

Survive Outside

Outdoor Safety - A shared responsibility



Survive Outside

- Search and Rescue (Who)
- Trip Planning
- Training
- Taking the Essentials
- Emergency Communications
- Questions



Enjoying the Outdoors

- **It couldn't happen to me**

...but sometimes it does

There are over 5,000 incidents in Canada which require a SAR response each year



When prevention fails... stages of a SAR incident

- Occurrence
- Notification
 - Police, CCG and/or other agency
- Plan
- Search
- Resolution (rescue, recovery, reduction, termination)



Canada's search and rescue system

- **Aircraft Incidents** anywhere in Canada

FEDERAL

**Canadian Forces
CASARA**



Canada's search and rescue system

- **Marine Incidents**

**International Waters,
Oceans, Great Lakes,
& St. Lawrence Seaway**

FEDERAL
Coast Guard
CCGA

Inland Water
Lakes, Rivers,
Streams

PROVINCIAL
OPP



Canada's search and rescue system

- **Ground Incidents**

Police

**OSARVA/SARVAC trained
Volunteers (Sault SAR)**

PARKS (Prov./Nat. Staff)



Sault Search & Rescue



To Faithfully Serve



Established in 1958



Canada's only fully integrated Search & Rescue Volunteer Group

- ▶ CASERA – Civil Air Search and Rescue Association
- ▶ Coast Guard Auxiliary
- ▶ Ground Search Team
- ▶ Rope Rescue Team
- ▶ Project Lifesaver
- ▶ 1st Response Team (First Aid)

Our Partners

- ▶ OPP
- ▶ City Police
- ▶ 424 Transport and Rescue Squadron
- ▶ CFB Trenton
- ▶ Canadian and US Coast Guard
- ▶ Sault Fire Services
- ▶ Local Volunteer Fire Departments
- ▶ Michigan Sherriff Dept.

Funding

- ▶ Sault Search and Rescue is a Registered Charity
- ▶ We are a United Way Agency
- ▶ Trillium Fund
- ▶ Coast Guard
- ▶ Public Donations
- ▶ Fund Raiser's (garage sales, haunted house)

JAR on the Table

Activities

- ▶ **On average 250 events a year:**
 - meetings,
 - training days,
 - public appearances,
 - first aid at community events,
 - actual searches.

