

Barebones Safety Plan

Status

This page gives the current status of this document and any safety issues relating to Barebones.

Barebones 2012 Orienteering Weekend

Saturday May 26 – Sunday May 27, Canmore, Alberta

Safety & Emergency Action Plan

Emergency Services Contact

Emergency services will coordinate any required emergency services such as ambulance, RCMP, search and rescue, or forest fire response.

Canmore Mt Laurie	Dial: 911 and ask for “ Kananaskis Emergency Dispatch ”.
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Closest Medical Services

Canmore Mt Laurie	Canmore General Hospital 1100 Hospital Place, Canmore, Ab 403-678-5536 24-hour emergency
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General

1. Orienteering is an outdoor activity that carries a risk of personal injury due to natural and man-made hazards, animal encounters and environmental conditions. While the competitor acknowledges these risks, the organizers of orienteering meets must have an action plan that covers how to reasonably minimize these risks and what to do in case of competitor injury or if a competitor is overdue.
2. The plan should provide sufficient details for specific actions and responsibilities to prevent the situation from becoming worse. *The key to this plan is the ability to have rapid communication with emergency services in the area.*
3. In the event of an incident where legal action is taken, our best defense is to demonstrate that we exercised “due diligence”. This is “...the level of judgment, care, prudence, determination, and activity that a person would reasonably be expected to exercise under particular circumstances.” A judge or jury would consider whether the incident was Foreseeable (could a reasonable person have foreseen that something could go wrong?); Preventable (was there an opportunity to prevent the incident?); and Controllable (who was the responsible person and what could they have done to prevent the incident?).

Barebones – Program

Expected number of participants: 80 - 120 ranging in age from 8 years to 85 years of all levels of fitness.

This is a regional event and the majority of competitors are from Western Canada and are all expected to speak very good English.

Event	Date / Time	Location
Saturday May 26	10am	Canmore Nordic Centre – Lions Park: Sprint
Saturday May 26	4pm	Canmore Nordic Centre: Long
Saturday May 26	6pm	Canmore Nordic Centre: Dinner
Sunday May 27	10am	Mt Laurie: Middle

Barebones Organizers / Key Officials

1. The Barebones **Event Director is Adrian Zissos** (403.585.8478). During Barebones he will be available at the Event Centre or at the race Assembly Area.
2. The Barebones **Safety Chief is Dr Christin Lundgren** (403.616.7169). She will be competing in the events.
3. Other organizers (with mobile phone number in brackets if applicable) are Richard Obreiter, Kitty Jones, Marion Owen, Eduard Spelier, Alaric Fish, Charlotte MacNaughton (403.589.7470), Jean MacNaughton.

Pre-Event Planning

1. As a matter of courtesy, event organizers may contact the various emergency facilities serving the jurisdictions where the events are to be held, providing the following information: Event date; Expected number of participants; Site location (including a map showing start / finish areas); Contact name and number (including cellular phone number); A copy of the Barebones Safety Plan, if requested.
2. The following parties will also be informed of the details of the events:
 - a. Kananaskis Emergency Dispatch at 403-591-7767
 - b. Tammi Rees, Kananaskis Country Special Events & Permit Co-ordinator 403.851.2207
 - c. Burke Duncan, Kananaskis Country Public Safety Program. 403.678.5508 ext 277, cell 403.678.7406
 - d. Rod Jaeger / Glen Naylor. District Conservation Officers. 403.678.5508 ext 256
 - e. John Jorgensen. Biologist. 403.678.5508 ext 291
3. The organizers will check with the Barrier Lake Information Centre (403.673.3985) on the Thursday before the event to determine if any area and/or trail closures are in effect in the competition area.

Communication during Barebones

1. Various personal cell phones – past experience shows good coverage across all competition areas.
2. FWO Public Address system will be in use at most events (where practicable). This will allow quick communication with competitors in the assembly area (though not with those on their courses).
3. The following individuals (at least) will carry cell phones.

At all times in the day

Event Director (Adrian Zissos)

Safety Chief (Christin Lundgren, when not competing)

During vetting / setup

Finish Chief (Richard Obreiter)

Vettors (if they have them)

During the event

Finish Chief (Richard Obreiter)

In event of a search

Each search group will take a cell phone.

