
End of a patrol	 4. Send a "Check-Out of the Woods" e-mail to gaatta12@gmail.com Example: From: Brent Binion <brentbinion@gmail.com> Date: Sun, Jun 18, 2017 at 7:45 PM</brentbinion@gmail.com> Subject: Check-Out of the Woods To: gaatta12@gmail.com 	Monitoring is discontinued upon receipt of the "Check-Out of the Woods" email when the trail ambassador has left the trail.
	Check-Out of the Woods	

Communications – Using a SPOT Device: Quick Reference

Perfor	m the following steps to check in.	
	Place the SPOT device in a good location with a clear view of the sky where it can sit for a while.	
2.	Press Power button. The LEDs will illuminate.	
3.		
	IMPORTANT: The SPOT device will need to be in the same location for up to 15-20 min. to ensure the message was sent successfully.	CK
4.	Verify the GPS connectivity. The GPS light will blink green to notify you whether the SPOT is able to see the GPS satellite.	GPS LIGHT
5.	Verify the message is being sent. The Message Sending light will blink in unison with the GPS light to notify you that your message is being sent. The Message Sending light will continue to blink green until the message cycle is complete.	MESSAGE SENDING LIGHT
()	NOTE : You can set your e-mail and mobile to receive the messages as another way of verifying the successful transmission.	
6.	When completed, press and hold the Power button until it blinks rapidly to turn the SPOT off.	

In addition to checking in, there are three other custom messages that can be used:

Custom	CUSTOM MESSAGE	A customized message can be set up. It is recommended to use: <i>"Non-emergency problem, will be delayed."</i>
HELP	HELP/SPOT S.D.V.	The Help button can be used to request non-emergency assistance. "On patrol. I need help that does not require 911 or search and rescue."
SOS	SOS	In an emergency, this button sends and SOS and GPS coordinates to GEOS International Emergency Response. Additional medical information can also be customized to add to this message.



For more information on setting up the SPOT device, see the <u>APPENDIX – Setting</u> <u>up the SPOT device.</u> More information can also be found online: <u>SPOT 3 User Guide</u> Video: <u>SPOT Gen3: Getting Started</u>

Communications: Missed Check-in – Orange Condition

In the event a "Check-In" is missed an *Orange Condition* will exist. At this point the Scheduling Team will communicate with each other to discuss and decide the next step.

- 1. An attempt will be made to communicate with the "missing" person, by texting, and/or calling their cell phone.
- 2. An e-mail blast will be sent to trail ambassadors, the SAR Team and interested others advising of the condition. Phone contact will be made with the SAR team to see if a team is available to go check on the trail ambassador. If the SAR team is unable to field a team, other trail ambassadors will be called to check their availability to assist.
- 3. The SAR Team or others will contact the Scheduling Team prior to leaving their vehicles to get any updates on the situation.
- 4. The SAR Team or others will attempt to locate the trail ambassador.
- 5. Upon discovery they will address the immediate need and escalate as indicated to 911.
- 6. Report and update to the Scheduling Team early and often until situation is resolved.

Emergency Procedures

When hikers get into trouble in the backcountry or on the trail, trail ambassadors should be ready and willing to assist. Though most of a trail ambassador's job is routine, you must always be prepared for the unexpected. It is important to be prepared for any situation. What situation you may encounter, you must protect yourself at all times. If you're hurt or injured, you will find it difficult to assist others.

