



Castlegar Nordic Ski Club

EMERGENCY

RESPONSE PLAN

(ERP)

**Castlegar Nordic Ski Club
P.O. Box 3213
Castlegar, B.C.
V1N 3H5**

castlegarnordicski@gmail.com

www.castlegarnordic.ca

STEPS TO TAKE

In The Event of a Serious Accident / Injury

#1) Assess hazards - Ensure there is no danger to you or others.

#2) Attend to the injured person. Summon help to retrieve an Emergency Kit if possible. Do not leave a seriously injured person unattended.

- **Provide first aid** to the best of your ability. Emergency Kits with Level-1 First Aid Kit, splints, heat packs, blankets, etc., along with a rescue toboggan, are located at each shelter, major trail junctions (see trail map) and near the equipment sheds behind the Viking Centre.
- **KEY ACTION: Keep the Injured Person Warm**
 - Wrap the person in a fibre blanket and emergency blanket.
 - Insulate from snow contact.

#3) When additional help is available, consider evacuating the injured person on a toboggan to the nearest trailhead, only if there is no risk of further injury.

#4) Send someone for help and report back:

- Ski to the nearest trailhead (Mud Lake or Glenmerry). Try to locate a Club Fee Collector, Trail Groomer, or Ski Patroller. If present, these personnel will have radio contact with each other. Fee Collectors and Trail Groomers will also have access to a satellite phone to call an ambulance, RCMP or Search & Rescue (through RCMP) or summon Club personnel to assist with rescue equipment.
- Send back assistance to help with patient evacuation.
- If available, Trail Groomers will be able to assist with evacuation using a snowmobile and rescue toboggan.

#5) If Club personnel and a satellite phone are not on site; dispatch someone with a cell phone to make a 911 call and report back. It will be necessary for a volunteer to drive approx. 15-18 km. towards Rossland (on Highway 3B) until 911 cell phone coverage is obtained.

#6) When circumstances allow, report the incident to a Club Executive Member (see contact information on enclosed Incident / Hazard Report form).

Castlegar Nordic Ski Club

SATELLITE PHONE **EMERGENCY CONTACT LIST**

In the event of a serious injury, accident or other emergency, initiate telephone calls in the order below, using a Club satellite phone. If direct numbers for ambulance or RCMP are unsuccessful, call a Club Executive member to make a 911 call to request appropriate first responders (e.g., ambulance, police, search & rescue) and to send Club members to assist with a snowmobile and rescue toboggan.

(911 calls cannot be made directly from a satellite phone)

1	AMBULANCE 1-250-374-5937 BC Emergency Health Services Kamloops <u>Emergency Dispatch Centre</u> (for BC Interior)	
2	RCMP (#1) 1-250-364-2566 (Trail) (#2) 1-250-365-7721 (Castlegar)	
3	SKI CLUB	
	1-250-608-3015 (Cell) 1-250-365-6544 (Home)	Al Skakun President
	1-250-304-9860 (Cell)	Jim Guido Treasurer
	1-250-505-9071 (Cell)	Simon Cretien Manager
	1-250-608-7653 (Cell)	Rolf Hartman Head Groomer
	1-250-608-5706 (Cell)	Chris Hiebert Administrator

If a Satellite Phone is NOT Available:

Dispatch someone with a cell phone to call 911 and a Club representative and report back. It will be necessary for a volunteer to drive approx. 15-18 km. towards Rossland (on Highway 3B) until Cell phone coverage is obtained.

