

Dreamland Hiking Group Mission Statement

The Dreamland Hiking Group is formed to provide the residents of Dreamland safe and enjoyable events of hiking with like-minded old and new friends.

RULES FOR SAFETY

1. Wear sturdy hiking boots. Wear a hat, sunglasses and sunscreen. If needed for balance, use hiking poles. Rubber tips will avoid punching holes in the soil thus preventing erosion.
2. Carry twice as much water as you think you will need. Drink small amounts often. Do not wait until you are thirsty. Hot days require more fluids and perhaps a salty snack. Grapes and oranges help hydrate. Also enhanced waters such as Propel and Gatorade. Be wise and hydrate before you even begin a hike. A banana eaten before a hike can help prevent leg cramps.
3. Take: cell phone; emergency phone numbers; a little money; and your health care card.
4. Carefully read the emails that contain trail descriptions. You must decide if you can handle the hike safely. Some trails involve stream crossings and elevation climbs. Most trails are rocky and have slippery sections. All have uneven surfaces. If you feel you cannot handle a strenuous hike of 2 to 3 hours going 4 to 6 miles in length please consider joining the Dreamland Walking Group.
5. If bad weather is forecasted, check your email at 8 a.m. the morning of the hike to see if it has been postponed.
6. Hot weather brings out rattlesnakes. They normally are harmless if people give them plenty of space. The leader will announce if any snakes have been reported – either by sightings, other hikers or on the news. When they are out, it is strongly suggested that hikers pay attention at all times and not be talking so much they are oblivious to their surroundings.
7. Bring power snacks to boost energy.
8. Take a small first aid kit, just the essentials.
9. Dress in layers. Bring a lightweight waterproof rain jacket if needed.
10. Try to hike with a 'buddy.' If you get tired and want to quit the hike you must hike back to your car with another person. No one should ever hike alone.
11. Bring a good attitude and be friendly. If you experience something unpleasant or have any suggestions you should discuss it with the leader in private.

RELEASE OF LIABILITY

By signing this WAIVER, I, the hiker, acknowledge that I have read the hiking Rules for Safety.

I, the hiker, knowingly agree to assume any potential risk that might result from a hiking activity.

I, the hiker, understand I am responsible for my safety, physical health, and conditioning.

I, the hiker, acknowledge it is my personal responsibility to determine my capability or capacity to undertake a hike. I, the hiker, acknowledge it is my responsibility, and my responsibility alone, to decide whether or not to participate in a hike.

I, the hiker, realize there are risks on a trail that may not be foreseeable to the leaders or other hiking participants. These are unforeseen risks or dangers could result in my injury or death, I acknowledge these risks or dangers are my sole responsibility.

I, the hiker, agree to release the leaders and I agree not bring suit against the leaders (including without limitation the officers, directors, employees, agents, representative or volunteers of the Dreamland Villa Retirement Community, Inc.) from liability for any economic loss, physical harm, and injury, including death, I might sustain while participating in a hiking activity.

Printed Name of Hiker

Hiker's Signature

Date: _____

Emergency Contact Person's Name

(_____) _____ - _____
Emergency Telephone Number

Please sign and bring to your first hike each season.