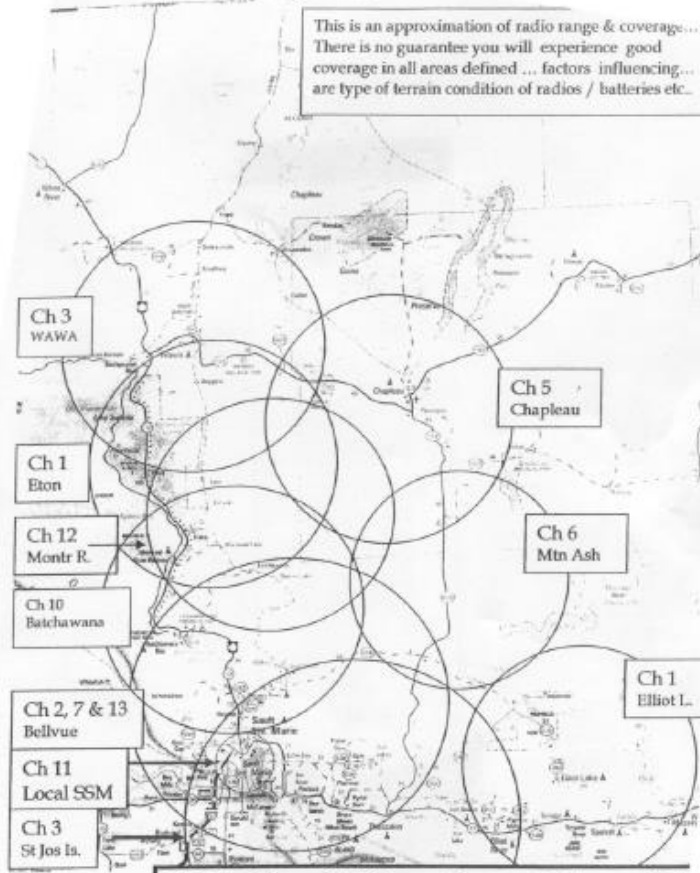
Resources

- ▶ Approximately 50 members
- ▶ Trained radio operators
- ▶ Building can be run off a generator
- ▶ Three 4 wheel drive vehicles
- ▶ Mobile Command Centre
- ▶ Bus with Kitchen, or to transport patients
- ▶ ATVs, Argo, side by side and snowmachines
- ▶ Five Boats (large and small)

Radio Coverage

UATIRA REPEATERS

This is an approximation of radio range & coverage...
There is no guarantee you will experience good
coverage in all areas defined ... factors influencing...
are type of terrain condition of radios / batteries etc.



NOTE : Channel 7 / 4 are Discreet / Private - SSA'
All others are public
Ch 7 uses Repeater Ch 4 is simplex sta to st



