

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 Club 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. Contact 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 volunteer) 250-768-5908
3. **Barry Allen:** (Telemark Nordic Club Board member) 250-575-6163