First Aid / Medical Emergency

1. The First Aid area will be situated near the finish line. There will be a First Aid kit here. This area will not be permanently manned.
2. All minor injuries (cuts, scrapes, sprains, etc) are to be treated on site. There is generally no requirement to contact the emergency services for minor injuries, although this will be left to the discretion of the Safety Chief.
3. All major injuries (including breaks, dislocations) or life-threatening injuries will require the implementation of the Emergency Medical System and evacuation to a health care facility. The appropriate Ambulance Service will be contacted by phone and notified of the seriousness of the injury. The Barebones' First Aid attendant will be the Medical Lead and will be responsible for calling the ambulance if one is required.
4. For all significant treated injuries, an Injury Report Form (attached) should be completed and submitted to the event organizer.
5. For non-residents of Canada, a 'consent to be treated' form needs to be signed before any treatments are instituted. Copies of these forms will be available at the First Aid tent.

Overdue Person

1. Prevention:
 - a. Competitors will be told the safety bearing on their map
 - b. Competitors will be given a maximum allowed time to report to the finish.
 - c. Competitors will be reminded of the serious implications of not reporting to the finish within their maximum allowed time.
2. Identification of overdue competitors
 - a. When a competitor is overdue by more than 30 minutes past that person's maximum allowed time, the **Event Director** is to be notified by finish line personnel or other reporting person. After an initial assessment, he will consult with the **Safety Chief**. In order for the finish line personnel to be able to accurately know how long each competitor has been out on their course it is vital to have accurate start time information. To keep accurate and timely information about who is on the course:
 - i. If *anybody* is started at a time different from their assigned start time, the start officials must communicate, within a reasonable amount of time, the new start time to the finish personnel.
 - b. If friends or relatives of a competitor express concern about a competitor they should be taken to the first-aid area and **Event Director** and **Safety Chief** are to be notified. Under no circumstances are they allowed back onto the course to search (see below).
3. Determining if a search is necessary
 - a. The Event Director or Safety Chief will deal with friends and relatives, informing them of the situation and the procedures being undertaken. The purpose is to reassure them and prevent them from rushing out to search for the overdue competitor. They are to be given a seat, given something to drink, reassured, and informed of the process that is being followed. They should provide a description of the person, the clothes they are wearing, details of their course and their expertise. This person(s) must not be allowed to leave until the overdue person has been found or until cleared by the Safety Chief.
 - b. Competitors who are in the finish area will be interviewed:
 - i. To ensure the person has not come in
 - ii. Asking people on the same course if they have seen the overdue competitor on the course
4. Initiating a search
 - a. When a competitor is overdue by more than 60 minutes past the person's maximum allowed time, the **Safety Chief** will contact the Emergency Services and inform them that a search is being initiating for an overdue competitor.
 - b. Under no circumstances will an active search of the course be initiated by anyone without the approval or direction of the Safety Chief. This will prevent the over-zealous actions of the inexperienced who might themselves become lost or injured. The need to act as a team rather than as individuals cannot be overemphasized.
 - c. A controlled search of the immediate area may be initiated and will be under the direction of the **Safety Chief** only. This may include:
 - i. searching parking areas, washrooms, other nearby facilities, start / finish areas
 - ii. driving cars on the roads bounding and crossing the map.
 - iii. the Safety Chief may decide to send experienced orienteers on the missing person's course, to check all control locations.
5. Calling in Emergency Services
 - a. At some point in time no later than 3 hours past the overdue person's maximum allowed time, the Safety Chief must contact the Emergency Services and ask for assistance. The decision to call in emergency services, after the above attempts to find the person, should be made by the Safety Chief and Event Director.
 - b. The actual decision as to how and when to call in emergency services will depend a lot upon circumstances. It is difficult to give black and white answers here, since there are so many factors, such as

the age, health and experience of the participant; weather conditions; length of time the participant is overdue; etc. Examples of factors to be considered include:

- age, health, experience of the participant
 - weather conditions
 - length of time the participant is overdue
 - last seen location of participant (e.g. radio controls, other participants)
 - amount of daylight left
 - nature of the terrain
- c. The Emergency Services will become the Search Master upon arrival at the site.