Mac Nicholson Rescue Centre



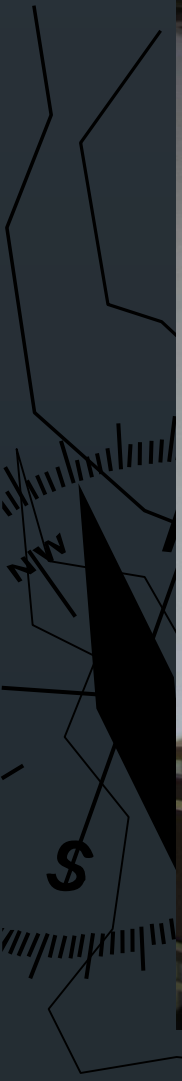
Wayne Mathews Building



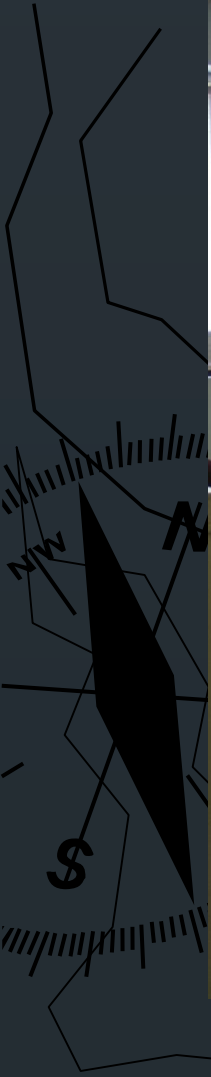
Rescue Centre – Boardroom



Rescue Centre – Meeting Room



Rescue Centre - Office



Rescue Centre - Garage



Mobile Command Centre

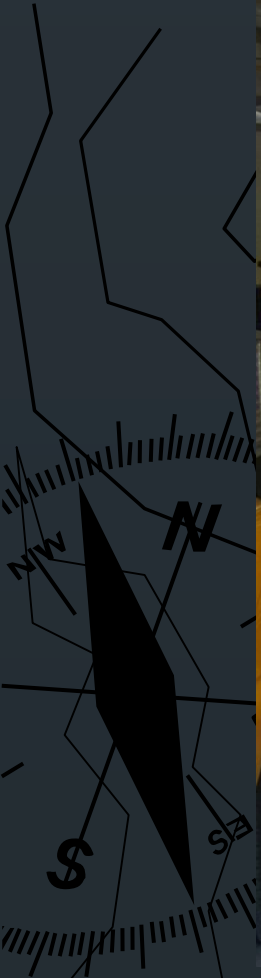


Mobile Command Centre

- ▶ Inside the Command Centre



The Bus



The Bus



The Bus



The Trucks

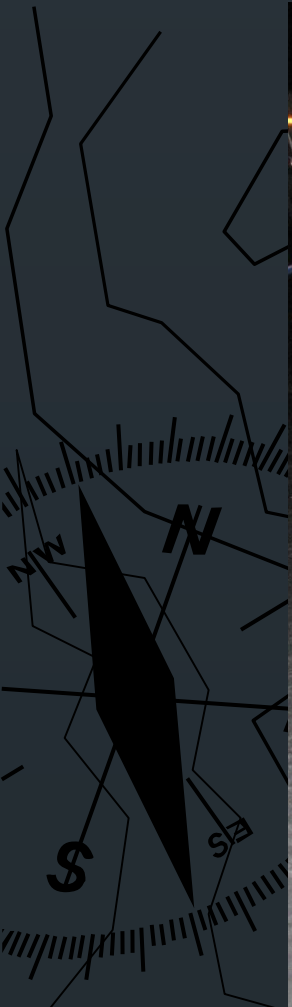


Snow



19/01/2008

All Terrain



ATV's



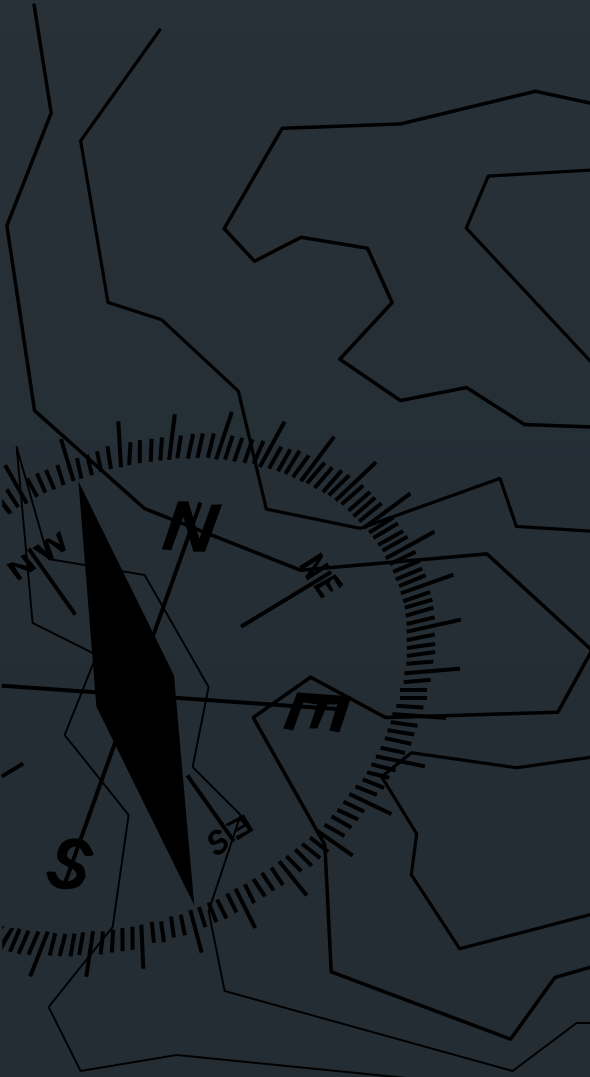
Water



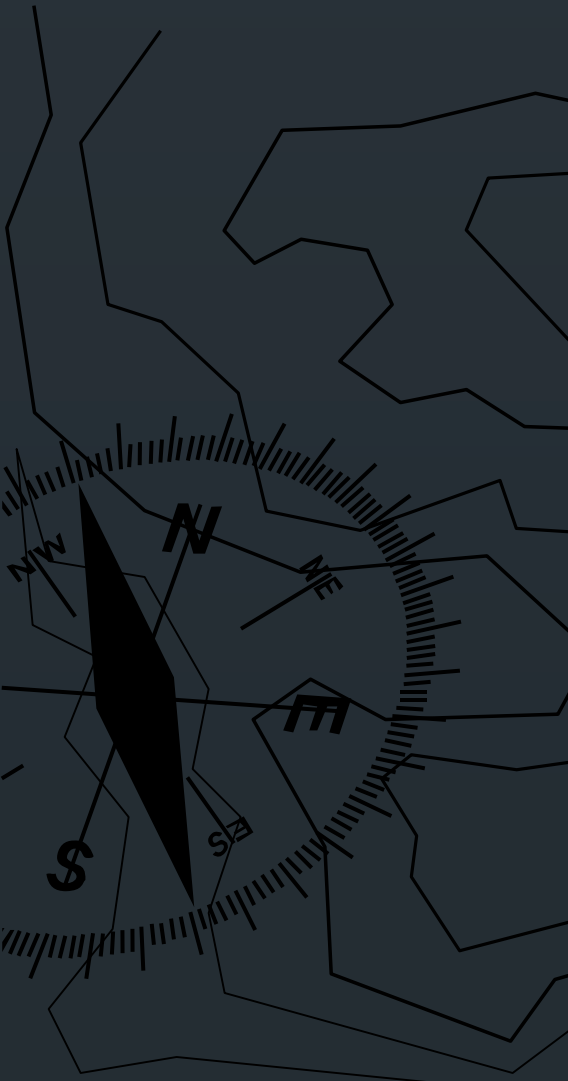
Water



High Angle



High Angle - Training



First Response



19/01/2008

CASARA



Events - Polar Bear Swim



Survive Outside - Introduction

- Briefly About AdventureSmart
"Get Informed and Go Outdoors"

www.adventuresmart.ca

A project of the National Search and
Rescue Secretariat of Canada

Survive Outside - Introduction

➤ The 3 T's

○ Trip Planning

○ Training

○ Taking The Essentials

Survive Outside - Objective

Get informed & Go outdoors

➤ Three simple steps:

- Make informed decisions
- Reduce your risk and
- Change our behavior

Sharing the Responsibility

An introduction to our key messages

- *Trip planning*
- *Training*
- *Taking the Essentials*



Trip Planning

- Plan your travel route
- Know the terrain and conditions
- Check the weather and forecast
- Always fill out a trip plan and
LEAVE IT WITH A RESPONSIBLE PERSON

Trip Plan

If no-one knows you are missing/in distress, **no-one** will be looking for you.

A trip plan provides vital information to authorities:

- Your intended destination and route
- Your participants and relevant information
- Your equipment and identifying characteristics
- Your planned return date and emergency contacts

Always leave a trip plan with a responsible person to contact authorities if needed.

Online trip plan at www.adventuresmart.ca

What to Include in Your Trip Plan