Guidelines for Emergencies

- 1. What constitutes an emergency situation?
 - Threat to life, safety, or welfare of a hiker and immediate action is required.
 - Situations that require evacuation.
 - Report of a lost or missing hiker that requires activation of a search team.
- 2. Possible Encounters that may call for emergency action.
 - Injured hiker
 - Administer first aid as needed within your capabilities. You must have permission from the injured person unless they are unconscious or unable to give you permission.
 - Lost/missing hiker or child
 - Ensure that someone stays at last known location.
 - Contact local government authority having jurisdiction. Do not conduct a search on your own. Too much time may be wasted with one individual working on their own.
 - Unprepared hiker
 - Initiate contact to possibly prevent an emergency later.
 - Situations may include wrong footwear, insufficient water or food or lack of awareness of the seriousness of the situation.
 - Dangerous activity such as climbing waterfalls or cliff edges, wildlife encounters.
 - Illegal camping or cooking fires
 - Belligerent people
 - Be cautious and assess. This is not an emergency but impacts enjoyment for others.
 - It may be safer to note the activity (especially illegal) and report it to law enforcement or the land manager whenever possible.

- 3. Taking action in an emergency.
 - ldentify yourself as a trail ambassador and establish rapport.
 - □ Place the injured hiker at ease with your presence and confidence.
 - □ Explain the training you have received and the relationship with the land manager.
 - Ensure safety of everyone in the area including yourself.
 - Evaluate the scene for any ongoing hazard.
 - ☐ If possible, move the injured person or secure the area.
 - Offer assistance within the limits of your training. Do not forget to obtain consent.
- 4. Typical injuries that a trail ambassador may encounter.
 - Environmental Emergencies
 - Hypothermia/Frostbite
 - Shivering, confusion, numbness
 - o Change in skin color
 - Hyperthermia/Heat Stoke
 - Warm, clammy skin (moderate)
 - Red/Hot skin (severe)
 - Dehydration
 - o Thirst, profuse perspiration, mental confusion
 - Personal Health Emergencies
 - Heart Attack/Chest Pain
 - Chest discomfort, shortness of breath, pain in left arm or shoulder, nausea
 - Stroke
 - Numbness, weakness on one side of body, headache, difficulty speaking
 - Asthma/Allergic Reaction
 - o Shortness of breath, difficulty breathing
 - Traumatic Injuries
 - Sprains/Fractures
 - Swelling, painful to touch
 - Bleeding
- 5. Possible ways to assist.
 - Evaluate the situation and consider alternatives.
 - □ Should you treat the injured hiker and then leave the scene when finished?
 - □ Should you evacuate the injured person yourself?
 - □ Should you send a runner for help?
 - □ Always keep emergency numbers on hand.
 - □ Always keep a plan in mind and alternatives.
 - When calling or sending for help, be sure to include important information.
 - □ Exact location of the injured hiker.
 - □ Medical condition of the injured hiker.
 - □ Patient information: name, age, gender, pertinent medical history, allergies, current medications.
 - □ Your personal information: name, cell number/contact info, level of training.

- 6. Good Samaritan Laws.
 - In Georgia the Good Samaritan Laws will protect you from any lawsuit brought against you by the person you are attempting to help PROVIDED:
 - You do not exceed the level of your training.
 - You act in good faith.
 - You receive nothing in compensation.
 - Remember, as a volunteer you have no legal obligation to act in any medical emergency.



ReferenceFor additional reference on wilderness first aid:LinksNOLS Wilderness Medicine

ISBN 9780811711937

On Amazon On Google Play



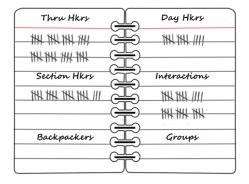
Collecting Information and Reporting

An important part of the job of trail ambassador is collecting information about trail and campsite conditions, as well as numbers of hikers encountered. This information is useful to the ATC for management purposes, and can inform GATC about areas that need maintenance. Be prepared to collect data by carrying a pad of waterproof paper and a pen that is easily accessible, and a smartphone with the Fast Field app to record the data at the end of each patrol.

