

## SPSC TRIP GUIDELINES

### MEMBERSHIP REQUIREMENT:

Trips are generally available to South Pickering Seniors' Club members. In special cases, non-members may be invited at the Trip Director's discretion.

### NEW TRIPS:

Trips are announced at the Club's Tuesday General Meetings. Posters with trip details (destination, date, cost, payment deadline, and sign-up information) are displayed on the Trip Board and the Club's website: [www.spsc753.com](http://www.spsc753.com). Flyers are also available for pick-up at the Club.

### TRIP ACTIVITY LEVELS:

To ensure a safe and enjoyable experience, members should assess their own mobility against the trip's activity level:

- **Easy** – Minimal walking, level ground, elevators available.
- **Moderate** – Some walking, uneven ground, 1-3 stairs, no elevators.
- **Strenuous** – Extensive walking, uneven ground, inclines, no elevators.

### HEALTH CHECKLIST:

#### Before the Trip

- Do not attend if you are feeling unwell or have any concerning health symptoms.
- Have had medical care for chronic conditions (heart, diabetes, COPD, etc.).
- Bring enough medication for the trip, plus 1–2 extra days in case of delays.
- Keep medications in original containers and carry a list of dosages.
- Carry a health card with emergency contacts, allergies, and medical conditions.
- Wear comfortable, supportive shoes and dress in layers suitable for the weather.

#### During the Trip

- Drink water regularly, even if you don't feel thirsty.
- Bring light, healthy snacks (nuts, granola bars, fruit).
- Pace yourself—take breaks often and sit when possible.
- Use canes, walkers, or transport chairs if needed.
- Protect yourself from heat with hats, sunscreen, and light clothing.
- In cold weather, wear warm layers, gloves, and hats.
- Use a buddy system so no one is left alone.

#### Emergency Preparedness

- Bring a small first aid kit (bandages, antiseptic, pain relievers).
- Let group leaders know about important medical conditions.
- Keep a charged cell phone with emergency contacts pre-programmed.
- Know the nearest medical facility at your destination.

**BUS SEATING:**

Seating is on a first-come, first-served basis. The first two rows (both sides) are reserved for members with motion sickness or those who provide a medical certificate.

**SIGNING UP FOR A TRIP:**

Members arriving before sign-up time will receive a queue number. If numbers are unavailable, please form a fair queue. Each member may sign up for themselves and one other member, requiring two queue numbers.

**PAYMENT:**

Accepted payment methods: **cash or cheque** payable to South Pickering Seniors' Club (postdated cheques are not accepted). If not paid at sign-up or by the due date, place your cheque in the Trip Box near the entrance.

**WAITING LIST:**

If a trip reaches capacity, a waiting list will be maintained. Members on the list will be contacted if spots become available.

**REFUNDS:**

Refunds are only issued if:

- A replacement from the waiting list is available.
- You find someone to take your place.

If you need to cancel, notify the Trip Director promptly so your spot can be reassigned.

**DEPARTURE DETAILS:**

Trips depart on time according to the itinerary. Departure and return location: **Rear southeast corner of Chestnut Hill Developments Pickering Recreation Complex (1867 Valley Farm Road).**

- Access via Diefenbaker Court to the south side of the complex.
- Turn left into the complex/arena driveway; parking is on the right.
- No access from the front of the building.

**TRIP CHANGES:**

Trips and dates may change due to unforeseen circumstances. Always check the Trip Board or website for updates.

