

Emergency Response for Skiers and Snowshoers

Larch Hills Nordics

December 7, 2024

Emergency Response

- Take this document with you if needed.
- Assess the injury and apply first aid if you are qualified. There is a basic first aid kit in the chalet hanging on a peg just inside the upper door closest to the start area. Along the wall the door is in, there is a small white cabinet with an **AED**. Another first aid kit is hanging beside it. There are more supplies in the first aid cupboard by the washrooms downstairs. Lock combination: **L-H-N-S**
- Keep the injured person warm – use a space blanket, extra clothing, hot pads, or the sleeping bag in the nearest rescue toboggan.
- **If you have a cell and there is service** (texting may be possible outside cell service area): **See Reporting below**
- **If there is no cell service:** send someone to the nearest cell service area to call, 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 either Karen or Jana are usually on duty 9 am to 3 pm. 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. There is a tub of emergency supplies at each toboggan. 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.

There are also "**Safety Buckets**" with emergency supplies in three key locations: Lakeview/Sentinel junction, The Greenway/Treebeards junction, and the Summit Trail below Summit Shortcut.

Reporting

Contact the Operations Manager, **Karen Tanchak**, in her office downstairs (work hours posted on door) or at **236-586-5711**, **Jana Muller** at **236-586-8854** or call **250-833-5467** to check Safety Host availability (also on the map kiosk across from the upper chalet door, or call **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 personal knowledge, approximate, or from the Avenza app.
- **Person calling** and phone number
- **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.
- If you get the voicemail for a Safety Host leave a message as they may be digging their phone out of a pack or inside pocket.

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,
John Thielman – 2.5K	803-8527	832-3409	832-3457 – John’s Ski Shack
Mike Dobbin - 3K	803-8287	832-2667	First Aid
Jeremy Ayotte – 6.5K	804-3513	804-3314	Safety Host - First Aid
Dave Wallenstein – 8K	517-7596	833-6011	Tracksetter

RCMP, Ambulance, Search and Rescue: 911