

Hiking POLES: Basic Skills & Techniques PLUS HIKE

The East Bay Regional Park District is proud to offer Poles classes taught by Jayah Faye Paley

Please read before day of class

Arrive at least 15 minutes early!

Program Description

We will learn hiking poles skills and techniques. Then, we gear up and hit the trail to hike and practice what we've learned. We will usually eat a light lunch or snack while out on our hike.

Top Quality POLES Provided

You will be able to try different models to see what works best for your body, your goals and your "issues." You are welcome to bring your own poles. Please make sure they are clean and all sections are functional. If you use your own poles, you will not have the opportunity to swap and try other models. Rubber tips are required.

Medical/Physical Considerations

This class is for **hikers** from novice to advanced. Participant should be in good physical shape, able to walk on uneven terrain and be comfortable hiking several hours - 4 to 6 miles. Difficulty and length of hike varies by park. Don't worry about pace, we stop a lot; it's about learning techniques, not cardio on this day

If you are unsure or hesitant about your ability to hike for several hours on uneven terrain, EBRPD offers an abbreviated/easier version of this class – the **Basic Skills & Techniques without the hike.**

Deconditioned individuals or anyone with mobility challenges unable to go up and down hills – please start with the **POLES for Balance & Maintaining Mobility** class.

This Class is FOR hikers from novice to advanced as well as participants who want to start hiking.

What to Wear

Comfortable, layered clothing

- Sturdy hiking shoes or boots with tread are REQUIRED
 - NO sneakers or sandals
 - NO shoes with worn-out tread
- Hat & or sun coverage

What to Bring

- **Participant Waiver/Emergency form**
 - filled out on BOTH sides and signed before arrival - **IMPORTANT!**
- Water
- Snack or light lunch if class is scheduled over lunch time
- Hand wipes to wipe hands after snacking and before handling poles
- A pen to write with
- Sun protection

RECOMMENDED "Reading"

Instructor Blog:

www.AdventureBuddies.net/blog

Review DVD Updates section

WEATHER CANCELLATION: If this program is cancelled due to weather, you will be notified as soon as possible and a refund will be issued.

Instructor has the responsibility to **start the class on time.** Late arrivals will miss crucial instructions.

If you are late, the instructor may recommend you take the class another day if too much has been missed; refunds will not be issued in these circumstances. If you choose to participate, do not expect the instructor to interrupt the class. Provide your completed paperwork and sign in.