

ARE YOU PREPARED FOR A WINTER EMERGENCY?

Larch Hills offers 60 km of track-set, over 100 km of non-trackset and 17 km of snowshoe trails
Due to this vast extent of trails it is not possible for us to patrol the area.

Therefore, the onus for safety and survival falls on you the user.

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 trained volunteers.*

Do you understand how these volunteers may be able to help you in an emergency? Contact a Safety Host if you would like to participate in a mock rescue or receive instructions using a rescue toboggan.

EQUIPMENT YOU ARE ENCOURAGED TO CARRY:

- **A fully charged cell phone.**
- **A cell phone reception map** – Available at the chalet kiosk, posted at 6 on-trail locations and, printable off the LHNS web site's **Trails and Safety** page.
- **A current LHNS Emergency Responders Contact list** – available at the chalet kiosk (combined with the above map) and printable off LHNS web site's **Trails and Safety** page.
- **For backcountry trails**, 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.

OTHER SAFETY SUGGESTIONS:

- Go with a group. If you go alone tell someone the trails you will travel and your ETA.
- **STICK** to the trails and time frame you committed to. Advise contact of changes.
- Download Avenza to use geo-referenced cell reception and trail maps. Directions on website under *Trail Maps*.
- Become familiar with the location of the three manual rescue toboggans on the hill: Metford/Bilbo's junction, South Hub and Cec's Cabin. There is a tub at each location with sleeping bags and emergency supplies in a daypack.
- There are also three locations of emergency supplies in buckets: Sentinel/Lakeview junction, Far East/Moonwalk junction, and the Summit Trail 150m below the junction with Summit Shortcut.
- Note the six on-trail locations where cell reception maps are posted.
- Read the **Emergency Response for Skiers and Snowshoers** and note where it is on the website and posted at the chalet.
- Check the Safety Host sign-out board when starting out to see who is "On the Hill".

Jan. 12, 2019