

## Larch Hills Nordics MEMBERS Emergency Contacts – Nov. 29, 2016 (Safety Hosts, Track setters, Emergency Responders)

LHNS Safety Hosts Nov. 29, 2016 See Chalet Sign Out/In Board: Hosts on Trails	Cell (250)	#	Home (250)	#	First Aid Training Expiry Mo/Yr	LHNS Track setter listed by day of week track setting – may vary)	Cell # (250)	Home # (250)	LHNS Emergency Responders (listed in order closest to Chalet)	Cell # (250)	Home # (250)
Jeremy Ayotte	804-3513		804-3314		OFA1 –TEC D-17	Sun. Bent Kristensen	546 3998	546-3998	Pauline Hickson	832-2358	<< Cell #
Ed Bouma	804-3113		832-9804			Mon. John Thielman	803-8527	832-3409	John Thielman	803-8527	832-3409
Wayne Buchanan	803-6070		832-1094		OFA1 –TEC D-18	Tue. Jerry Hutter	none	838-9798	Jeremy Ayotte	804-3513	804-3314
Keith Cox	253-0349		832-7768		OFA1 –TEC D-17	Wed. Jim Ellis	253-2897	832-4233	Ernie Whitehead	804-3334	832-6728
Mike Dobbin	803-8287		832-2667		OFA1 –TEC D-18	Thur. Steve Raffel	832-8830	832-8002	Dave Wallenstein	N.A.	832-7740
Jim Hoskins	517-0269		832-1100			Fri. Ernie Whitehead	803-8697	832-6728	Kerry Orchard	517-0647	833-5000
Pauline Hickson	832-2358	<< Cell #			St. John's	Sat. Mike Dobbin	803-8287	832-2667	Ed Bouma	804-3113	832-9804
Gary Hudson	803-2954		832-8014		OFA1 –TEC D-18	Wayne Buchanan	803-6070	832-1094	George Zorn	253-5257	832-9335
Diane Mayes	253-0518	<< Cell #			OFA1 –TEC D-18				Steve Raffel	832-8830	832-8002
Craig McBride	833-6626	<< Cell #			EFA - CPR/AED				Wayne Buchanan	803-6070	832-1094
Duncan Moore	515-3191		832-2044		OFA1 –TEC D-17						
Kerry Orchard	517-0647		833-5000		OFA1 –TEC D-18						
Steve Raffel	832-8830		832-8002		OFA1 – D-18						
Richard Sim	253-3958		833-4516								
John Thielman	803-8527		832-3409		OFA1 –TEC D-17						
John's Ski Shack			832-3457								
George Zorn	253-5257		832-9335		OFA1 –TEC D-17						

Be prepared by understanding the LHNS "Skier/Snowshoer Emergency Response" and LHNS "Winter Emergency Preparations" posted on the LHNS website's Safety Hosts webpage, next to the Chalet Safety Hosts Board or speak with a LHNS Safety Host. **Skiers using the Larch Hills trails ski at their own risk. Trails are not patrolled.** In case of an emergency call 911 and one of the Emergency contacts listed above.

### **Emergency response time may be reduced considerably if you:**

- i) carry a fully charged Cell Phone
- ii) know the locations of the nearest Cell Phone Reception Zone – see map on other side of "Carry Along" version, see maps at 5 on-trail locations
- iii) load and use a geo referenced Cell Phone Zones map on your phone: details on the LHN website's Trail Maps page
- iv) try text messaging if the cell signal strength is weak or "No Service"
- v) write down or take a photo with your smart phone of the Safety Hosts "ON HILL" on the Sign out Board next to the Chalet's front door.

**HAVE A SAFE AND FUN DAY.** Your Winter 2016/17 LHNS Safety Committee

NB: This Emergency Contacts list serves for the 2016/17 ski season only and then it **expires**.

Watch for and note in-season updates posted on the LHNS website's Safety Host page.