

# **AMC Trip Talk Berkshire/Worcester Leader Refresher**

**Presented by**

**Bill Fogel, Berkshire Chapter**

**Adam Jasionkowski, Berkshire Chapter**



# Learning Objectives

- 1) Familiarize with the AMC Trip Talk
- 2) Learn the New Elements to the COVID-19 AMC Trip Talk
- 3) Practice Giving Feedback and Reinforcing Expectations

# Trip Talk



# What is a Trip Talk?

- Final Review before take off
- Details vary with the activity
- Core components to every talk

# Trip Talk Components

- Arrival Signing-in
- Introductions
- Responsibilities
- Ground Rules & Expectations

# AMC Trip Talk Video



# Trip Talk: COVID-19 Update



# COVID-19 Changes

Upon participant arrival what is the first thing that is different ?





# COVID-19 Changes - What

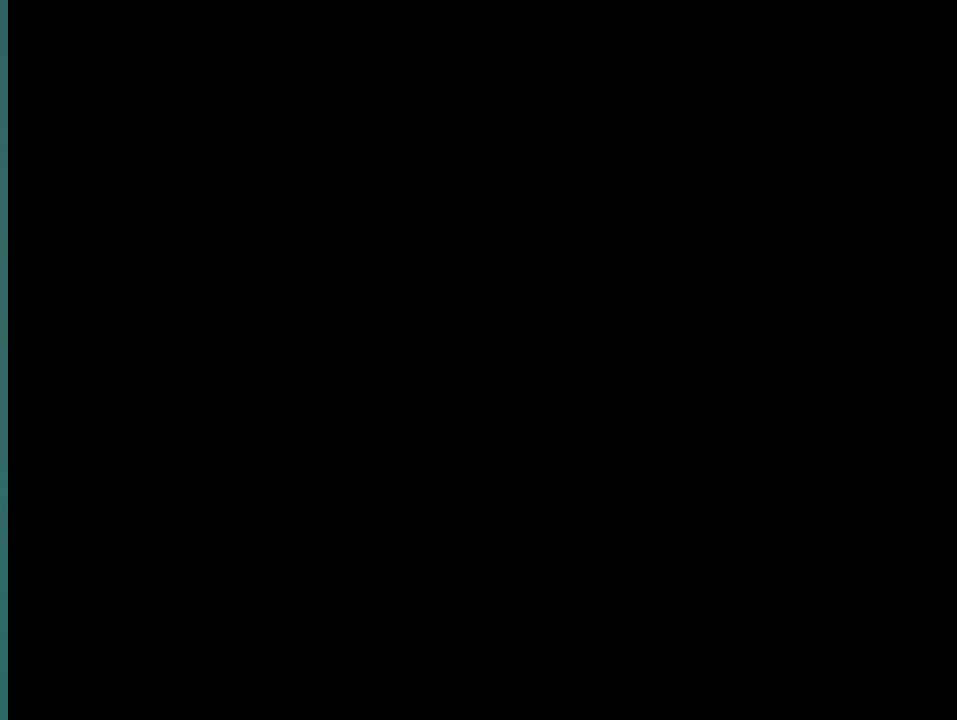
- Waiver signed in advance
- Inherent risks of illness
- COVID-19 Protocols - mask/physical distancing
- Gear requirements \*
  - personal (avoid sharing)
  - shared (use equipment protocols)
- Limitations specific to the activity

\*contact group

# COVID-19 Changes - How

- State practices clearly and set expectations
- Give reasoning
- Provide a demonstration
- Ensure everyone has necessary PPE

# Example of COVID-19 Trip Talk



# COVID-19 Protocol Compliance



# What to do if someone is not following COVID-19 Protocols?

Examples you can imagine needing to address specific to COVID-19?

PPE - Mask, etc

Physical Distance

Sharing Water/Food\*

Arriving Late

Gear Sharing Protocol

Refusing to Follow Protocols

\*contact group

# Give Feedback/Reinforce Expectations

- Be Directive
- Feedback Sandwich Method (Be Genuine)
  - P** ositive comment
  - C** onstructive feedback
  - A** ppreciative comment
- If all else fails refer to AMC Risk Management and Leadership

# Examples: Less Effective

C'mon! You signed the waiver you know you're not supposed to do that!

Were you not listening to the Trip Talk?

I don't care what you do.

# Examples: More Effective - PCA

It's great that you made it out on this trip! This is one of our first trips since we re-started activities.

I noticed that you didn't sanitize before using shared gear. It is easy to forget. We need to sanitize each time we use group equipment.

I appreciate your efforts.

***We need to follow these protocols to ensure we can run safe AMC trips now and in the future.***



**BE  
OUTDOORS**  
APPALACHIAN MTN CLUB



# Activities: Roleplay

You will be assigned to break out rooms of 4-5: 10 minutes

A facilitator (OLT in name) will be assigned to each room

The group will be given 3 scenarios

- Assign a leader - Use **PCA**.
- Participant(s) for as many role plays.
- Non-Participants are observers - look for PCA examples
- Discuss in small group

# Role Play - Follow Up

Positive Comment

Constructive Feedback

Appreciative Comment

# Non-Compliance/Refusal

“I will maintain appropriate social distancing and follow the guidance of the Activity Leader.”  
(Waiver)

“If you can't or don't want to follow this protocol correctly. I am going to have to ask you to leave this group.” (COVID-19 Video)

Contact AMC Risk Management and Leadership  
[leadership@outdoors.org](mailto:leadership@outdoors.org)



**BE  
OUTDOORS**  
APPALACHIAN MTN CLUB

# Takeaways

Practice Before Your Trip

Use the Trip Card

Be Prepared for the Unexpected

Be Direct and Appreciative

Don't Debate! This is AMC Policy during Phase 2

When in doubt: Chapter Leadership and/or  
[leadership@outdoors.org](mailto:leadership@outdoors.org)