

# Being Prepared .....



# SAFETY FIRST

- **Safety on club trips must come first. A safe trip will result in a fun and enjoyable trip.**
- **Two general approaches to safety.**
  - **Proactive – prepare and plan ahead**
  - **Reactive – apply first aid and / or call for help.**
- **Today – Individual Readiness for a back country trip**

# SAME BASIC APPROACH GETS YOU TO ANY DESTINATION



Thorong La  
17,769 feet

# Trip Leader Preparation

- Trip leaders have been through both leader training & wilderness first aid training.
- Trip leaders take care of:
  - **Researching the trip.**
  - **Arrangements & reservations.**
  - **Trip plan.**
  - **Safety plan.**
  - **Gear needs.**
  - **Cost estimate.**

# CIWC WILDERNESS LEVELS

## EMS Availability:

- **0 – Readily available.**
- **1 – < 20 to 30 minutes.**
- **2 – < 1 to 2 hours.**
- **3 – < Half day.**
- **4 – > Half day.**
- **5 – Professional guide required.**

# Trip Leader Preparation

- Common injuries for hikers & backpackers:
  - Ankle strains & sprains.
  - Blisters.
  - Cuts & bruises.
  - Back injuries.
  - Hypothermia.
  - Heat stroke.
  - Dehydration.

# Trip Leader Preparation

- Common injuries for hikers & backpackers (continued):
  - **Gastrointestinal complaints.**
  - **Insect bites.**
  - **Joint pain.**
  - **Chafing.**
  - **Trip specific (altitude sickness, animal attacks, frostbite, water immersion, etc.). Consult with trip leader.**

# Trip Leader Preparation

- Trip leaders will provide group safety equipment:
  - **Group first aid kit.**
  - **Emergency communication device.**
  - **Water treatment device & backup system.**
- Sweeper has first aid kit & communication device.



# Individual Readiness

- Medical & Emergency Contact Form:
  - **Emergency contact(s).**
  - **How to contact your doctor.**
  - **Medical insurance.**
  - **Evacuation insurance.**
  - **Medications.**
  - **Allergies.**
  - **General medical history.**
  - **Certification of being fully capable of participating on the trip.**
- Everything you would want EMS to know if you're not conscious or able to represent yourself.

# Individual Readiness

- You provide:
  - **Personal first aid kit.**
  - **The 10 essentials.**
  - **Other gear & equipment per trip checklist.**
  - **Help carry group gear & with assigned camp chores.**
- Let the trip leader know if you need to borrow some club gear.

# Individual Readiness

- As a participant – what do YOU have to do to prepare and assess your own readiness for a CIWC Trip?
  - **Understand the trip's purpose and the Trip Leader's rating or description of the trip. Ask questions to gain a good understanding.**
  - **Assess your own interests, background, experience, skills and current physical readiness. How does this match up with the needs and requirements of the trip.**
  - **What recent experiences do you have that qualify you for this trip?**
  - **Is this trip a good fit for you?**

# Individual Readiness - continued

- **Do you need?**
  - Any Training?
  - Any strength training or physical conditioning?
  - Any different equipment? (i.e. – getting your pack weight down)
  - To be evaluated by your doctor?
  - To consider a different trip?
  
- **Can you / will you?**
  - Attend club or outside educational opportunities?
  - Attend day hikes, practice sessions or orientations?
  - Continually assess your readiness leading up to the trip?
  - Ask questions? Trip Leaders WANT to work with you.
  - Abide by any safety requirements specified by the Trip Leader?

# Individual Readiness - Summary

- **Take seriously what the requirements are for preparation**
  - **Experience**
  - **Fitness level / medical state**
  - **Physical training**
  - **The right equipment**
- **Continually assess your preparation and readiness.**
- **Stay in touch with your Trip Leader.**
- **Being ready is better than getting hurt.**
- **Plan to have a GREAT trip!!!**

# 2019 Risk Management Committee

- **Rick Kischuk – Chair**
- **John Carlson**
- **Bob Hart**