

CATAMOUNT TRAIL TOURS

Tour Safety Planning Guidelines

This is a quick reference guide for CTA Tours and should not be considered a substitute for formal First Aid Training.

BEFORE YOU HEAD OUT

Carry These Essentials In Your Pack:

1. Map & compass
2. Headlamp & extra batteries
3. Extra clothing
4. Sunglasses/Goggles
5. Extra food and water
6. Knife & Whistle
7. Waterproof matches
8. Candle & fire starter
9. First aid kit & space blanket
10. Flagging tape
11. **DUCT TAPE!**
12. Phone number of local Emergency Rescue Agencies

Consider Carrying a Cell Phone and Two-Way Radios. Reception is not dependable on the Trail, but there are areas where your cell phone may work. It is also helpful to carry a two-way radio, allowing leaders and sweepers to communicate on the trail.

Know The Access Points For Incoming Rescue Help. Be able to describe locations to someone not familiar with the area. Know the local snowmobile trail system as they are likely to be used in the event of a rescue.

BE AWARE OF THESE POTENTIAL PROBLEMS

Review with skiers as you see fit before commencing tour.

Blister Prevention:

1. Describe what a “hot spot” is and encourage participants to recognize and treat these early, before they become blisters.
2. Stop group so skier(s) can apply tape, moleskin. Often if one person needs to stop, others do too, but have not spoken up.

Signs and Symptoms of hypothermia:

1. Shivering
2. Decreased co-ordination (stumbling)
3. Decreased level of consciousness (mumbling)
4. Hallucinations

If You Become Lost:

1. Stay put!
2. Blow whistle - continue to blow whistle - sets of 3 blows.
3. Stay Warm and Dry
 - a. Remove wet base layers
 - b. Add warm layers, cover head, etc.
 - c. Exercise in place to stay warm
 - d. Shelter yourself from wind, consider digging a shelter or building a fire
 - e. Stay fueled and hydrated—both help you produce heat.

IN THE EVENT OF AN INJURY OR EMERGENCY

Take a deep breath and stay calm.

Carefully evaluate and document the situation (Refer to the SOAP note for help with this)

1. Assess what happened.
2. Identify the type of injury - is it life threatening, is the patient ambulatory, is there medical care available?
3. Note the name, age, gender of patient/s.
4. Note your location (hrs. from start point, GPS coordinates, significant landmarks)

Determine whether or not you need assistance for an evacuation

If you do need additional help to get the patient to medical care, Call 911

If you can't call (no cell reception or phone):

Send a group of your strongest skiers familiar with the area to notify State Police (911). The skiers must:

1. Travel in groups of 2 or more.
2. Take a clearly marked map.
3. Flag the route from the patient's location to exit point.
4. Carry a copy of the SOAP note
5. Carry the 12 essentials listed above.

Continue to treat the patient (delegate to group member with most first aid knowledge):

1. Stop bleeding, treat soft tissue injuries, splint musculoskeletal injuries
2. Insulate patient from the ground with foam pad
3. Shelter patient from elements
4. Reassure injured
5. Remove wet base layers
6. Add warm layers, cover head, etc.-insulate on all sides
7. Keep fueled and hydrated—both help you produce heat.
8. Add hand-warmers/hot water bottles to neck, armpits, groin.
9. Build a shelter to shed wind for injured and helpers.
10. Continue to assess the injured.

If necessary, prepare the trail and/or a make-shift sled to facilitate moving the patient (delegate to other appropriate group members)

If patient can be moved, get to closest trailhead or snowmobile corridor. Make sure the skiers that have gone for help know where you are going.

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