

# Emergency Plan

## DRXC Emergency Response Procedure revised 2024 January

### 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 backcountry.
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 traveling in the backcountry, 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 the person is able to walk out, accompany him/her and monitor closely, especially if the situation could worsen. 3. For all injuries for which a person needs support, phone volunteers on the DRXC emergency call list (listed below). 4. Keep the person safe and warm (e.g., wrap in blanket or extra clothing, light a fire, build a snow shelter). If needed, send someone to get a toboggan and/or supplies from a first aid barrel (locations listed below).
3. For a serious medical condition (e.g., unconscious, possible heart attack, fracture of a major bone, or unable to get out even with help), phone 9-1-1 immediately. If you are in the back-country, call Renfrew Central Ambulance Communication Centre 1-888-760-2878. Pass on the information. Ask how long it will take for help to arrive.
4. If possible, send someone to the trail access point to meet emergency response vehicles. 5. If you cannot phone, either send another person for help, or leave the person in a safe place

and go for help.

6. Please inform the DRXC of incidents so that the emergency preparedness can be improved.

### **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 Davis	613-584-3033	613-732-5162

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

### **Silver Spoon** (112 Balmer Bay Road, Deep River)

Volunteers	Home Phone	Cell Phone
Fabrice Guérout	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

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**Bass Lakes (or Cabin) (end of Bass Lake Rd)**

Volunteers	Home Phone	Cell Phone
Mike Beale May Zhang	Mike Beale May Zhang	613-635-1297
Karen Collins (knows trail)	613-584-2880	613-717-0712
Diane Davis* will team with another rescuer	613-584-3033	613-732-5162
Stuart Craig	613-584-3171	613-639-8686
Helena Rummens	613-584-4321	613-717-9202

**Petawawa Research Forest (Clouthier Road, Chalk River)**

Volunteers	Home Phone	Cell Phone
Stuart Craig	613-584-3171	613-639-8686
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	Marc Audet	613-281-4591	613-281-4591

**DRXC Emergency Equipment**

Location	Equipment List
Silver Spoon Chalet (112 Balmer Bay Road, Deep River)	Toboggan with rope and straps – First aid kit, 30 L barrel with sleeping bag & rope

<p>Silver Spoon Trails 1) bottom of M 2) hilltop of B, S, H loops</p>	<p>30 L or 10 L barrel with (for example): small first aid kit, candle, matches, plastic bags, blanket, hand warmers, mask</p>
<p>Bass Lake Trails 1) junction of Sidetrack &amp; Main &amp; Railway Ridge trails (only available during the ski season) 2) ski hut, on porch (barrel) or under hut (toboggan)</p>	<p>Toboggan with rope and/or straps – 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 – Ski hut has 1 pair of snowshoes inside</p>
<p>Petawawa Research Trails</p>	<p>No First aid barrel. Bring a first aid kit with you</p>