Reducing the chance of encounters with large wild animals

Orienteering carries a risk of encounters with large wild animals. Historically most encounters have been with organizers, in particular the course planners and controllers, prior to the event itself. Organizers tend to be alert to such circumstances and generally carry pepper spray or bear bangers and a cell phone, and often work in pairs.

To reduce encounters with competitors during the event the following steps are taken:

1. Identify potential problems in advance:
 - a. Beginning stages of planning. At the time of applying for an event permit, the organizers discuss the general areas of the terrain most suitable for the competition to reduce the chance of animal encounters
 - b. Weeks before the event. The course planners / controllers visit each control site in the weeks prior to the event for the purposes of planning the courses.
 - c. Days before the event. The course planner / controller visit each control site to place the flag and timing unit
 - d. Hours before the event. Vectors visit each control site immediately before the event begins to check the timing equipment is ready for the competition.

At all stages of the planning, any animal encounters or signs of activity will be reported to the course planner and controller who may then consult with the Event Director, Safety Chief, or Conservation Officers. Measures taken at this point may involve modifying the courses, cancelling the race, or further study.
2. Minimize encounters by planning:

The International Orienteering Federation has a number of Environmental publications and recommendations that will be reviewed periodically. These are available at www.orienteeering.org. Various studies have been conducted that show that elk and deer both have a “flushing distance” of about 200m, but that deer will retreat for approximately 600m, while elk go approximately 1300m. Therefore the following course planning guidelines are recommended

 - a. If the terrain covered by the various courses is large, then refuge areas should be provided for animals. Ideally these will be areas of thick forest. These will be marked as out of bounds on the maps and courses will be designed so all sensible route choices will stay away from these areas. Courses that go past these refuge areas will be designed to circulate around them in the same direction.
 - b. If the terrain covered by the various courses is relatively small (perhaps 2-3 sq km or less) then no refuge areas are required as the flight distances will take animals outside of the competition terrain.
3. Minimize encounters with noise.
 - a. We will use a PA system in the finish area and play continuous music. This should cause large mammals to move away from this area, which encompass the shorter courses used especially for the young competitors.
 - b. We may ask the vectors (who will visit each control site immediately before the event) to carry air horns and to blow them from time to time to “warn” any animals that there are humans using the area.
 - c. We will encourage competitors to make noise as they travel through the forest.
 - d. We will encourage competitors to carry noise makers to be used in the case of an encounter to scare away the animal and to call for help. Current Canadian Orienteering Federation rules require competitors to carry a whistle – we will ask them to consider carrying bear-bangers or air horns as well.

Sighting or Encounters with large wild animals

1. If potentially dangerous animals are known to be in the area during Barebones, the organizers will consult with Conservation Officers as to whether the event should proceed.
2. If a participant reports back to the start/finish area about an animal sighting or encounter, any other participants waiting to start will be warned so they can decide whether to go out on the course. Conservation Officers will also be notified.
3. It may not be practical to contact the participants who are already out on the course.

General advice for participants

Participants are expected to understand the risks of taking part in orienteering competitions and will be asked sign a waiver to this effect. In addition the following advice and information will be provided to competitors via the event website and email prior to the event:

1. To carry a charged cell phone, and have the event director's number programmed: 403 585 8478.
2. To "shadow" small children
3. To participate in groups if they wish
4. To carry pepper spray or bear bangers or an air horn during the race and to make noise
5. To review the following online documents:
 - a. Government of Alberta SRD: Bear Deterents
<http://www.srd.alberta.ca/RecreationPublicUse/AlbertaBearSmart/BearDeterrents/Default.aspx>
 - b. Government of Alberta SRD: BearSmart Colouring & Activity Book
<http://www.srd.alberta.ca/RecreationPublicUse/AlbertaBearSmart/documents/BearSmartColouringAndActivityBook-Feb-2012.pdf>
 - c. Government of Alberta SRD: If you encounter a cougar
<http://www.srd.alberta.ca/RecreationPublicUse/CougarsOutdoorRecreation/IfYouEncounterACougar.aspx>
 - d. Government of Alberta: Elk Wary, Bear Smart, Cougar Alert
http://tpr.alberta.ca/parks/kananaskis/pdfs/Bow_Valley_Brochure.pdf
6. To discuss how to react to animal encounters with their family and with other competitors
7. Other documents
 - a. Alberta BearSmart Program Manual
<http://www.srd.alberta.ca/RecreationPublicUse/AlbertaBearSmart/documents/AlbertaBearSmart-ProgramManual-May2011.pdf>

