**Policy on Fitness Self-Assessment**

CIWC offers trips that are suitable for a variety of interests and fitness levels. The enjoyment and safety of all participants on the trips are strongly considered in our planning. We have described the physical demands of each trip and have started using a difficulty rating, so participants will know what to expect.

Members are asked to assess their own fitness level in accordance with the description and difficulty scale. One’s ability to meet the physical demands of a trip in terms of elevation changes, distances, difficulty of portages, and so forth must be strongly considered before signing up for a trip. The lack of stamina that holds back the rest of the group will lead to reduced enjoyment for other members and potentially could cause unsafe conditions for the entire group.

The club relies primarily on participants' self-assessment of their readiness for any given trip. If the information provided in the trip description isn't sufficient to make a self-assessment, trip leaders are happy to provide additional information. Notwithstanding the above, the club may determine that a given trip is not a good match for a participant and reserves the right to disallow registration for that trip.

This policy aims to create a better experience for all members. It is hoped that members who are advised they may not sign up for a trip will consider leading trips that are more suitable to their current abilities. It is likely that other members would like to find less physically challenging trips as well, thereby creating more opportunities than are currently available.

11-24-2019 LKG