



## **Tantramar Outdoor Club Emergency Preparedness and Response Plan**

### **1. INTRODUCTION**

This plan sets out steps taken by the Tantramar Outdoor Club (TOC) in Tantramar, New Brunswick and its members to facilitate the safe use of TOC trails by skiers, snowshoers and walkers. It is intended to ensure appropriate and rapid response in the case of accidents or other emergencies involving users of TOC trails and facilities.

The plan is based on the premise that good planning and preparedness can prevent many accidents from happening and can ensure effective response when incidents do occur. Both preparedness and response are the shared responsibility of the TOC and its individual members and visitors.

This Emergency Preparedness and Response Plan was approved by the Board of Directors of the Tantramar Outdoor Club on January 21, 2025. It will be reviewed annually, and revised as necessary to ensure that the information provided here is current, and that all contact numbers are up to date.

### **2. TOC PREPAREDNESS**

#### **a. Trails**

- All ski, snowshoe, and multi-use trails are named, and many have name-signs posted at the beginning of the trail.
- Trails are marked with distinctive colour-coded reflective markers, attached to trees at intervals of about 50m.
- In fall, all trails are checked and where possible, maintained by clearing branches, repairing bridges, and grading to remove rocks, dangerous curves and steep slopes
- In winter, ski trails are track groomed.

#### **b. Maps**

- Detailed trail maps are located at trail heads and key trail intersections and are updated regularly.
- All ski, snowshoe and multi-use trails are identified by name and colour on maps.
- Locations of trail huts, access points and exit routes to trail heads and parking areas, are clearly marked on maps.

### **c. Trail huts**

- Two TOC warming huts (Sugar Brook Lodge on Yellow Trail/the Birches, and Das Rosshaus on Crooked Tree Trail) are open to all trail users – please make use of them!
- Huts are maintained and equipped with wood stoves (which are often in use), matches, dry wood and kindling supplies, water, blankets and emergency supplies.
- Emergency supplies include complete First Aid kits, slings, blankets and foam camp-mats, candles and matches, tools for simple repairs, emergency contact information, and emergency sled/toboggan.
- There is a spare ski at the Sugar Brook Lodge, which can be used with either an NNN or SNS binding

### **d. Communications**

- Regular (near daily) winter trail reports are provided by email, with periodic updates via Facebook and on the TOC website, advising of current and anticipated trail conditions, trail grooming schedules, etc.
- Regular planning updates and opportunities to give feedback on safety-related concerns are provided at periodic TOC meetings and pot-luck get-togethers.

## **3. INDIVIDUAL PREPAREDNESS**

### **a. Before you go**

- Plan your trip and be prepared for emergencies.
- Bring a fully charged cell phone, with key emergency numbers pre-loaded (see below).
- Consider bringing a small back or fanny-pack with water, spare food (high energy snacks), spare clothing (e.g. down vest, dry mitts, socks, neckie), bivvy sack or emergency blanket, charcoal hand warmers, emergency tools and supplies, small first aid kit, “Fox 40” safety whistle.
- Simple tools could include duct tape, wire, pocketknife or multi-tool.
- Plan to travel with others or tell someone where you are going and your expected time of return and provide instructions on what to do if you aren’t back on time.
- Check over your equipment in advance; skis, bindings, poles, snowshoes, and packs.
- Check the weather forecast and current conditions, and dress for the weather and trail conditions.
- Note that not all areas along the TOC trails have adequate cell coverage, especially along low trails far from the road, and you may have to move to higher ground for a phone call to connect.

### **b. On the trail**

- Check the trail map as you leave the trailhead and reach intersections, plan your route and stick to it, don’t leave marked trails and remember the most direct route back to your car.
- Carry a copy of the TOC trail map in your pocket or phone or take a picture of the map at the trail head before you start.

- Don't expect consistent cell phone coverage and check periodically to see if your phone can access cell networks.
- Leave extra time, make brief snack/drink/rest stops and plan to make use of the warming huts.
- Exercise care on the trails, avoid hills and slippery sections and always ski, snowshoe or hike within the weather and trail conditions.
- Show courtesy to other users, stepping off the trail as needed, and give the right-of-way to those skiing down hills.

#### **4. EMERGENCY RESPONSE**

##### **a. Non-Urgent situations**

- Non-urgent situations are not normally time-dependent and affected individuals can normally continue to move towards a warming hut or a vehicle parked at a trailhead.
- These may include minor falls or scrapes, fatigue/cold, broken skis/snowshoes, etc.
- These incidents may be addressed using equipment or supplies that you or other trail-users are carrying or that can be found in a warming hut such as a first-aid kit, warm clothes or blankets, replacement equipment, etc.
- In all cases, advise someone at home or on the trail of your situation and seek emergency help if conditions do not improve (see below).