Natural Disaster

1. Natural disasters such as floods, forest fires, or severe storms may happen with little notice. The Event Director or the Safety Chief may cancel the event and notify the appropriate emergency agency in such situations. Event organizers and competitors will follow evacuation instructions from the Emergency Services.
2. The organizers will have lists of all participants who have started and finished and will therefore know if anyone is still out in the terrain. Depending on the situation, the organizers will either wait for all participants to report back and leave, or will provide information to emergency agencies.

Event Specific Issues

Saturday morning: Canmore Nordic Centre – Lions Park

Participants will be warned about the following:

- Steep downhill slopes on some courses
- Shared use of bike / walking paths on some parts of the course – to be courteous & watchful
- Crossing of one lightly used road near the finish at Lions Park. Volunteers will be at the crossing point and will warn runners if a vehicle is coming

Saturday afternoon: Canmore Nordic Centre

No unusual safety concerns

Sunday morning: Mt Laurie

At this time of year encounters with bears and possibly cow elk with newborn calves is a real possibility. Besides the normal safety precautions, we will consider using a Mass Start format to increase density of orienteers in the forest, which will reduce the chance of encounters and also will cause more people to be able to respond quickly should an encounter occur.

Appendix 1: Hypothermia

What it is

- A general cooling of the body's core temperature
- Exacerbated by wetness, wind and weariness

Symptoms

- Shivering, but may not be noticeable when someone is still moving b/c muscle activity may obscure.
- The 5 "umblings" fumbling, mumbling, bumbling, stumbling and grumbling – erratic movement, slurred speech and irritability
- Elevated metabolic rate; i.e., pulse, respiration, bp, caloric demand, but insufficient to produce heat
- Apathy – person doesn't care enough to help themselves.
- Denial

Treatment

- Stop physical activity
- Remove wet clothing
- Shelter from wind and place a mattress under victim
- Warm the victim with blankets, mitts, jacket, hat, fire. Huddle to share body heat.
- Feed warm drinks

Appendix 2: Heat Illness

HEAT ILLNESS CHECKLIST FOR ORIENTEERING EVENT ORGANIZERS

In addition to the other responsibilities of an event organizer, the following is required when the local forecast of the heat stress index (dependant on temperature and humidity) exceeds the level of moderate.

Organizers should ensure all participants have properly completed and signed waivers before participants are allowed to start.

Specific actions are required to minimize the likelihood of heat illness:

- Copy and distribute to each participant, a COF-supplied orienteer's heat illness document of no more than 2 pages.
- The organizers shall support the prominent display of at least 2 COF-supplied daily heat stress indicators. One hazard indicator shall be at the call-up line, such as attached to the clock. The other shall be at an appropriate location in the assembly area.
- On days when the daily heat stress index is forecast to exceed moderate, in addition to any other water requirements, each course shall have a water station located along a major catching feature that is within a reasonable distance of a route that would likely be run by competitors. A single water station may service more than one course.
- Sports drink shall be immediately available to participants at the finish.
- Organizers are encouraged to consider rescheduling the time or date of an event or canceling entirely, to avoid extremely hazardous conditions.

Organizers must be prepared to deal with heat-related illness when it occurs. There must be sufficient, adequately trained personnel and equipment including:

- A digital rectal thermometer or equivalent. (If the organizers are unable to obtain one for the event, one shall be supplied by the COF.)
- A child's inflatable pool or equivalent 'tub' shall be in place which may filled with adequate water and ice to immerse suspected heat stroke victims.
- Access to rapid transport to a medical facility

HEAT ILLNESS PREVENTION CHECKLIST FOR ORIENTEERS

Heat illness (heat exhaustion, heat stroke) can strike with little warning. Susceptibility to heat illness varies according to the individual.