To collect the data, write down the date and time you begin your patrol at the top of the page. Make a list of the following categories, leaving a couple of lines to make hash marks under each:

- □ # Dayhikers
- # Thru-hikers
- □ # Backpackers (Up to 2 nights)
- □ # Section hikers (3 nights or more)
- # Groups (< 7 people); record the number in each group, group name, group leader name and contact info, itinerary
- # Interactions how many people you engaged as opposed to those you just observed along the trail, make a hash mark on the pad after the category that applies immediately after encountering each hiker, so you don't forget. If you are patrolling for more than one day, begin a new page each day.

# Overnight		Section
HH HH HH	<u>Z</u>	1141 1141 IIII
HH HH HH		
Shelter		Tents
差差差差三		1111 1111
Thru Hkers	Ĕ	1111 1111
<u> 144 144 1111</u>		Hammocks
Backpackers		



If you are spending the night, include the following categories for data collection in your pad:

- □ Total # overnighters
- # in Shelter
- 🗖 # Tents
- # Hammocks
- □ # Thru-hikers at site
- □ # Backpackers (up to 2 nights)
- □ # Section Hikers (3 nights or more)
- □ # Groups at site and # in each group

Using the FastField Application

1. You can download the Fast Field Mobile	
Forms app at the App store on your Apple	
or Android smartphone.	Extifield Forms topy that its topy topy
Recently FastField has also released a web-	
based version so reports can be entered	Density 41. Eastern Breiter Depisys forms and collect clearery, ticher
from your PC as well.	data tion your smallphones and statives? Recarders:
2. When you have downloaded the app on	
your phone, you will need to log in. To log	
in, enter the email:	
	Account Login
trailambassador@appalachiantrail.org	trailambassador@appalachiantrail.org
Password: SmartData2016	
	Save login credentials Forgot Password?
You can remain logged in so you don't have to	Configure Single Sign On (SSO)
enter the password every time you open the	trailambassador@appalachiantrail org
app.	
3. To enter the data you have collected into	Inbox 0 (I) All Forms Q C Blowdown report - ATC use only
the Fast Field app, go to Forms . There are	Libraries 1 Campaite Assessment Monitoring (tabut) Form
eight forms you can use when applicable.	All Forms (anorty Form) Group Use Form
The one you will use the most and	In-Progress 0 2016-01-10 16 20146 (x1)
complete at the end of each patrol is the	Sync 0
TA_GATC Trail Ambassador Report.	Submitted 0 (Copy) 49 32 36 6-3 Image: Stomach Bug Report Stomach Bug Report
This form can be used for a one day or	Klosk Mode Stormar Lag Report
multi-day patrol. If you are out for more	TA_NHC Trail Ambassador Report
than one day, you may want to record your	(Copy) D017+03 dk 13 db (p 17)
data at the end of each day while your	
memory is fresh.	next Enter all the information that explice
4. Open the link to the page entitled Weekly Re	port . Enter all the information that applies.
Your name. If you have patrolled with a	Any trail maintenance needs you
partner, please reference their name	encountered
under General Comments & Overview	Any minor incidents and general
□ Start date of patrol	observations, (e.g., weather was clear and
 End date of patrol 	sunny; met a lot of thru hikers and most
General Comments & Overview. Under	seemed well prepared and enjoying their
this section, be sure to put:	experience; helped a hiker find a shuttle
Area you patrolled and where you	ride at Woody Gap, etc.)
were stationed (e.g., Gooch Mtn.	
• shelter area)	
Who patrolled with you	
5. Enter all the information in each of the categories	ories provided, including Emergencies, Incidents,
Wildlife Incidents, and Drug Use encountered	

