

## Prevention and Safety Precautions

1. In advance, find out about the area you want to ski in and about the trail conditions. Choose trails that are within your ability.
2. Bring one or more printed maps (see [www.drxc.ca/maps/](http://www.drxc.ca/maps/)).
3. Tell someone where you are going and when you expect to return.
4. Avoid skiing alone, especially if you are skiing in the back country.
5. Carry a charged cell phone, and keep it in a warm place (close to your body). Note that cell reception is generally better at higher elevations. For the trails maintained by the DRXC, cell coverage as of 2020 is as follows:
  - Silver Spoon trails (accessed from Balmer Bay Road) – Generally good on all trails.
  - Bass Lake (or Cabin) trails (accessed from Bass Lake Road) – Good within the first 5 km of the trail head, and spotty beyond that out to the cabin. Beyond the cabin, cell coverage is poor.
  - Petawawa Research Forest trails – Good near roads, and spotty farther into the bush.
6. When travelling in the back country, bring extra equipment such as:
  - Energy food and a hot drink in a thermos
  - Extra warm clothes (e.g., down vest, hat, and mitts)
  - Matches or lighter and a candle to light a fire
  - Chemical heat packs
  - Personal first aid kit, including bandaids and a tensor bandage
  - Gorilla or duct tape, rope, handsaw

## In Case of an Injury on the Trail

1. Stay calm and assess the situation.
2. If needed, take immediate actions to stop bleeding and keep the person safe and warm (e.g., wrap in blanket or extra clothing, light a fire, build a snow shelter).
3. To get immediate medical advice (e.g., heart attack), phone 9-1-1.
4. For serious injuries or medical conditions, phone 9-1-1.
5. For all injuries for which a person needs help getting out, phone volunteers on the DRXC emergency call list.
6. If possible, send someone to the trail access point to meet emergency response personnel.
7. If you cannot call, either walk out slowly together, or leave the person in a safe place and go for help.

## In Case of a Lost Person

1. Phone someone on the General Call List, who can advise on how to best organize a search (or who can coordinate the search for you).
2. If a quick search is unsuccessful, phone 9-1-1.

## DRXC Emergency Call List

If a skier gets lost or injured on any of the local trails, the following skiers are prepared to help. Working with the emergency response professionals (contacted through 9-1-1), they can help with rescues or searches, and suggest the best access points on the trails for snowmobiles or ATVs. The volunteers represent a mix of trail knowledge, skiing ability, physical endurance, and first aid experience.

**General Call List** (in alphabetical order): These volunteers can be the single-point contact or overall coordinator (one phone call).

Volunteers	Home Phone	Cell Phone
Diane/Phil Davis	613-584-3033	613-732-5162
Bob Donders	613-584-4321	613-618-6123
Ron Wensel	613-584-2972	613-639-4833

**Trail-Specific Call Lists** (in alphabetical order): These volunteers can be deployed in rescues or searches. The volunteers are assigned to particular trails, but most can help on **any** of the trails.

Trail System	Volunteers	Home Phone	Cell Phone
Silver Spoon (112 Balmer Bay Road, Deep River)	Fabrice/Raph�el Gu�rout	613-584-1983	613-732-5231
	Bruce Heinmiller	613-584-3269	647-463-4233
	Anne Murphy	n/a	613-858-2123
	Pete Rose	613-584-4954	613-602-0078
	Bruce Smith	613-584-3586	613-639-4207
	Metin Yetisir	n/a	613-858-2123
Bass Lakes (or Cabin) (end of Bass Lake Rd)	Karen Colins	613-584-2880	613-717-0712
	Diane/Phil Davis	613-584-3033	613-732-5162
	Erik Hagberg	613-584-4636	613-633-2828
	Helena Rummens	613-584-4321	613-717-9202
	May Zhang	n/a	613-717-2626
Petawawa Research Forest (Clouthier Road, Chalk River)	Mike Beale	n/a	613-635-1297
	Stuart Craig	613-584-3171	613-639-8686
	Ray Metcalfe	613-584-3877	n/a
	Tom Moore	613-584-3214	613-401-0742
	David Ross	n/a	613-717-2382
	Peter Van Wagner	n/a	613-585-1050

**Snowmobiler Call List:** These volunteers are skiers, have access to a snowmobile, and are familiar with trails in the area.

Trail System	Volunteers	Home Phone	Cell Phone
Silver Spoon	George Doubt	613-584-2239	613-602-6163
Other trails	Ross Meadowcroft	613-584-3619	613-639-1461

### DRXC Emergency Equipment

Location	Equipment List
Silver Spoon Chalet (112 Balmer Bay Road, Deep River)	<ul style="list-style-type: none"> <li>Toboggan with rope and straps</li> <li>First aid kit, 30 L barrel with sleeping bag &amp; rope</li> </ul>
Silver Spoon Trails (1) bottom of M hill (2) top of B, S, H loops	<ul style="list-style-type: none"> <li>30 L or 10 L barrel with (for example): small first aid kit, candle, matches, plastic bags, blanket, hand warmers, mask</li> </ul>
Bass Lake Trails (1) junction of Sidetrack & Main & Railway Ridge trails (2) ski hut, on porch (barrel) or under hut (toboggan)	<ul style="list-style-type: none"> <li>Toboggan with rope and/or straps</li> <li>30 L barrel with (for example): first aid kit, splint, mask, candles, matches, newspaper, plastic bags, pencil &amp; paper, scissors, blankets, hand &amp; toe warmers, rope, gray tape</li> <li>Ski hut has 1 pair of snowshoes inside</li> </ul>
Petawawa Research Forest Trails (1) on HSA trail near fire watch tower	<ul style="list-style-type: none"> <li>10 L barrel with (for example): small first aid kit, candle, matches, plastic bags, blanket, hand warmers, mask</li> </ul>