Risk Factors:

- History of heat illness
- History of chronic illness (even if controlled)
- Current illness (e.g. flu, sunburn)
- Heat stress index (depends on temperature and humidity)
- Fatigue
- Improper hydration (too little, wrong time)
- Poor fitness
- Young age (children have less developed defence mechanisms)
- Multi-day exposure to heat stress.
- Diet supplements such as aphedria and some antihistamines.
- A finish at all costs attitude.

Orienteers should take the actions necessary to keep the heat stress level within their tolerance capabilities.

Risk Reducers:

- Hydrate **numerous** days before the event (starting the night before is inadequate).
- Consume proper foods by type and amount
- Get proper rest
- Replenish your fluids regularly from the water stops on course
- Acclimatize yourself to the heat/humidity at least a week before the event
- Be fit upon arrival at the event.
- Wear a head covering
- Carry and use your own fluid replenishment supply.
- Modify your pace to suit the environmental and personal conditions. Don't start if conditions are too hazardous for **you**.
- Rehydrate immediately after the event, **that night, and the next day**.
- Replenish your electrolytes after the event by drinking sport drinks and eating fruits and vegetables.
- Be aware that your susceptibility to heat illness increases as the days of exposure continue.
- On the course be conscious of your physical and mental condition. For example, if you feel 'punchy' or dizzy when raising your head:
 - Stop immediately;
 - Get under shade;
 - Drink.

Appendix 3: Barebones Forms

Barebones Incident Report Form

1 – Incident: _____ Time/ Date: _____

2 – Reported by: _____ Time/Date: _____

3 – Initial Response by: _____ Time/Date: _____

4 – Nature/Type of Incident: _____

5 – Action(s) taken: _____

6 – Location / Site of Incident and responses: _____

7 – Name(s) of victims/patients (Age, Gender, Condition, Contact info’): Total # involved: _____

8 - Further Response by / and Actions taken: _____

9 – Incident Details:

Description (What happened): _____

Presumed Cause: _____

Other Factors/Details: _____

10 – Witnesses (Name, address, phone #, how involved)

1 - _____

2 - _____

3 - _____

11 – Incident Report Form Completed by:

Name _____

Address _____

Phone # _____ e-mail _____

Role at Barebones _____

*If victims/patients require medical treatment please complete a ***Injury Report Form****
Attach additional pages as required.

BAREBONES ORIENTEERING INJURY REPORT FORM / TREATMENT LOG

Name: _____ Country of Origin: _____

Date: ____ / ____ / ____ DOB (mm/dd/yy): ____ / ____ / ____ Age: _____ Sex: Male / Female

Contact (local address): _____ Contact Phone #: _____

Venue: _____ **CIRCLE:** Participant / Coach / Official / Spectator / Volunteer

Type of Activity at Time of Injury

- Training
- Warm-up
- Competition
- Cool-Down
- Other _____

Reason for Presentation

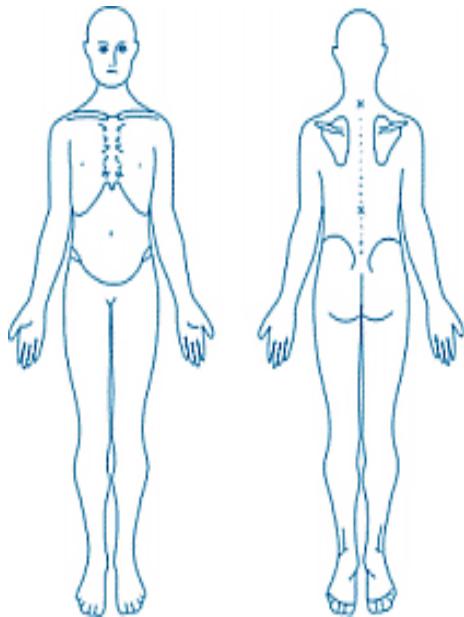
- New/Acute Injury
- Chronic/Aggravated Injury
- Illness/Medical Condition
- Other _____

