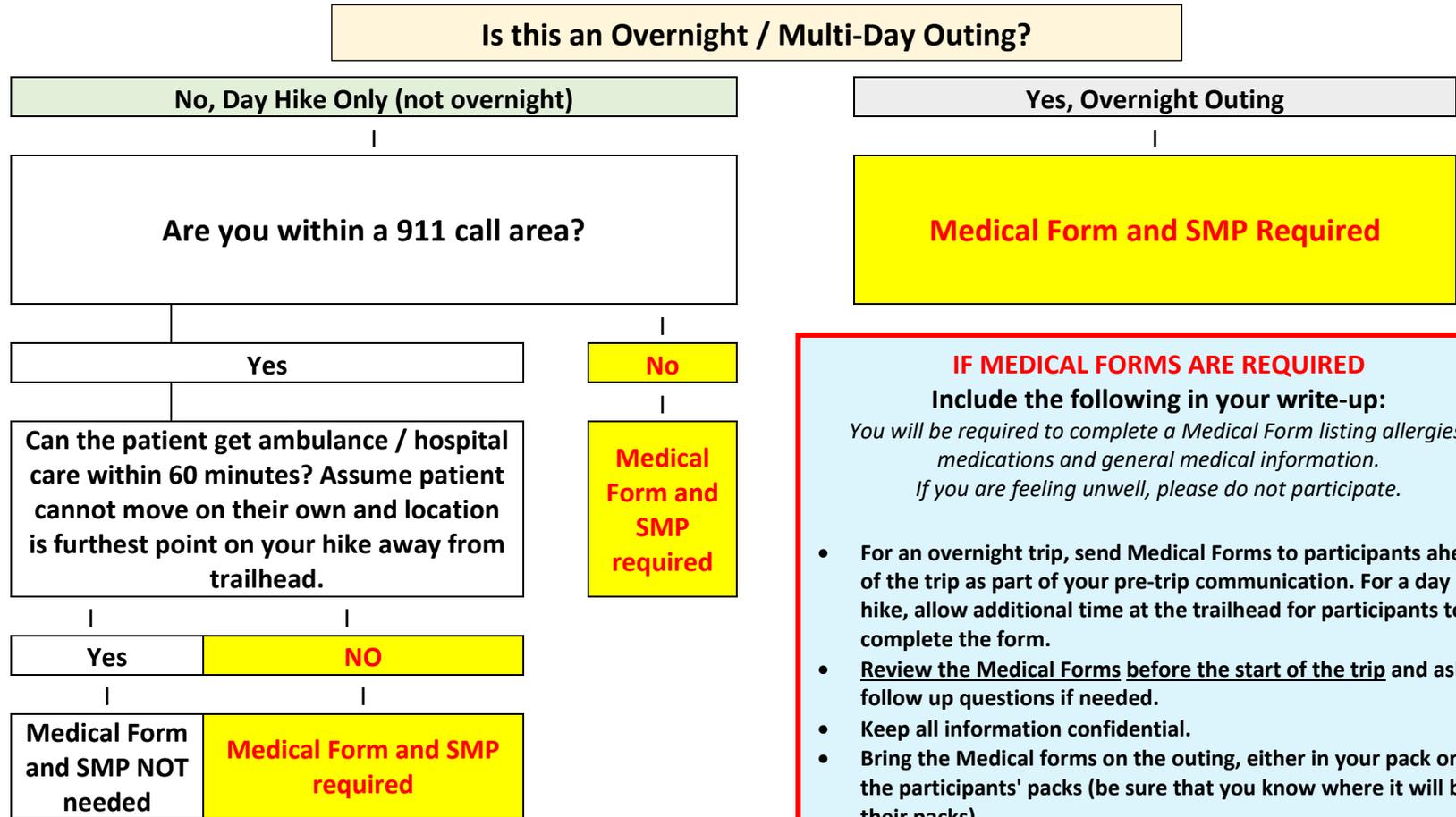


When do I need Medical Forms and a Safety Management Plan ?



IF MEDICAL FORMS ARE REQUIRED

Include the following in your write-up:

You will be required to complete a Medical Form listing allergies, medications and general medical information. If you are feeling unwell, please do not participate.

- For an overnight trip, send Medical Forms to participants ahead of the trip as part of your pre-trip communication. For a day hike, allow additional time at the trailhead for participants to complete the form.
- Review the Medical Forms before the start of the trip and ask follow up questions if needed.
- Keep all information confidential.
- Bring the Medical forms on the outing, either in your pack or in the participants' packs (be sure that you know where it will be in their packs).
- At the end of the outing, return any forms you've carried to the participants or destroy them.

SAFETY MANAGEMENT PLANS

- Complete the Safety Management Plan; share with your co-leader and send to the Outings Chair sponsoring your outing. The SMP may be kept for future reference.

GET YOUR FORMS RIGHT HERE ON THE LTC WEBSITE:
<https://www.sierraclub.org/angeles/leadership-outings/forms-resources>

Campfire Events has an online version of a med form available with registration