



**Castlegar Nordic Ski Club**

**EMERGENCY**  
**RESPONSE PLAN**  
**(ERP)**

**Castlegar Nordic Ski Club  
P.O. Box 3213  
Castlegar, B.C.  
V1N 3H5**

[castlegarnordicski@gmail.com](mailto:castlegarnordicski@gmail.com)

[www.castlegarnordic.ca](http://www.castlegarnordic.ca)

## **STEPS TO TAKE**

### **In The Event of a Serious Accident / Injury**

**#1) Assess hazards** - Ensure there is no danger to you or others.

**#2) Attend to the injured person.** Summon help to retrieve an Emergency Kit if possible. Do not leave a seriously injured person unattended.

- **Provide first aid** to the best of your ability. Emergency Kits with Level-1 First Aid Kit, splints, heat packs, blankets, etc., along with a rescue toboggan, are located at each shelter, major trail junctions (see trail map) and near the equipment sheds behind the Viking Centre.
- **KEY ACTION: Keep the Injured Person Warm**
  - Wrap the person in a fibre blanket and emergency blanket. Insulate from snow contact.
  - Place activated heat pack in armpit or groin areas.

**#3) When additional help is available, consider evacuating the injured person on a toboggan to the nearest trailhead, only if there is no risk of further injury.**

**#4) Send someone to do the following and report back:**

- Ski to the nearest trailhead (Mud Lake or Glenmerry). Try to locate a Club Fee Collector, Trail Groomer, or Ski Patroller. If present, these personnel will have radio contact with each other. Fee Collectors and Trail Groomers will also have access to a satellite phone to call an ambulance, RCMP or Search & Rescue (through RCMP) or summon Club personnel to assist with rescue equipment.
- Send back assistance to help with patient evacuation.
- If available, Trail Groomers will be able to assist with evacuation using a snowmobile and rescue toboggan.

**#5) If Club personnel and a satellite phone are not on site; dispatch someone with a cell phone to make a 911 call and report back.** It will be necessary for a volunteer to drive approx. 15-18 km. towards Rossland (on Highway 3B) until 911 cell phone coverage is obtained. Also contact a Club representative (see emergency contact list on the next page).

**#6) When circumstances allow, report the incident to Club Executive Member** (see contact information on enclosed Incident / Hazard Report form).

# Castlegar Nordic Ski Club

## SATELLITE PHONE EMERGENCY CONTACT LIST

In the event of a serious injury, accident or other emergency, initiate telephone calls in the order below, using a Club satellite phone. If direct numbers for ambulance or RCMP are unsuccessful, call a Club Executive member to make a 911 call to request appropriate first responders (e.g., ambulance, police, search & rescue) and to send Club members to assist with a snowmobile and rescue toboggan.

(911 calls cannot be made directly from a satellite phone)

1	<b>AMBULANCE</b> <b>1-250-374-5937</b> <b>BC Emergency Health Services</b> Kamloops <u>Emergency Dispatch Centre</u> (for BC Interior)	
2	<b>RCMP</b> <b>(#1) 1-250-364-2566</b> (Trail) <b>(#2) 1-250-365-7721</b> (Castlegar)	
3	<b>SKI CLUB</b>	
	1-250-608-3015 (Cell) 1-250-365-6544 (Home)	<b>Al Skakun</b> President
	1-250-304-9860 (Cell) 1-250-365-7231 (Home)	<b>Jim Guido</b> Treasurer
	1-250-509-0213 (Cell)	<b>Chris Anderson</b> Head Groomer
	1-250-608-1527 (Cell)	<b>Kere MacGregor</b> Safety Director
	1-250-608-0041 (Cell)	<b>Mike Lynn</b> Director
	1-306-313-1055 (Cell)	<b>Fred Anderson</b> Administrator

### If a Satellite Phone is NOT Available:

Dispatch someone with a cell phone to call 911 and a Club representative and report back. It will be necessary for a volunteer to drive approx. 15-18 km. towards Rossland (on Highway 3B) until Cell phone coverage is obtained.