Paulson Cross Country Ski Trails

Location Information

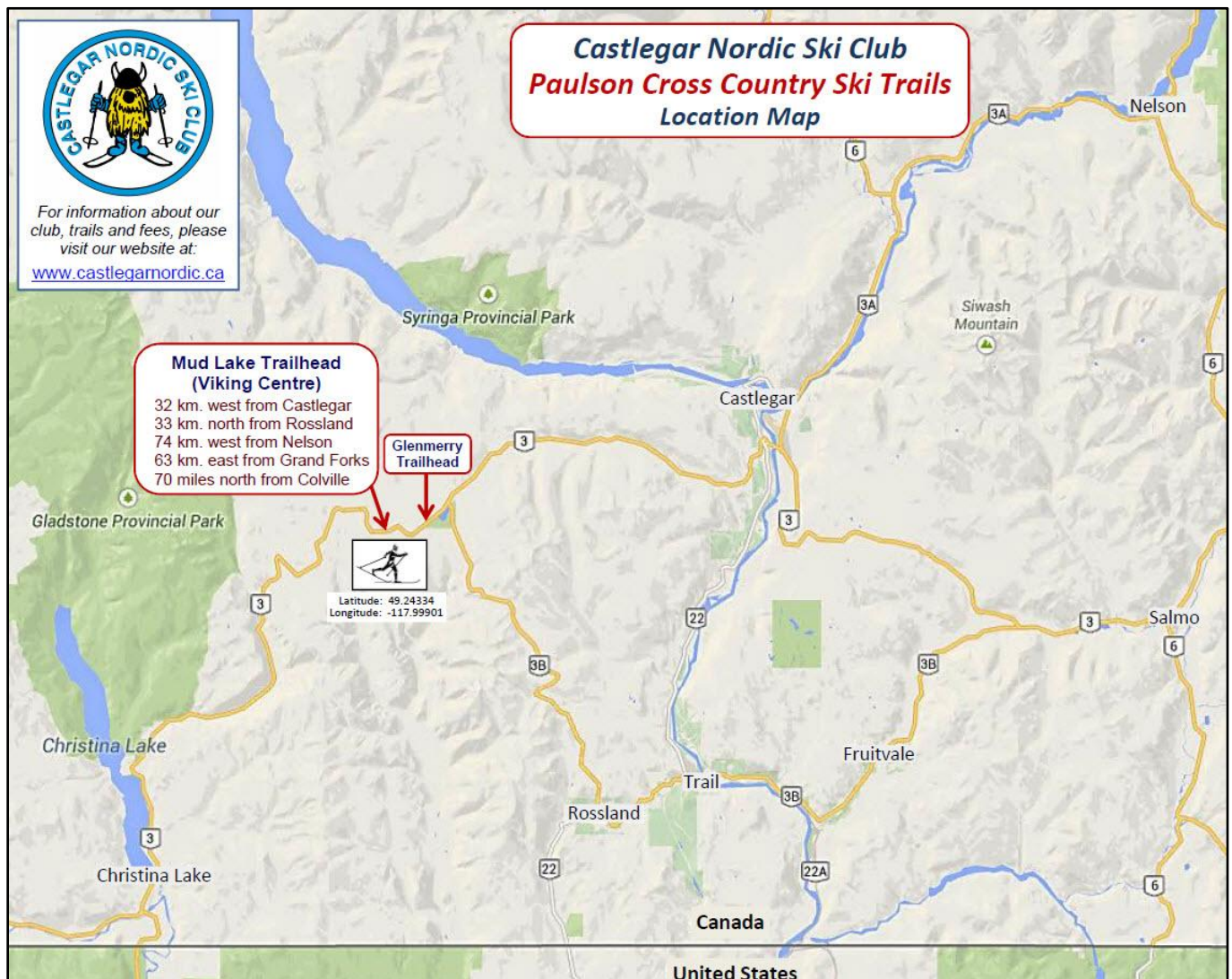
to Provide to Emergency Responders

Viking Centre (Mud Lake) Parking Lot:

- 32 km. west of Castlegar
- 5 km. west of the Highway #3 and #3B junction at Nancy Greene Lake
- Latitude: 49.24334 degrees North / Longitude: 117.99901 degrees West

Glenmerry Parking Lot:

- 29 km. west of Castlegar
- 2 km. west of the Highway #3 and #3B junction at Nancy Greene Lake