- travel itinerary
- participant details
- activity details
- travel details
- equipment details
- contact details

AdventureSmart

SAMPLE TRIP PLAN

Your Travel Itinerary

PARTICIPANT DETAILS

Name _____ Age _____ Gender _____
Name _____ Age _____ Gender _____
Name _____ Age _____ Gender _____
Name _____ Age _____ Gender _____

Medical Conditions/Allergies (if applicable): _____

ACTIVITY DETAILS

(Example: canoeing, camping, cycling, hiking, hunting, fishing, geo-caching, skiing, snowshoeing)

TRAVEL DETAILS

Destination _____
Detailed Route Map/Chart — Attached

Planned Route (Include campsites, waypoints, waypoints)

Duration _____
Departure — Date/Time _____
Return — Date/Time _____
Method of Travel/Distance _____
(Example: ATV, hiking, biking, paddling, power boating, skiing, snowshoeing)

www.adventuresmart.ca

AdventureSmart

SAMPLE TRIP PLAN

Your Travel Itinerary

EQUIPMENT DETAILS

Tent(s) — make/model/colour _____

Vehicle(s) — make/model/colour/licence _____

Vessel(s) — make/model/colour/licence or ID # _____

CONTACT DETAILS

Communication Device — Type/Number
(cellular or satellite phone, VHF) _____

Distress Alerting Device
(PLB, Spot, InReach) _____

Emergency Contact Person(s) _____

Emergency Contact Number(s) _____

**ALWAYS LEAVE YOUR PLAN WITH A FAMILY MEMBER
OR A FRIEND TO CONTACT THE AUTHORITIES IF NEEDED**

www.adventuresmart.ca

Emergency Calls
Ground and Inland Waters
Search and Rescue Coordination:
Local Police or 911

Air/Marine Search and Rescue
Coordination Centre:
1-800-267-7270 or VHF Channel 16

CHECK LIST

- Travel route planned
- Knowledge of terrain/conditions
- Weather verified
- Trip plan completed
- Training acquired
- Flashlight
- Fire making kit
- Signalling device (i.e. whistle)
- Extra food and water
- Extra clothing
- Navigational/communication devices
- First aid kit
- Emergency blanket/shelter
- Pocket knife
- Sun protection
- Equipment specific to your chosen activity.