# Paulson Cross Country Ski Trails

## Location Information

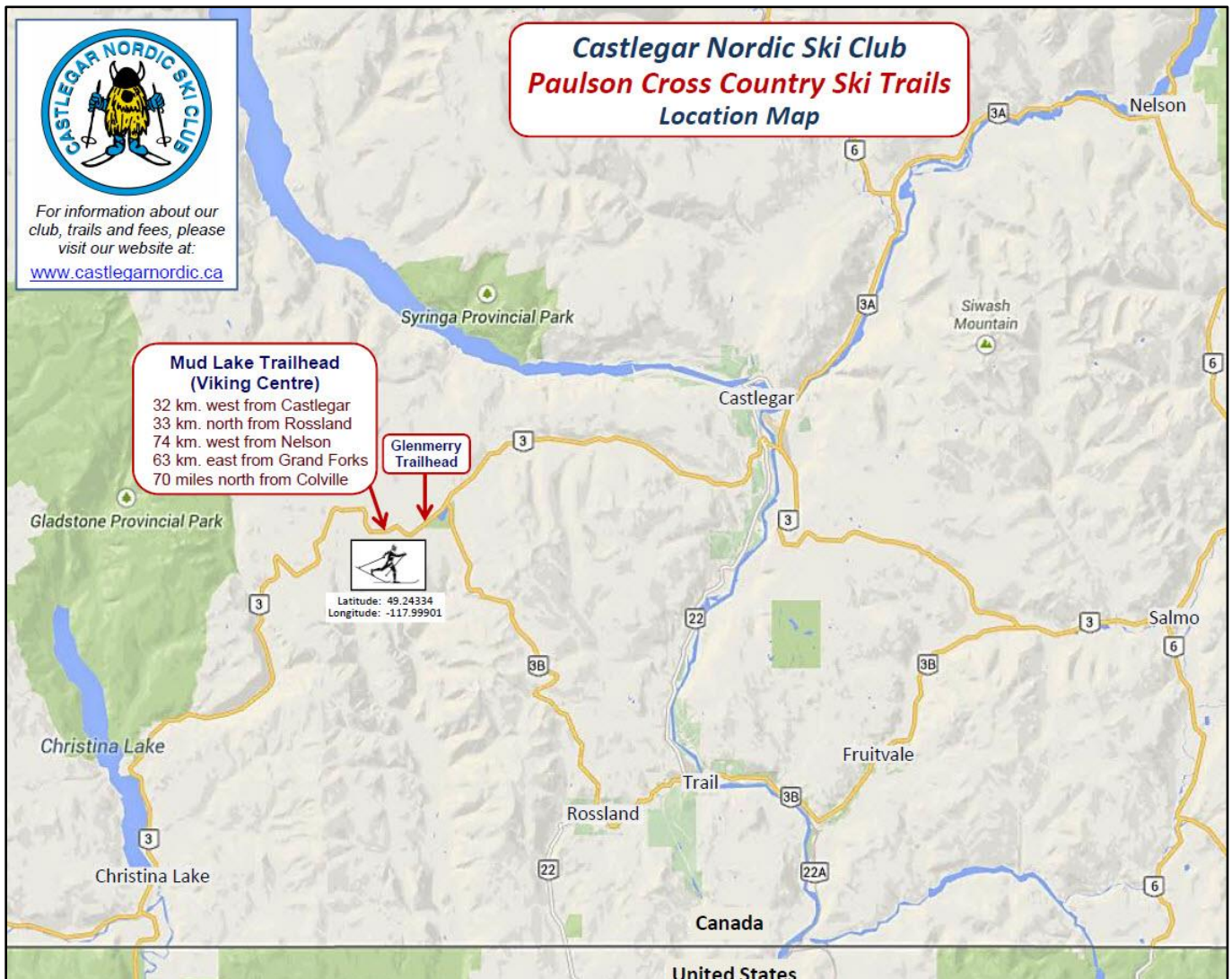
### to Provide to Emergency Responders

#### Viking Centre (Mud Lake) Parking Lot:

- 32 km. west of Castlegar
- 5 km. west of the Highway #3 and #3B junction at Nancy Greene Lake
- Latitude: 49.24334 degrees North / Longitude: 117.99901 degrees West

#### Glenmerry Parking Lot:

- 29 km. west of Castlegar
- 2 km. west of the Highway #3 and #3B junction at Nancy Greene Lake



# Castlegar Nordic Ski Club

## Emergency Kit Contents

- (1) First Aid Kit - BC Level-1 (complete)
- (1) Fibre Blanket
- (1) Emergency Blanket
- (1) Space (foil) Blanket
- (2) Sands (SAM) Easy Splints (36")
- (2) Extra Rolls of Surgical Tape (additional to 1<sup>st</sup> Aid Kit)  
for taping splints
- (1) Large Instant Heat Pack
- (1) Crank Flashlight w/ Siren & Radio
- (1) Whistle w/ compass
- (1) Emergency Instructions Sheet



## Incident / Hazard Report

This form is to be used by club members, volunteers, or members of the public to report an incident, accident, or safety concern to the Castlegar Nordic Ski Club.

(See Contact Information on Page 2)

### General Information

Person Reporting:	Contact Information (Address, Phone/Cell#, Email):
Date & Time Observed:	Date Reported:
Person Receiving this Report (Club Rep.):	Contact Information (Address, Phone/Cell#):

### Location of Incident / Hazard

### Incident / Hazard Type

<input type="checkbox"/> <b>Injury</b>	An injury requiring first aid and/or medical treatment. If first aid rendered, complete First Aid Record in first aid kit if possible.
<input type="checkbox"/> <b>Close Call</b>	An undesired event that under slightly different circumstances could have resulted in personal injury, property damage or loss.
<input type="checkbox"/> <b>Property Damage</b>	An accident, event, or process that results in damage to vehicles, equipment, structures, material, and/or the environment.
<input type="checkbox"/> <b>Hazard</b>	A hazard means an observation of a condition that may expose a person to a potential risk of injury or occupational disease.
<input type="checkbox"/> <b>Other</b>	Please describe below.

