



## **SAFETY and EMERGENCY ACTION PLAN**

The goals of Canyon Tough Adventures, LLC are diverse; to have a safe hike, reach the trail's end or summit, experience the wilderness in the backcountry or learn the course material and to have some fun in the process of all of this. We believe that the main emphasis is always on safety and that any other goals during a trip are a far second. On all of our programs we try to explain and personally demonstrate to our clients the importance of safety in the mountains and that it is a shared responsibility.

We realize that hiking is a strenuous sport and we expect clients to have prepared physically and mentally before a trip and be properly equipped. During the process of a hike, climb or any training, a participant's skill level and physical ability are constantly evaluated. We want to make sure that each member of the team is an asset and does not become a liability. Guides openly discuss with each other and among the group in a professional and honest manner regarding the way a group or individual is progressing on a particular program.

We believe that one of our greatest safety tools is keeping communication lines open between everyone in the group. By having an open relationship with everyone involved, we can meet people's goals and needs without creating false hopes or expectations within the group. Feedback from the hikers or climbers, combined with guides' consistent questioning and evaluation, is an important component of running safe and effective outdoor programs. Participants should never be pushed into doing something they don't want to do, or go beyond their abilities.

Guides and contractors will be versed and experienced in matters of safety and discussing backcountry rescue/emergency procedures. Guides must recognize potential hazards in the canyon environment and minimize a client's exposure to such hazards. Canyon Tough always supports a guide's decision to make the safer choice when deciding to continue, stay put or turn around as a group or individually.

A key element to guiding safely is giving our clients close personal attention and supervision. For this reason we require that everyone in the party demonstrate the necessary skills for the particular hike or climb they are involved with. If someone is lacking in skill or ability a guide can then focus on the individual and bring them "up to speed" with the rest of the group.

### **Procedures to be taken in case of accidents or other emergencies:**

In case of an emergency, it is the responsibility of the guide(s) to follow through with the appropriate course of action. Because the areas we guide in are often remote, we recognize that the best, quickest, and sometimes only rescue possibilities exist within the climbing team itself. Guides should evaluate an emergency situation in terms of protecting the clients first and foremost.

In general, a helicopter evacuation should not be relied on. Such efforts are often not possible because of weather or other factors. It is often possible to evacuate someone on the ground just as quickly, especially if delays are likely due to weather or darkness. However, with certain injuries no one should be moved if there is the possibility of further injuries, in which case guides and climbers should wait until additional equipment and manpower is available.

Guides should make a point of noting exact times, locations, and any other important details. Remember to get the basics such as names, ages, vital statistics, and a brief history of prior problems, extent of injuries, and a description of the rescue scene. All guides must have at least a current working knowledge of wilderness first aid/CPR and carry a basic first-aid kit. The kit should include the following as a minimum; ace bandage, airway, protective gloves, gauze and bandaging material, moleskin, band aids, aspirin, antacids, adhesive tape, splinting material, pencil and paper. In addition, on international trips emergency oxygen or a high altitude bag will be carried in the event of an altitude related emergency.

We will utilize cell phones and radios whenever possible to aid in effective communication and in the event of an emergency. Guides should familiarize themselves with radio procedures and protocol.