Trip Plan – hard copy or online

The screenshot shows a web browser window with the URL <https://www.adventuresmart.ca/tripplan/tripplan.php>. The page features the AdventureSmart logo and navigation links for Home, About, Login/Register, Kids, Land, Snow, Trip Safety, and Water. A large banner image shows a group of people on a mountain trail. The main content area is titled "Online Trip Plan" and includes a sidebar with a list of topics: trip safety, planning, gear, bear safety, cougar safety, trip health, communications, signaling, and online trip plan. Below the sidebar is a "Brochure" section with a QR code. The main form is divided into sections: "Your Information" (Name, E-Mail), "Emergency Contact Information" (Contact Name, E-Mail), "Add a participant >>" and "Add a contact >>", "Departure & Return Time" (Date, Time), and "Trip Location & Purpose" (Start, Route, End).

AdventureSmart | Online Trip Plan
https://www.adventuresmart.ca/tripplan/tripplan.php

AdventureSmart
Get informed + go outdoors

Home About Login/Register Kids Land Snow Trip Safety Water

Online Trip Plan

- trip safety
- planning
- gear
- bear safety
- cougar safety
- trip health
- communications
- signaling
- online trip plan

Brochure

Online Trip Plan

Your Information
Provide your name and e-mail address to identify you if you do not check in to indicate you have returned from your trip.

Your Name:
E-Mail:

[Add information >>](#)

[Add a participant >>](#)

Emergency Contact Information
Provide the name and e-mail address for a person to notify if you do not check in to indicate you have returned from your trip.

Contact Name:
E-Mail:

[Add a contact >>](#)

Departure & Return Time
Provide your departure date and time and your planned return date and time.

Departure Date:
Time:
Return Date:
Time:

Trip Location & Purpose
Provide the location and purpose of your trip. Be specific—this information will be used to locate you if necessary.

Start:
Route:
End: Same as start

Training

- Get the knowledge and skills you need before heading out.
- Know your limit and stay within it.



Training

- Sport specific
- Location specific
- Wilderness survival
- First aid



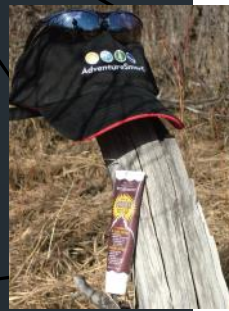
Priorities of Survival (rules of 3)

- 3 minutes without air,
- 3 hours without appropriate shelter/clothing,
- 3 days without water,
- 3 weeks without food.

Outdoor Travel Tips

- Avoid wildlife conflicts
- Two is better than one
- Follow your trip plan or let someone know if it changes

Taking the Essentials



Taking the Essentials

Clothing - appropriate to season, activity and location... protects from sun/insects/environment

3 LAYERS



Base (underwear)



Mid (warmth/insulation)



Outer (shell/barrier)

