

## Student Resource: Group Travel Safety Rules

- One person in the group is the leader and another person is the sweep (the person who stays at the back, making sure everyone in the group is ahead of them).
- When the trail turns, the leader tells one member of the group to stay at the turn until the sweep has arrived. They join the group in front of the sweep.
- Don't leave the trail.
- Everyone should carry a whistle for safety and know the distress signal. 3 blasts on a whistle or 3 shouts is recognized as a distress call. Do not use the whistle for any other reason.
- Stay in one place if you become lost or separated from your group. Blow your whistle or shout 3 times.
- Everyone in the group should have a buddy. Their buddy should know where they are at all times and always be visible. Tell an adult right away if your buddy isn't visible.
- Have a way to communicate without using words (non-verbal communication). Have hand signals for stop, look and listen and make sure the whole group knows and follows them. This helps to point out hazards, a plant or animal, an interesting feature of the trail or a sound.
- Set a comfortable pace that suits everyone, taking breaks to allow everyone to rest. Check on each other's health (blisters, too hot, too cold, hunger or thirst.) This is a good time to share what you hear or notice.
- Road crossings are one of the most dangerous areas on a trail. Make sure to stop and wait for the whole group at every road and railway crossing. Cross as a group and continue on the trail.
- Be aware of the time and daylight. Don't get caught in the dark.

(Student Resource: Bruce Trail Conservancy, 2021)

## Reference

Bruce Trail Conservancy. (2021). Know Before You Go: Tips and safety advice to make the most of your next Bruce Trail visit.