

ESOC Emergency Protocol

In the event of incident involving illness or injury:

1. The Group Leader will:

- a. Keep the group together;
- b. Assess what needs to be done and;
- c. Determine who in the group is able to carry out the work;
- d. Determine if the group includes any:
 - i. Doctors;
 - ii. Nurses; or
 - iii. Anyone with First aid training.

If uncomfortable with priority setting or decision making the Group Leader should ask someone with more experience for advice and assistance in making firm decisions.

2. Care for the injured person:

- a. Designate someone to lead the aid for the injured person;
- b. Direct other members with first aid experience to assist;
- c. If possible, ask about existing medical conditions and review the medical information in the red canister and card attached to or inside the injured hiker's backpack;
- d. Record time of last intake of food and fluids by the patient and keep the patient fasting.
- e. Collect first aid supplies that are available in the group as needed;
- f. Once a medical assessment has been made, determine if the injured person:
 - i. Is able to be moved with assistance or;
 - ii. If helicopter evacuation or other forms of professional assistance are required.

3. If the injured person is able to walk with assistance:

- a. after rest and stabilization, have several strong hikers available, one on each side, to support the casualty by taking some of the weight while walking;
- b. Have others available to alternate their assistance for short distances;
- c. Ensure that supporters change positions to rest before they get tired;
- d. Have other members of the group take turns carrying the backpacks of the injured hiker as well as the supporters;
- e. Ensure spouses or family members (if available) are involved with decision making;
- f. Keep the group together while returning together to the trailhead.
- g. Notify the bus driver, Day Leader and other Group Leaders by radio or satellite phone (if available) of the situation and the need to return to the bus as soon as possible.

4. If helicopter evacuation is required:

- a. Use satellite phone if available or radio bus driver the critical medical information to be given to the rescue team:
 - i. Location (trail details including latitude and longitude if available);

- ii. Type of medical emergency or traumatic injury;
 - iii. Level of consciousness, breathing ability, any chest pain or bleeding, pulse and respiratory rate if available; and
 - iv. If a doctor or nurse is present).
- b. If unable to contact the bus driver,
 - i. Complete the Incident Report Form (if available) to be delivered to the rescue team;
 - ii. Select two or more strong hikers, with a radio, to safely return to the bus or trailhead with the Incident Report Form. Have them continue to try to contact the bus driver to summon help as required by radio if no satellite phone is available;
 - iii. Keep the remainder of the group together until a plan is in place at the injury site;
 - iv. If it is cold or a signal fire is safe to be lit, delegate someone to organize a group to collect firewood;
 - v. Review what resources are available in the group for shelter, clothing, water and food;
 - vi. Select two strong hikers to remain with the injured hiker and the medical team until the helicopter evacuates the casualty;
 - vii. When all these tasks are completed, the remaining group members with a delegated leader and sweep can then safely return to the bus.
- c. Attempt to contact Day Leader in order to apprise them of the current status of the incident.

5. Confidentiality:

Remind everyone of the need for the injured individual's privacy and indicate that the Club President or VP should be referred to if the media become involved.

6. Reporting:

The Day Leader will need to complete the Incident Report Form and forward to the Club President as soon as possible.