Taking the Essentials

Fire Starter

- Matches, Lighters, Flint, Friction
- Tinder
- Kindling
- Fuel



Photo: Randy Antonio

Taking the Essentials

Shelter

- Clothing
- Emergency Blankets/Shelters
- Tents, Tarps

Taking the Essentials

Extra Water

- Hydration
- Containers
- Other sources
- Water purification

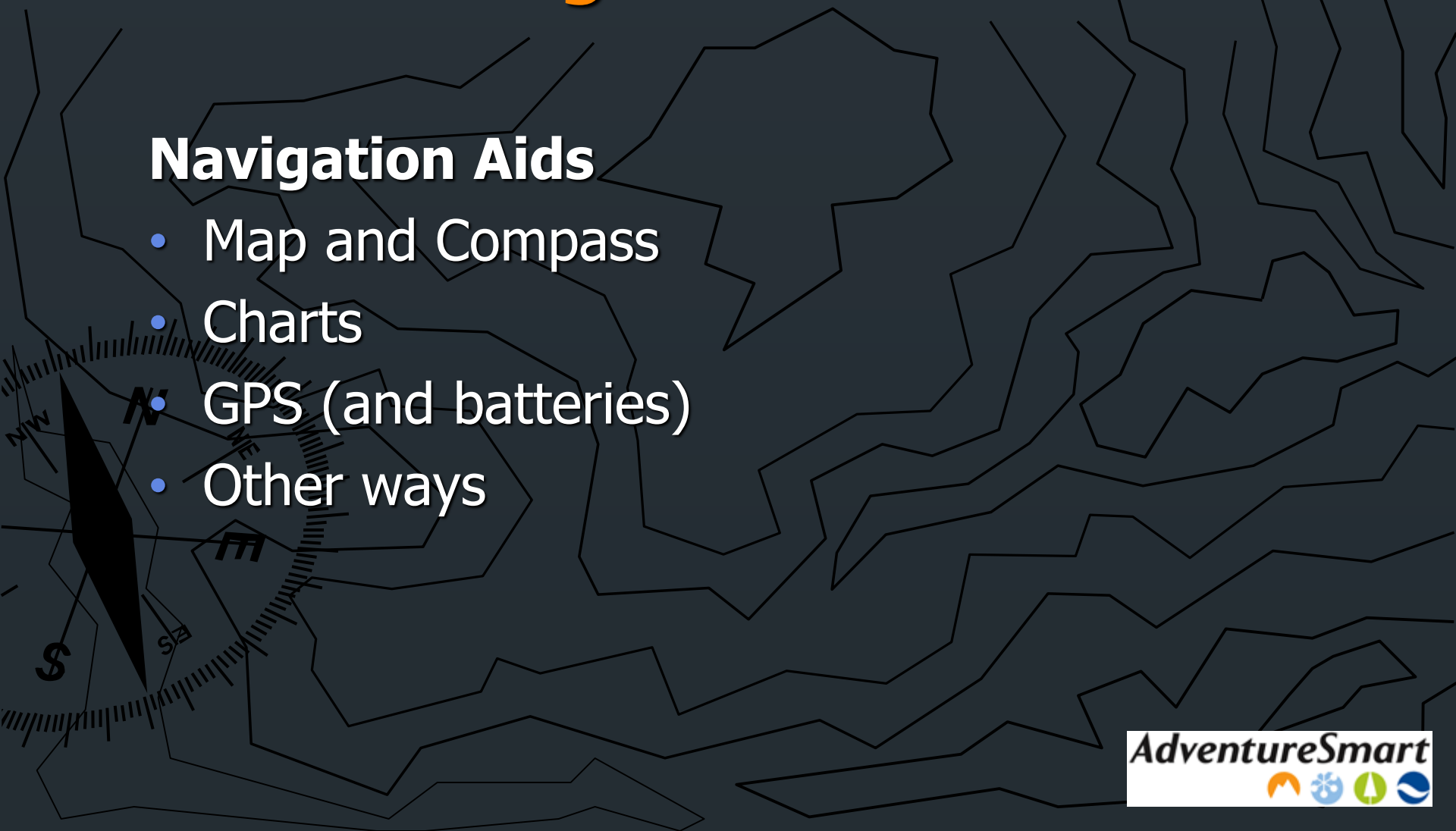
Extra Food

- Nutrition
- Storing Food
- Other sources
- Cooking and cleaning

Taking the Essentials

Navigation Aids

- Map and Compass
- Charts
- GPS (and batteries)
- Other ways



Taking the Essentials

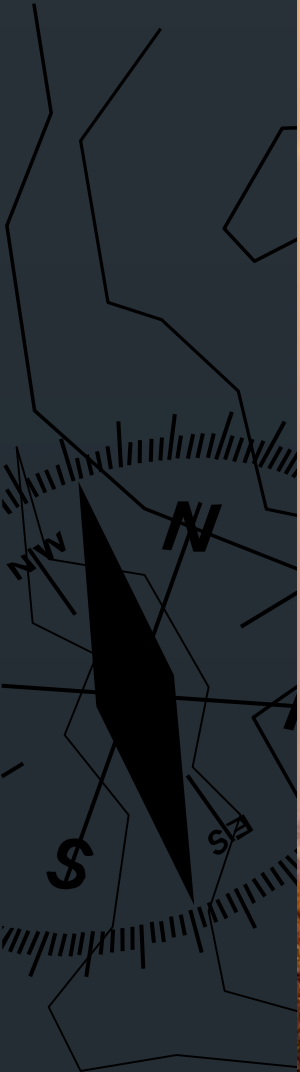
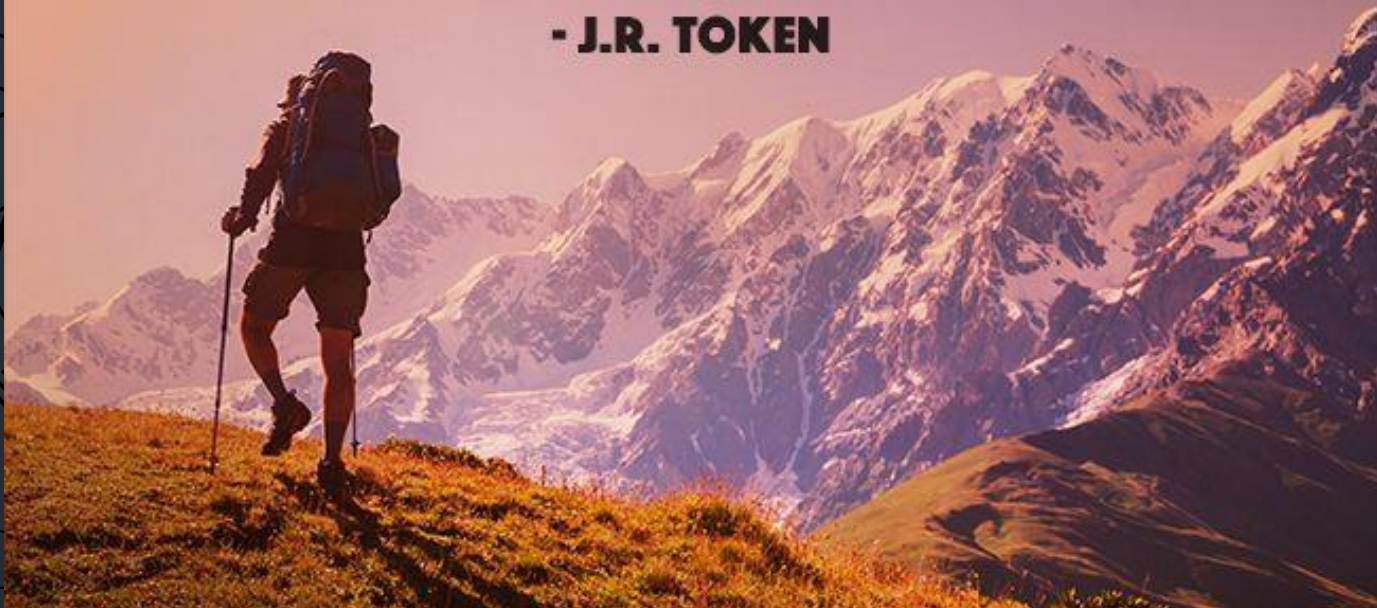
Signalling Devices

