



# EMERGENCY ACTION PLAN

- **Ski/Snowshoe at your own risk**
- **Skiing/Snowshoeing alone is NOT recommended**
- **Trails are NOT patrolled.**
- **NO Emergency First Aid Attendant.**
- **Have a plan and make sure someone knows where you are.**
- **Be prepared with proper clothing, extra food and water and a cell phone.**

## LOST or OVERDUE SKIER/SNOWSHOER

### **When Day Lodge is OPEN**

1. Immediately notify the Telemark staff at the day lodge 250-707-5925

### **When Day Lodge is Closed**

#### *Urgent Circumstances:*

1. Call 9-1-1
2. Contact a Telemark representative: See "Telemark Emergency Contacts" below.

#### *Non-Urgent Circumstances:*

1. Call the West Kelowna RCMP Community Police (7:30am - 4:30pm weekdays): 250-768-2880
2. Contact a Telemark representative: See "Telemark Emergency Contacts" below.

## INJURED SKIER/SNOWSHOER

### **When Day Lodge is OPEN**

1. Immediately notify the Telemark staff at the day lodge 250-707-5925.
2. Be prepared with information about the condition of the injured person and their exact location.

### **When Day Lodge is NOT OPEN**

1. Call 9-1-1
3. Notify a Telemark Club representative: See "Telemark Emergency Contacts" below

## FIRST AID INFORMATION

**Basic First Aid:** Basic first supplies are located at the day lodge front counter.

**First Aid Room:** A well stocked first aid room with a bed is located downstairs in the day lodge

**Rescue Toboggan:** A well stocked rescue toboggan is located outside the day lodge.

**AED (Defibrillator):** Located in the Telemark day lodge upper floor beside the rear exit door.

## TELEMARK EMERGENCY CONTACTS

1. **Mike Edwards:** (Telemark Nordic Club General Manager) 403-688-1494
2. **Rod Heater:** (Telemark Nordic Club Board member) 250-768-5908
3. **Barry Allen:** (Telemark Nordic Club Board member) 250-575-6163