

CDMC Emergency Response Plan

1 What	CDMC hiking & trail work parties
2 Emergency Numbers	
Medical	911
Coastal Fire Services	1-800-663-5555 (from cell: *5555)
Search & Rescue	250-334-3211
Helicopter	E & B Helicopters 250-871-4421 (Campbell River) 250-720-8915 (Port Alberni) 250-283-7616 (Gold River)
3 Medical Facility & Transport Details	
Mt Washington/Forbidden Plateau	North Island Hospital Comox Valley 101 Lerwick Rd. Courtenay, BC V9N 0B9 (250) 331-5900 Website
- Paradise Meadows Trailhead	1.25 hrs transported by vehicle via Strathcona Parkway then on city roads once in Courtenay city limits.
- Forbidden Plateau (old ski lodge)	1 hr transported by vehicle via Forbidden Plateau Rd then on city roads once in Courtenay city limits.
Upper Campbell, Buttle Lake, Eastern Portions of Hwy 28	Campbell River Hospital, 375 2nd Ave, Campbell River
Elk River, Western Portions of Hwy 28	Gold River Health Center, 601 Trumpeter Dr, Gold River
4 Risks	5 Procedures
Medical emergency	Provide any care you are trained to administer. Contact 911 if evacuation is needed.
Vehicle accident or breakdown	Assess all parties for medical emergencies, treat if necessary. Attempt minor repairs if possible. Contact towing company for removal. (Georgia Straight 250-338-9899)
Fire	Attempt to control small fires with water, dirt, shovels or pails if available. If fire is not under control contact Coastal Fire Service. Make sure all persons are aware of the fire and in a safe place. Any burn injuries phone 911.

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Lost	Ensure all others are accounted for. Try contacting lost party via cell or 2 way radios if possible. Initiate quick search ensuring that no others get lost. Call home of missing to ensure they didn't leave early.
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Weather	Watch for unexpected hazards. Ensure that all participants remain together. If safe, ensure that all participants remain with vehicles until help arrives. Contact emergency services for extraction if roads and/or trails are impassable.
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6 First Aid	Be aware of who has first aid training on your trip or work party.
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7 Equipment Check List

For a thorough list refer to What to Bring (The 10 Essentials) by [North Shore Rescue \(NSR\)](#).

First Aid Kit	Type/Level required
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Water	
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Personal gear	Including but not limited to: single or multiday backpack, whistle, food, GPS, maps, compass, warm clothing and shelter items.
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Cell phone	Confirm it can be used in area.
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Personal Locator Beacon (PLB)	If available.
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8 Tailgate Meeting

Identify first aid person	Identify Leader & Co-Leader (if applicable).
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Review safety plan.	Identify check in/out procedures to ensure that all will be accounted for.
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	Review direction of travel, potential hazards, safety equipment & where to get emergency help and numbers.
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