##### **b. Urgent or emergency situations**

- Take steps necessary to prevent further injury.
- Make the injured person comfortable, warm and dry, using blankets, spare clothing, and hand warmers from a nearby warming hut if feasible.
- Assess whether the person can be extracted by TOC members using the club snowmobile or ATV or if the situation requires the help of professional first-responders.
- In all cases that involve serious injury, unconsciousness, or life-threatening situations, or require the help of professional responders, **call 911**.
- When in doubt, **call 911**.
- If your cell phone is unable to connect, move to higher ground to place a call, or ask others to do so.
- Blow three sharp blasts on a safety whistle, every 20-30 seconds, to alert other trail users of your emergency.

##### ***TOC member response:***

- Call one of the TOC members who can drive the club snowmobile or ATV, and provide your name, description of the accident, location, and steps taken to respond to the situation.
- Note that the following individuals are experienced snowmobile drivers but may not have formal first aid or first responder training.
  1. Ross Thomas: cell (506) 364-5958
  2. Bucky Buckler: cell (506) 536-7865

3. Ian Fisher: cell (506) 364-7900

- These individuals will consider the situation and indicate whether, how and when they can respond, and may suggest that you call 911.

***Calling 911:***

- Dial 911 on your cell phone, provide your name, description of the accident, location, and steps taken to respond to the situation, and follow instructions received.
- Provide the location of the trailhead you used to enter the trails (see location list below).
- The Tantramar Fire Department will respond to 911 calls; their staff are trained in first aid, equipped with an ATV with rescue sled, and can access the TOC trails (see Fire Department contact information below).
- Callers may be asked to drop a pin on a Google map to help responders locate you, so users should familiarize themselves with how to do this.
- While waiting for responders, keep the injured person warm and comfortable, using supplies from warming huts if they are located nearby, and limit their intake of foods and liquids if surgery may be required for the injury.

**5. EMERGENCY CONTACT INFORMATION (keep these numbers in your cell phone)**

**a. Snowmobile drivers:**

- Ross Thomas: cell (506) 364-5958
- Bucky Buckler: cell (506) 536-7865
- Ian Fisher: cell (506) 364-7900

**b. Tantramar Fire Department Emergency Rescue:**

- Main telephone number: (506) 364-4966
- Chief Craig Bowser: (506) 364-4988

**c. Sackville Memorial Hospital: 8 Main Street, Sackville**

- Main telephone numbers: (506) 364-4100
- Emergency Department: (506) 364-4132

**d. Description of Trail Head Access Locations**

**Crooked Tree Trailhead:** The Reservoir Gate Parking entrance is on Walker Road (west side), 500 m southwest of the Trans-Canada Highway (Exit 500), opposite the gated entrance to the water reservoir access road, and it leads to the Crooked Tree ski and snowshoe trails  
Geo-reference: Latitude 45.9393<sup>0</sup> N, Longitude -64.4093<sup>0</sup> W

**Ogden Brook Trailhead:** This trail head is on Walker Road (east side), 500 m southwest of the Trans-Canada Highway (Exit 500), beside the gated entrance to the water reservoir access road, and it leads to the Ogden Brook walking, ski and snowshoe (multi-use) trails

Geo-reference: Latitude 45.9393<sup>0</sup> N, Longitude -64.4093<sup>0</sup> W

**Quarry Road Trailhead:** The Quarry Road entrance is further south on Walker Road, 2.5 km southwest of the Trans-Canada Highway (Exit 500), and it leads to the Le Rond ski trails

Geo-reference: Latitude 45.9384<sup>0</sup> N, Longitude -64.4382<sup>0</sup> W

**Beech Hill Park Trailhead:** The Beach Hill Park parking area is at the skidoo trail entrance is on Walker Road, 500 m northeast of the Trans-Canada Highway (Exit 500)

Geo-reference: Latitude 45.9414<sup>0</sup> N, Longitude -64.4143<sup>0</sup> W

**6. INCIDENT OR ACCIDENT REPORT**

Report all incidents to the TOC promptly (tantramaroutdoorclub@gmail.com), no matter how trivial they may seem.

Report Completed By - Name:

Signature:

Date:

Location:

Name of injured person:

Age:

Address:

Telephone number:

Location of accident:

Nature of the injury:

Description of incident/accident:

Weather conditions at time of accident:

Probable cause of accident:

Was First Aid given? If yes, indicate by whom, and describe actions taken:

Was 911 called for extraction?:

Method of extraction:

Method of transportation:

Name of witness:

Witness's telephone number:

Witness's address:

Additional comments: