

Winter Programming 2015
SG.4 Supplemental Information

Situation	Procedure to Follow
<p>Ice Safety – refers to the process necessary, prior to and during ice surface use, to ensure individual and group safety. Use of a natural ice surface may result in an Ice Rescue situation (please refer to Ice Rescue).</p>	<p><u>Prior to Activity:</u></p> <ul style="list-style-type: none"> • A minimum of two trained staff members must assess the quantity and quality of the natural (i.e. frozen pond, waterfront) ice surface to be used, a minimum of 15 cm (Safe Guide requirement) of good quality ice is appropriate for group use. • Staff will determine a safe boundary area and clearly mark this area • Staff will ensure the emergency kit is fully stocked (two throw ropes, sleeping bag, emergency blanket, life jacket, pulk) and put into place • At least one staff should be familiar with ice safety and rescue procedures <p style="text-align: center;">NOTE: As per Safe Guide, at a public facility that monitors the ice surface, public safety and provides information on the safety of the ice conditions, the above is not required.</p> <p><u>During Activity:</u></p> <ul style="list-style-type: none"> • Explain to leader(s) location of emergency kit with throw ropes. Explain that depth has been checked and ice is minimum 15cm (Safe Guide requirement). Instruct that the Winter Staff Team will respond according to training in the event of an ice rescue situation. Role of Guiders is to care for whole group (return to cabin), to get ready to help transport wet person to cabin and warm up, and be on standby to call 9-1-1 if necessary. • Assign someone to gather group at shore, take attendance, show and explain where ice depth was checked (Note: stay away from holes and mark any newly created holes). Show boundary of area to be used. Make sure everyone is wearing appropriate clothing and equipment for the activity.
<p>Ice Rescue – An Ice Rescue may be done for a minor submersion to a whole body submersion in cold water. These situations will vary in the amount of required first aid and involvement of EMS and family. Further medical follow up may or may not be necessary.</p>	<ul style="list-style-type: none"> • Remain calm and do not immediately go on the ice, or approach the person who has fallen through • Assess the environment for hazards to yourself or others • Designate someone (Guider or alternate staff) to assist with group management and safety. If it is safe to do so, they should advise others to get off of the ice surface • Use a walkie talkie to notify Camp Coordinator or designate of emergency <ul style="list-style-type: none"> ○ If victim is submersed in ice water call 9-1-1 ○ If victim is partially submersed (foot through ice) calling 9-1-1 is not necessary but may be required depending on victims ability to exit ice surface • Conduct a head count • Assign an appropriately trained staff to carry out ice rescue and/or administer associated first aid <ul style="list-style-type: none"> ○ Don a life jacket ○ Spread out weight by lying down on the ice ○ Use a throw rope or reaching aid to reach to the victim ○ Advise the victim of the following: <ul style="list-style-type: none"> ▪ Don't panic ▪ Face rescuer ▪ Grab reaching aid ▪ Spread hands and arms on ice

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	<ul style="list-style-type: none"> ▪ Kick your feet ▪ Work your stomach up onto the ice ▪ Role or crawl away from the hole ○ Administer first aid and treat for severe hypothermia • If deemed necessary by first responder, contact EMS and explain the situation – use the communication plan from the Emergency Response Plan (SG.4) • If possible and necessary, send a group to receive and direct Emergency Medical Services to the appropriate location • Assist the first responder as directed • Attend the needs of the group • Contact the Home Contact Person and/or provincial office • Contact the family if necessary after speaking to provincial office • Determine best course of action for group
<p>Other Emergency Planning – Winter Season – these considerations may effect other winter Emergency Response Situations.</p>	<p>Due to winter environmental factors there are additional first aid considerations including frostbite and hypothermia. Ways to prevent and protect yourself from these, and other seasonal risk factors, include:</p> <ul style="list-style-type: none"> • Dress appropriately for the weather, layering is essential (long johns are an appropriate base layer; cotton takes heat away from the body. Refer to provided kit list) • Use the appropriate equipment for the activity • Be prepared for weather conditions to determine appropriate activities and activity duration (temperature, wind chill, snow conditions, terrain conditions may all be considered) • Review signs and symptoms and treatment of frostbite and hypothermia with the group • Use a buddy system to check in on each other for signs of frostbite and hypothermia • Some medications are temperature sensitive (eg: epi-pens) and may need to be stored differently or carried close to the body if needed on hand during an outing • Sun screen can be an asset to protect yourself from the harmful rays even in the winter • Hydration is important during any physical activity, in the winter drinking water is less appealing but just as important as in the summer • The body is warm when it is fed, moving, and covered, follow these guidelines for success