

BioBlitz 2011 Saguaro National Park

Safety Brief for all Participants

- **Take personal responsibility for your safety – KNOW YOUR BODY’S LIMITATIONS. Have a clear understanding of the physical demands of the activities you are about to engage in. Do not place yourself and others in harm’s way by engaging in an activity that you may not be physically capable of doing or completing.**
- Safety of all individuals is the #1 priority during BioBlitz 2011. There is no activity during BioBlitz 2011 that is so important that anyone should risk their health or safety to accomplish a task. Everyone has the right to refuse an assignment if they don’t feel safe or comfortable, and should immediately stop the task and alert the activity group leader of any and all safety concerns.
- Be aware of the procedures to summon emergency medical assistance. First aid kits, for minor injuries, are available from group leaders. Some groups will have medical personnel assigned, e.g., paramedic, EMT, or Wilderness First Responder – know who they are.
- Be aware of the capabilities of your communication devices, e.g., cell and satellite telephones, SPOT devices and park radios. Make sure your devices are adequately charged/powerd and you have extra power sources. Two pieces of communication needs to be with each group in remote locations. Be aware of the procedure to summon on-site law enforcement rangers and emergency medical assistance.
- To prevent dehydration, maintain adequate drinking water for the duration of the activity (1 quart/hour); locate adequate shade for frequent breaks; keep an eye on your event partners to make sure they are hydrating themselves and not overheating. For those traveling to remote sites, make certain you have a plan in place to properly disinfect drinking water from natural sources.
- Proper nutrition is vital to maintain your body’s function – plan for healthy meals and snacks.
- Proper warm up and stretching can help minimize muscle strains and sprains along with other injuries.
- Be aware of the desert terrain and unique hazards of spiny vegetation (cactus), loose dirt, gravel and sand on and off-trail, and steep and unstable terrain. Proper attire and footwear for the desert environment is essential to protect you from the elements and to minimize slips, trips and falls.
- Take adequate breaks, in the shade if possible, to rest and recharge your body.
- Be aware that wildlife can carry and transmit the rabies virus to humans. Only pre-authorized personnel shall handle wildlife. Do not handle any injured, sick or dead animals. Immediately report any animal bite to the group leader.
- Be aware of the changing environmental (weather) conditions to be able to react in a timely and safe manner to get out of harm’s way. Be prepared for potential extreme low or high temperatures that could occur at this time of year.
- Protect yourself from the sun - generously apply a broad spectrum sunscreen lotion; wear protective clothing, such as long-sleeved shirts, pants and wide-brimmed hats, and sunglasses.
- Wash your hands or use a hand sanitizer - Hands can become contaminated while doing field work and during restroom breaks.