### Description of Incident / Hazard

*Describe the incident / hazard, what happened, when it happened, what the conditions were at the time, names of individuals involved or who observed the incident / hazard and what action was taken as a result. Describe the root cause(s) of the incident. If first aid was rendered, the name of the attendant. Attach additional pages and/or diagram, if required.*

**Corrective Actions**

*Describe the corrective actions taken or planned and when they will be completed.*


**Other Notes / Comments**


**Signatures**

Person Reporting:	Date:
Castlegar Nordic Ski Club Representative:	Date:

**Contact Information for Castlegar Nordic Ski Club**

**Email:** castlegarnordicski@gmail.com

**Mailing Address:** P.O. Box 3213, Castlegar, B.C., V1N 3H5

**Club Contacts:** Kere MacGregor, Safety Director (Cell: 250-608-1527)  
Al Skakun, President (Ph: 250-365-6544, Cell: 250-608-3015)  
Jim Guido, Treasurer (Ph: 250-365-7231, Cell: 250-304-9860)  
Fred Anderson, Club Administrator (Cell: 1-306-313-1055)



## Radio Frequency Log Castlegar Nordic Ski Club

Channel	<i>Channel Name</i> (Notes)	Frequency (MHz)
<b>1</b>	<b>RR1</b> (Resource Road Channel 1) <i>(Old CNSC Channel – Use Channel 12)</i>	150.08
<b>2</b>	<b>RR 2</b> (Resource Road Channel 2)	150.11
<b>3</b>	<b>RR 3</b> (Resource Road Channel 3)	150.14
<b>4</b>	<b>RR 4</b> (Resource Road Channel 4)	150.185
<b>5</b>	<b>RR 5</b> (Resource Road Channel 5)	150.2
<b>6</b>	<b>RR 6</b> (Resource Road Channel 6)	150.245
<b>7</b>	<b>RR 7</b> (Resource Road Channel 7)	150.26
<b>8</b>	<b>RR 8</b> (Resource Road Channel 8)	150.32
<b>9</b>	<b>RR 9</b> (Resource Road Channel 9)	150.365
<b>10</b>	<b>RR 10</b> (Resource Road Channel 10)	150.41
<b>11</b>	<b>RR 11</b> (Resource Road Channel 11)	150.44
<b>12</b>	<b>RR12 (Resource Road Channel 12)</b> <b>*(CNSC Communication &amp; Safety Channel)</b>	150.5
<b>13</b>	<b>RR 17</b> (Resource Road Channel 17)	150.68
<b>14</b>	<b>RR 18</b> (Resource Road Channel 18)	150.71
<b>15</b>	<b>FS-F1</b> <i>(For short range use with BCTS/MFLNRO staff)</i>	163.830
<b>16</b>	<b>FS-Blue</b> <i>Note: For EMERGENCY use only</i> <i>** (Ministry repeater channel <u>accessible from Paulson Ski Trails</u>)</i>	Trans: 163.215 Rec: 164.085

\* **Channel 12 (RR12)** is the preferred channel for use at the Paulson Cross Country Ski Trails as this channel is not otherwise designated for road use near the Paulson area.

\*\* Channel 16 (FS-Blue) is to be used only in the event of a serious emergency where other communication method (e.g., Sat Phone) is unsuccessful. This channel connects to the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) repeater. Call "XLW61 Arrow" for the Castlegar Office or "South East Fire Centre" and advise of the 911 emergency service (e.g., ambulance, police, rescue) required. In the winter this channel is usually monitored only during government office hours.

**Note:** Radios are normally locked to the Club channel. To use another channel, unlock the radio by holding down the bottom right button (with lock symbol) on the keypad, then press up or down keys.





# Paulson Cross Country Ski Trails

## Legend

- Public Shelter
- Parking
- Emergency Kit
- Toilet

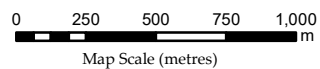
## Ski Trails - Ability Level

- Beginner
- Intermediate
- Advanced
- Untracked Trails

Distance between points in Kilometres

Elevation above Sea Level (metres)

Distance Conversions  
1 kilometer = 0.6 miles  
1 mile = 1.6 kilometres



The Paulson Cross Country Ski Trails are managed under a Partnership Agreement between the Castlegar Nordic Ski Club and Recreation Sites and Trails BC, in co-operation with BC Timber Sales and Atco Wood Products.

Caution: Watch for grooming equipment on trails.

Map Version: 2020-11-26 by Helm Consulting

