

LARCH HILLS NORDIC SOCIETY

December 2016

Larch Hills offers over 50 km of track-set trails and 90 km of nontrack-set for all levels of skills. Due to this vast extent of trails it is impossible for us to patrol our ski or snowshoe trails. Therefore **the onus for safety and survival falls on you the user.**

ARE YOU PREPARED FOR A WINTER EMERGENCY??

ARE YOU EQUIPPED TO DEAL WITH AN EMERGENCY SUCH AS GETTING LOST, OR AN INJURY TO YOURSELF OR SOMEONE ELSE?

The LHNS Safety Committee has established a Safety Host program with 16 trained volunteers.

Do you understand how these volunteers may be able to help you in an emergency?

SOME EQUIPMENT YOU ARE ENCOURAGED TO CARRY:

- A **fully charged** cell phone.
- A cell phone hot **zones** map – **posted at 5 on-trail locations and at the Chalet** (printable off the LHNS web site's **safety hosts page** <http://skilarchhills.ca/safety-host-program/> / **waterproof paper printable at Wickett's / SA Stationary**).

- **Carry an LHNS Emergency Responders Contact list (printable off LHNS web site's safety hosts page, waterproof paper printable at Wickett's / SA Stationary)**
- Be equipped with such things as a space blanket, extra clothing, first aid supplies, matches and fire starter, a flashlight, snacks, maybe even an emergency locator device for backcountry trails.

SOME OTHER SAFETY SUGGESTIONS:

- Go with a group.
- If you must go alone tell someone what trails you are taking and when you will return.
- STICK to the trails and time frame you committed to.
- Become familiar with the location of the three manual rescue toboggans on the hill. They contain sleeping bags and first aid supplies. They are slow and awkward but provide some protection from the cold and damp snow until help arrives.
- There are also three locations of emergency supplies in buckets. **Locations are shown on the new Dec. 2015 Larch Hills Trails map. The map will be posted and printable on the LHNS website's Safety Hosts page or printable on waterproof paper at Wickett's / SA Stationary).**
- Note the five on-trail locations where cell hot zone maps are posted.

HAVE A SAFE AND FUN DAY. LHNS Safety Committee