

# Emergency Plan

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An emergency plan will help you and your group know what to do if someone becomes lost or injured. Practice your plan *before* you go. **Modify this plan to fit your specific trip and activity.**

## Preventing a group member from becoming lost

Make sure all group members are familiar with the route you are taking. Point out landmarks and tricky turns which can be used as a reference point before you go. Consider giving group members a whistle which can be used to locate them. Teach your group these three important principles:

- **“Stay Together”** - Stay with the group, pay attention, and don’t wander off the trail
- **“Be a Buddy”** - Make sure everyone has a buddy and stays with them at all times
- **“Stay Put”** - Unless there is an immediate threat to life, the lost person should **always** stay put and not wander. If they become lost, instruct them to:
  - Stay put
  - Stay Calm
  - Blow their whistle often



## Preventing a group member from getting injured

- Stay on the trail and within designated areas
- Consider First Aid and CPR training for the Trip Leader(s).
- Pack a First Aid kit. Inventory the kit and replace any expired medication. Remember to pack any special medications required for the group members.

## Action Plan

If someone in your group becomes lost or injured, the Trip Leader and the Safety Leader need to stop the activity and gather the group together. Review the plan of action with everyone and begin delegating tasks. Remind the group members to stay together and be calm.

Lost Person	Injured Person
<ul style="list-style-type: none"><li>• Call 911 and tell them:<ul style="list-style-type: none"><li>○ The last known location the lost person was seen, including GPS coordinates if you have them</li><li>○ Types and colors of clothing they are wearing and what equipment the lost person was carrying</li><li>○ Any medical conditions they may have</li></ul></li><li>• If you don’t have a cell phone or cell signal, flag down hikers in the area who are returning to the starting point and ask them to alert Park Rangers of the situation.</li><li>• If you don’t see any hikers, Trip Leaders may need to split the group up and send some people to the ranger station or visitor center to find help. Remember to stay together and “Be a Buddy”.</li></ul>	<ul style="list-style-type: none"><li>• Assess the nature of the injury to decide if you should call 911.</li><li>• When dealing with minor injuries (e.g. scrapes and abrasions), use the First Aid kit to clean and cover the affected area. In the event of major injuries be sure to:<ul style="list-style-type: none"><li>○ Control bleeding by applying pressure to the wound</li><li>○ Make sure the person is breathing</li><li>○ Minimize movement</li></ul></li><li>• In case of evacuation, if the injured person is able to walk, evacuation might be as simple as helping the person walk out. If the person is not able to walk, call 911 or alert Park Rangers (see Lost Person).</li><li>• Make sure someone waits with the injured person until Search and Rescue arrives.</li></ul>