

# Emergency Plan

You have an incident of some type - - - TAKE 2 SLOW BIG BREATHS and continue slowly but deliberately. Do not yell or shout, that just adds to the confusion and stress.

ONE PERSON NEEDS TO TAKE CHARGE

THIS IS MOST LIKELY YOU AT THIS TIME

1. Stabilize the situation - - - SAFETY FIRST!!!! - - - Don't let others become victims too
  - A. Tie up stock in a safe location
  - B. Move unnecessary persons away from the incident.
2. Do not attempt something you are not trained for
3. Persons who are "out-of-control" or adding to the stress and anxiety of the situation can be assigned simple tasks: gather fire wood, organize equipment, get water, etc.
4. Recruit yourself a helper. You can't do everything yourself, plus this adds to the scene stability.
5. Evaluate the victim (human or equine)
  - A. Just how hurt or ill is he???
    1. May look terrible - but isn't really life threatening
    2. Is victim is awake, speaking, moving, etc. ???
    3. Give the victim a minute to recuperate
6. Treat the problem - - - first rule is do no further harm
  - A. Typically place the person in position of comfort
  - B. Prevent loss of body heat
  - C. Render specific care for the problem if possible
7. Make a plan
  - A. Don't let people go off in spastic rush
  - B. Make at least one "back-up" plan
  - C. Do you have enough manpower for your plan?
  - D. Can the victim move? - - - is it a simple limb injury that does not prevent travel?
    1. Try to get the victim to a safe location
8. If you need help - - - recruit neighboring campers - - - put "WE NEED HELP" signs with arrows on trail or in meadow

9. How's the best way to get this person out of the backcountry?
  - A. Can I get to a ridge top and make cell phone contact?
  - B. Possibly easier to start walking out - - - perhaps have others go out ahead and come back toward you with rescue.
  - C. Is there a place for helicopter rescue? - - - Need level area 200' x 200' meadows are will suited
    1. Do you need to move victim to rescue point?
      - a. Have enough manpower? Move victim before people leave to get help.
      - b. Do you need to cross water??
    2. Any special circumstances?
      - a. Is he over the edge? On snow? Stuck under a boulder or tree?
  
10. If someone goes for help - They become the key individual!
  - A. Best to send two persons
    1. It might be quicker to send persons on foot
  - B. Write down:
    1. Location of victim - - - Must know where you are!
      - a. Mark it on the map!
      - b. Write description- - - nearby streams, color of tents, etc.
    2. What they are supposed to do on the way out and once they are out
    3. What the injury or problem is
    4. What resources are needed
    5. Any special circumstances -
      - a. Is victim over the edge? On snow? Stuck under a boulder or tree?
  - C. Leave only when ready
    1. Make sure everyone knows the plan and time table
    2. Be very cautious about sending for help at night - - - very dangerous
  - D. DO NOT race for help !!!
    - a. Depending upon you!
    - b. You or horse will get hurt or fatigued
    - c. You'll be too exhausted to return with the rescue party if needed
  - E. On the way out, turn around and remember what the trail back to the victim looks like.
    - a. Mark the trail on the way out so rescuers can easily follow it back
  
11. Persons going for help must be outfitted with
  - A. Notes, maps
  - B. Water & provisions
  - C. Appropriate clothes
  - D. Flashlights
  - E. Wallet and keys
  - F. Cell phone?
  
12. Wait for help - - - remember it takes time to reach help and return with a rescue team