

Emergency Response For Skiers and Snowshoers

Larch Hills Nordics

December 2016

THESE INSTRUCTIONS WILL BECOME OUTDATED

Check for a new version each season

Emergency Response

- Assess the injury and apply first aid if you are qualified.
- Keep the injured person warm – use a space blanket, extra clothing, hot pads, or the sleeping bag in the nearest rescue toboggan. There are also “safety buckets” with emergency supplies in three key locations.
- **If you have a cell and there is service (texting may be possible outside cell hot zones): See Reporting below**
- **If there is no cell service:** send someone in your group to the nearest cell hot zone to call (see cell hot zone maps posted on trails), or to the chalet. There is cell service at the chalet, plus the list of Safety Hosts currently on the trails, first aid supplies and there will usually be others there who can help. **If possible, send two people so one can return with information while you are waiting.**
- **If you don't have a cell:** send someone to the chalet or to find the nearest skier who has a cell.
- Manual Rescue Toboggans – located at South Hub, Metford/Bilbo's and Cec's Cabin. They contain sleeping bags and limited first aid supplies. They are a good place to protect an injured person. If using one it is recommended that you remove your skis, both for pulling and braking. They are slow and awkward to use.

Reporting

Depending on the nature of the incident, **call the available Safety Hosts (sign-out board at the chalet front door) or 911. Some situations may require both.** The Safety Hosts are only able to respond on the trackset trails and a limited portion of the non-trackset trails.

Provide the following information:

- Location of incident, and whether the location is known or approximate
- Person calling
- Nature and time of injury
- Condition of injured person and other relevant information: age, medical issues...
- Assistance given to injured person

- Stay within cell service or at the chalet to provide more information as needed. Ensure you have enough battery to be called, i.e. limit using your phone once you have called.

When No Safety Hosts Are On the Hill

Listed in order of proximity to the chalet:

LHNS Emergency Responders (listed in order living closest to Chalet) Distance shown	Cell # (250)	Home # (250)	
Pauline Hickson – 100meters	832-2358	<< Cell #	On-site Caretaker, First Aid
John Thielman – 2.5K	803-8527	832-3409	832-3457 – John’s Ski Shack, First Aid
Jeremy Ayotte – 6.5K	804-3513	804-3314	Safety Host - First Aid
Ernie Whitehead – 6.6K	833-2257	832-6728	Tracksetter (Fridays)
Dave Wallenstein – 8K	N.A.	832-7740	
Kerry Orchard – 10.2K	517-0647	833-5000	Safety Host – First Aid
Ed Bouma – Salmon Arm	804-3113	832-9804	Safety Host
George Zorn - Salmon Arm	253-5257	832-9335	Safety Host – First Aid
Steve Raffel - Salmon Arm	832-8830	832-8002	Tracksetter (Thursdays) Safety Host – First Aid
Wayne Buchanan - Salmon Arm	803-6070	832-1094	Snowmobiles, Safety Host – First Aid
RCMP, Ambulance, Search and Rescue: 911			