

Emergency Response

For Skiers and Snowshoers

Larch Hills Nordics

January 4, 2019

THESE INSTRUCTIONS WILL BECOME OUTDATED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, hand warmers, or the supplies in the tote box at the nearest rescue toboggan. There are also “Safety Buckets” with emergency supplies in three key locations: Lakeview/Sentinel, Moonwalk/Far East, and the Summit Trail below Summit Shortcut.

If you have a cell and there is service See Reporting on page 2:

If there is no cell service: send someone in your group to the nearest cell area to call (see cell reception maps posted on trails and in Safety Buckets), or to the chalet. There is cell service at the chalet, the Safety Hosts currently on the hill are shown on the board across from the chalet, there are 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.

Texting may be possible in areas of no service or intermittent service. Texts may not be read or responded to in a timely manner. Proceed as above unless you receive a reply.”

If you don't have a cell: send someone to the chalet or to find the nearest person who has a cell.

Manual Rescue Toboggans – located at South Hub, Metford/Bilbo's and Cec's Cabin. They contain emergency supplies in a daypack, and sleeping bags. They are a good place to protect an injured person. If using one you may want to remove your skis, both for pulling and braking. Follow the instruction labels.

Reporting

Depending on the nature of the incident, **call the available Safety Hosts** (sign-out board at the chalet kiosk) **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 and cell number
- Nature and time of injury
- Condition of injured person and other relevant information: age, medical issues...
- Assistance given to injured person

- If a Safety Host who you believe is on the hill does not answer, leave a message. It is difficult to quickly answer a phone in a pack or jacket pocket.
- 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 Available

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 – 2.5Km | 803-8527 | 832-3409 | 832-3457 – John’s Ski Shack, First Aid |
| Mike Dobbin – 3.1 Km | 803-8287 | 832-2667 | Tracksetter |
| Jeremy Ayotte – 6.5Km | 804-3513 | 804-3314 | Safety Host – First Aid |
| Ernie Whitehead – 6.6Km | 833-2257 | 832-6728 | Tracksetter (Fridays) |
| Dave Wallenstein – 8Km | N.A. | 832-7740 | |
| Ed Bouma – Salmon Arm | 804-3113 | 832-9804 | Safety Host – First Aid |
| George Zorn - Salmon Arm | 253-5257 | 832-9335 | Safety Host – First Aid |
| Wayne Buchanan - Salmon Arm | 803-6070 | 832-1094 | Snowmobiles, Safety Host – First Aid |
| RCMP, Ambulance, Search and Rescue: 911 | | | |