- 39 -

- 6. If you have photos, these can be downloaded from your phone to the form. A few photos that pertain to references in your report should be sufficient. Too many will make the report excessively long.
- 7. Under **Daily Patrol Visitor Contact Sheet**, enter data from each day of your patrol. A separate page can be added for each day. This is where you will enter the numbers of hikers you encountered along the trail, general observations about the day, as well as Leave No Trace issues.
- 8. Return to the **Weekly Form** to access the Overnight Site Data form. This is where you will enter the numbers of campers you recorded in each category, as well as Leave No Trace Issues encountered each day at the camping area. Again, a separate page can be added for each night you spend on the trail.
- 9. Additional Forms can each be filled out if needed. These include:
- Organized group information. Besides numbers, record the name of the group, type of group (e.g., college friends, boy scouts), group leader name and contact information, where they are from and intended itinerary. A page should be added for each group encountered.
- Hiker Feeds. Record date, location, name of provider, contact information, description and photos. A page should be added for each Hiker Feed encountered.
- Blowdowns. Record location, including GPS coordinates, description and a photo.
- 10. Submit your **Weekly Report** at the end of your patrol when you have finished recording all the data. The submit button is in the upper right corner of the report. Until you are ready to submit, you can continue to add to and edit your report, and it will be automatically saved. Your report is sent to ATC and all GATC trail ambassadors when you press "**Submit**".

Back on the main Forms page, other forms are available for your use as are relevant.		•	ATC Incident Report Form (v:5) Bear Management Report General (v:6)	
		•	Blowdown report - ATC use only (v:3)	
		•	Campsite Assessment Monitoring (short) Form (v:7)	
		•	Group Use Form (v:1)	
		•	Hiker Feeds Form (v:5)	
		•	MARO ATC Incident Report Form (Copy) (v:3)	
		•	Stomach Bug Report (v:2)	
		•	TA_GATC Trail Ambassador Report (v:27)	
		•	TA_NHC Trail Ambassador Report (Copy) (v:17)	

Back on the main Hon	ne page, the In Pr	ogress	F	Form Libraries View all your forms organized by Library.	
link can access forms you have started but			Forms (10)		
haven't yet submitted. Do not submit until the			View all form templates you have access to.		
-		内	Inbox		
end of your patrol. You can also access your		your		View forms that have been dispatched to you.	
submitted forms.				In Progress (1) View forms that you have started but haven't completed.	
				Submitted View your submitted forms.	
				Kiosk Mode	
			-	Start a form in Klosk Mode.	
Report any information	on about trail mai	ntenance	needs to the GAT	C Trail Supervisor, and water	
				or to keep the website updated.	
				or to keep the website updated.	
	FastFie	hle	Date Submitte Submitted By: trailambassa	d: 05-15-2017 11:52 AM Ior@appalachiantrail.org	
	mobile fo				
	TA_GATC Trail Amba	ssador Repor	t		
	Beginning time of collection	11:30 (-4 GMT)			
	Ending time of collection	17:30 (-4 GMT)			
	weather & conditions	sunny and warm			
	Comments & Observations		u hikers on trail. Although many seem . Trail and sites clean and in good co		
	Visitor Types				
	# Day Hikera	2			
	# Thru-Hikers	10			
	# Backpackers (Up to 2 nights)	2			
	# Section Hikers (3 nights or more)	14			
	# Groups (> 7 people)				
	# within each group				
	Horse Riders (GRSM only)	28			
	Total People Seen # Interactions	20			
	Leave No Trace				
	lbs. of trash	3			
	gallons of trash				
	# Visible TP Instances	2			
	# Visible poop Instances				
	# Fire Rings Dismantied	1	10		
	Daily Patrol - Visitor Co On Trail Hiker Contact (2		
	Trail Section Hiked	Gooch shelter to Wo	ody Gap.		
	Day of the Week	Wed			
	Date of collection	05-06-2017			
	Beginning time of collection	08:00 (-4 GMT)			
	Ending time of collection	12:00 (-4 GMT)			
	weather & conditions	Sunny and warm.			
	Comments & Observations	hikers on the issue.	in water from nearly every hiker. Did arious trail heads (Gooch, Woody and	-	
	Visitor Types				
	# Day Hikera	5			
	# Thru-Hikers	6			
	-	manda a f	FeetField Door	Page 8 of 10	
	Exa	mple of a	FastField Report		