Castlegar Nordic Ski Club

Emergency Kit Contents

- (1) First Aid Kit - BC Level-1 (complete)
- (1) Fibre Blanket
- (1) Emergency Blanket
- (1) Space (foil) Blanket
- (2) Sands (SAM) Easy Splints (36")
- (2) Extra Rolls of Surgical Tape (additional to 1st Aid Kit)
for taping splints
- (1) Crank Flashlight w/ Siren & Radio
- (1) Whistle w/ compass
- (1) Emergency Instructions Sheet

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Signatures	
Person Reporting:	Date:
Castlegar Nordic Ski Club Representative:	Date:

Contact Information for Castlegar Nordic Ski Club	
Email:	castlegarnordicski@gmail.com
Mailing Address:	P.O. Box 3213, Castlegar, B.C., V1N 3H5
Club Contacts:	Al Skakun, President (Cell: 250-608-3015) Ben Cram, Safety Officer (Cell: 250-687-1923) Jim Guido, Treasurer (Cell: 250-304-9860) Simon Cretien, Manager (Cell: 250-505-9071)



Radio Frequency Log Castlegar Nordic Ski Club (CNSC)

Radio Channel	Channel Name	Frequency (MHz)
1-35	RR1 to RR35 - Resource Road Channels (see detailed radio frequencies sheet with radio)	150.0800 – 151.6700
36	LADD-1 - Logging Admin Dispatch 1	154.1000
37	LADD-2 - Logging Admin Dispatch 2	158.9400
38	LADD-3 - Logging Admin Dispatch 3 *(CNSC Communication & Safety Channel)	154.3250
39	LADD-4 - Logging Admin Dispatch 4	173.3700
40-51	F₋ - Ministry of Forests / BC Wildfire Channels (**Emergency only - see detailed radio frequencies sheet with radio)	163.8300 – 168.885
41	F-Blue - Ministry of Forests / BC Wildfire Channel (**Emergency only - Farron (blue) repeater accessible from Paulson Ski Trails)	Tx: 163.2150 R: 164.0850
60-67	SAR/PEP – Search & Rescue Channels (**Emergency only - see detailed radio frequencies sheet with radio)	143.8200 – 165.5150
85-96	H₋ - Amateur (HAM) Radio Channels (**Emergency only - see detailed radio frequencies sheet with radio)	146.0400 – 449.5500
97-115	FRS 1-14 & GMRS 1-15 Public 'Walkie-Talkie' UHF Channels (see detailed radio frequencies sheet with radio)	462.5625 – 467.7125
122	Wx1 – Weather Radio Canada - Castlegar	162.550

*** Channel 38 (LADD-3)** is the selected channel for communication and safety use at the Paulson Cross Country Ski Trails, but may also have occasional trucker traffic.

****** As noted in the above table, several of the radio frequencies listed are not authorized for general public use but may be accessed in a serious emergency where another communication method (e.g., Sat Phone) is unsuccessful. Channel 16 (FS-Blue) connects to the Ministry of Forests' repeater. Call "XLW61 Arrow" for the Castlegar Office or "South East Fire Centre" and advise of the 911 emergency service (e.g., ambulance, police, rescue) required. In the winter this channel is generally monitored only during government office hours.

Note: Radios are normally locked to the Club channel #38. To temporarily select another channel, unlock the radio by holding down the bottom right button (with lock symbol) on the keypad, then press the up or down keys.