- Mirrors
- Whistles
- Communication devices
- Alerting Devices

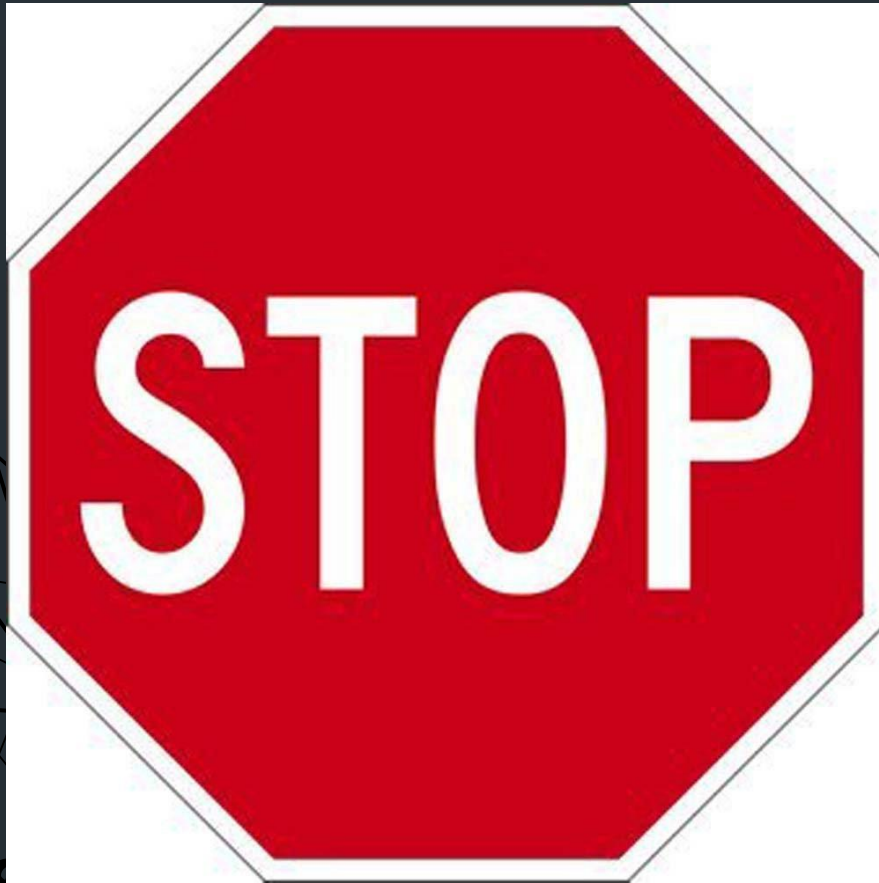
When Things Go Bad

**"NOT ALL THOSE
WHO WANDER
ARE LOST."**

- J.R. TOKEN



In an emergency,
stay where you are



Stop
Think
Observe
Plan

Before you Act

In an emergency, keep warm and dry

- Clothing – tuck in, zip up, use hats or toque to prevent heat loss
- Shelter – natural or improvised, creating barrier from the ground
- Fire – light, maintain and control

SAR Alerting



Making the Right Call

- **Selecting a SAR alerting device**
 - Many options exist
 - Each has its own limitations
 - Important to “know before you go”



Making the Right Call

Equipment	Location	Alert	Message	Range	Notification
Personal Locator Beacon	To Others	YES	NO	WORLD	YES
SPOT	To others	YES	LIMITED	WORLD	POSSIBLE
GPS	To you only	NO	NO	WORLD	NO
Satellite Phone	NO	NO	YES	WORLD	Personal
Cell	YES	NO	YES	LIMITED	Personal or 911
Radio	NO	NO	YES	LIMITED	Marine ch. 16 Air 121.5 MHz CB Radio ch 9

Making the Right Call

Cell Phone

- **Regional (tower locations & provider)**
 - Urban areas and highway corridors
- Is your locate on?
- Can you find your location (lat/long) with your phone?

Making the Right Call

- **Know before you go:**
 - How the equipment works
 - Batteries (spares/charger)
 - If it's suitable for use in your environment or location
 - Who is alerted
 - Location, location, location
 - Additional/ongoing costs

Other Communication Methods

- mirrors
- whistle
- flares/fires/lights
- visual signals
- yell or sing
- wave
- Three of anything = distress

Conclusion

- Get Informed and Go Outdoors
- Remember the three T's
 - Trip planning
 - Training
 - Taking the Essentials

Safety is Shared
be part of the solution