Body Part Injured

- Right
- Left

Please List/Name

Please Circle or Shade on Diagram



Medications

Allergies

Past Medical Conditions

Nature of Injury/Illness

- Abrasion/Road Rash
- Open Wound/Laceration/Cut
- Blisters
- Contusion
- Sprain (Ligament)
- Strain (Muscle)
- Overuse Injury
- Fracture (including suspected)
- Dislocation/Subluxation
- Concussion
- Loss of Consciousness
- Cardiac Problems
- Respiratory Problems
- Diabetic Reaction
- Unspecified Medical Condition
- Other _____

Specify Injury/Illness _____

Mechanism of Injury

- Slip/Trip/Fall (from same level)
- Fall (from height)
- Jumping to shoot or defend
- Overuse
- Overexertion
- Collision or struck by another person
- Collision with a fixed object
- Struck by sports equipment
- Temperature related (hypo/hyper)
- Other _____

Incident Details:

Treatment Given

- Participant refused treatment
- RICE
- Sling/Splint
- Wound Dressing
- Athletic Taping
- Massage
- Chiropractics
- Other _____

Return to Play Recommendation

- Return to unrestricted activity
 - Advised to return with precautions
- Specify _____

- Advised not to return at present time
- Participant did not follow recommendation

Referral

- No referral needed
- Physician
- Rehabilitative Treatment (PT / AT / Chiropractor / Massage)
- Ambulance Transport (Time: _____)
- Health Link
- Refused Referral
- Other _____

Treating Medical Personnel

(e.g., Physician, EMS, AT,PT, Nurse, 1st Aider etc)

X _____
Signature of Medical Personnel

X _____
Print Medical Personnel Name

X _____
Signature of Injured Participant

Date: ____ / ____ / ____

**GOVERNING LAW AND JURISDICTION AGREEMENT
(for Non-residents of Canada)**

GOVERNING LAW

I hereby agree that the relationship and the resolution of any and all disputes arising therefrom between myself and Doctor _____ (as well as his or her agents, delegates or employees), including any issues related to this Agreement, shall be governed by and construed in accordance with the laws of the Province or Territory of _____ and the laws of Canada applicable therein.

JURISDICTION

I hereby acknowledge that the treatment will be performed in the Province or Territory of _____ and that the Courts of the Province or Territory of _____ shall have exclusive and preferential jurisdiction to entertain any complaint, demand, claim, proceeding or cause of action, whatsoever arising out of the treatment. I hereby agree that if I commence any such legal proceedings, I will do so only in the Province or Territory of _____, and hereby irrevocably submit to the exclusive and preferential jurisdiction of the Courts of the Province or Territory of _____.

PATIENT'S SIGNATURE _____ WITNESS SIGNATURE _____

PRINTED NAME _____ PRINTED NAME _____

DATE _____ DATE _____

ENTENTE – JURIDICTION ET DROIT APPLICABLE (pour non-résidents du Canada)

DROIT APPLICABLE

J'accepte, par la présente, que la relation entre moi-même et le docteur _____ ainsi que ses agents, mandataires ou employés, et le règlement de tout différend qu'elle pourra susciter (y compris toute question relative à cette entente), soient régis et interprétés en vertu des lois de la province ou du territoire de _____ et des lois canadiennes applicables.

JURIDICTION

Je reconnais par la présente que le traitement sera prodigué dans la province ou le territoire de _____ et que les tribunaux de la province ou du territoire de _____ auront juridiction exclusive et privilégiée pour recevoir toute plainte, demande, réclamation ou cause d'action relative au traitement. Je conviens par la présente que si j'entame de telles procédures, ce sera uniquement dans la province ou le territoire de _____; je m'en remets irrévocablement, par la présente, à la juridiction exclusive des tribunaux de la province ou du territoire de _____.

SIGNATURE
DU PATIENT _____

SIGNATURE
DU TÉMOIN _____

NOM EN
LETTRES MOULÉES _____

NOM EN
LETTRES MOULÉES _____

DATE _____

DATE _____