**Head Dame Questionnaire**

Name:

Address:

Phone:

Email:

Date:

Thank you so much for your interest in being a Head Dame!  Please answer the following questions and email the completed form to: [info@traildames.com](mailto:info@traildames.com)

**Tell us about yourself**

\*How did you discover Trail Dames?

\*What attracted you to Trail Dames?

\*Why do you want to be a Head Dame?

\*Do you have any experience leading hikes or other group activities?  Please describe.

\*Do you have any CPR, first aid training or Wilderness First Aid?

\*Will you commit to a 2 or 3-year term in order to grow a Trail Dames chapter? There are different resources required to start and grow a Trail Dames chapter, including time and money.  (Some expenses can be defrayed by Trail Dames Corporate.)

\*Describe the types of events you envision for your group.

**The Trail Dames mission is to welcome, empower and educate women of all shapes, sizes, experience, and fitness levels to responsibly explore nature. Trail Dames does this by offering safe and supportive activities that promote personal growth, friendship, self-confidence, self-reliance, and a love of the outdoors.**

\*Are you willing to work with and accept guidance from a mentor?

\*Have you read the Head Dame guidelines, and do you have any questions?