Paulson Cross Country Ski Trails

Legend

- Public Shelter
- Parking
- Emergency Kit
- Toilet

Ski Trails - Ability Level

- Beginner
- Intermediate
- Advanced
- Skate Lane
- Ungroomed

Distance between points in Kilometres

Elevation (metres)
20 Metre Contours

Caution:
Steep Trail Section

0 250 500 750 1,000 m

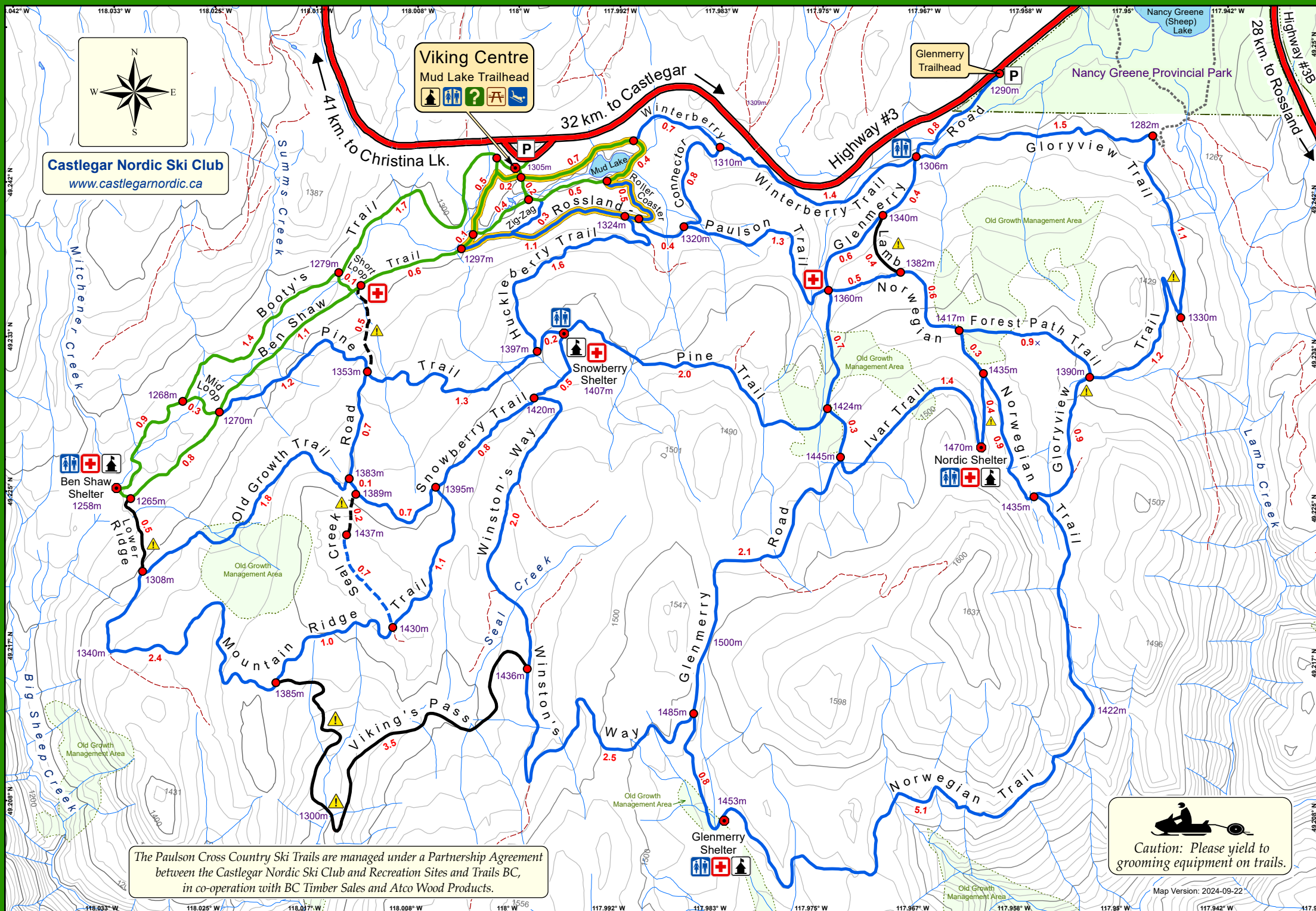
Map Scale (metres)

Projection: UTM Zone 11, NAD83
Lat / Long Grid: Decimal Degrees

Recreation Sites and Trails BC

BCTS
BC Timber Sales
Kootenay

ATCO
WOOD PRODUCTS



The Paulson Cross Country Ski Trails are managed under a Partnership Agreement between the Castlegar Nordic Ski Club and Recreation Sites and Trails BC, in co-operation with BC Timber Sales and Atco Wood Products.

Caution: Please yield to grooming equipment on trails.