



Five Winds Backcountry Ski Club

Discover the Muskoka Wilderness

Emergency Response Plan

Group Action Plan

The order or need for these actions will depend on the situation. The group needs to work as a team, assigning individuals to tasks.

- Missing individual – call their cell phone (see group list for phone number)
- Attend to casualty (first aid if required)
- Call for help – See script on next page. One person maintains communication with Emergency Response Service (EMS)
- Determine: location: closest road access point; if group member(s) need to guide EMS to location
- Provide support – collect firewood, set up shelter, look carefully in all packs for potential equipment that will help the situation.

Communications

Refer to group list provided by bus captain.

- EMERGENCY: DIAL 911
- Non-Emergency: OPP 1 888 310-1122
- Bus coordinator
- People in your group
- Other nearby group who could provide assistance
- Bus company

Making an Emergency Call to 911

- Stay calm
- Review what you want to say before making the call
- Take a deep breath
- Speak slowly and clearly
- Follow the script for call to EMS as much as possible
- Don't hang up until told to



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Casualty Assessment

ASK FOR HEALTH FORM: if not available ask for

Emergency Contact Name		Emergency Contact Number	
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VITAL SIGNS

Time of Each Assessment	1 st	2 nd	3 rd	4 th
Record Actual Time				
Level of Consciousness: (Alert, Verbal, Painful, Unresponsive, Confused, etc.)				
Describe Breathing: : (Rapid, Slow, Shallow, Normal, etc.)				
Describe Circulation: (Colour of skin, Temperature, etc.)				
Describe Skin: (Sensation, Clammy, Dry, etc.)				

INITIAL COMPLAINT _____

HEAD TO TOE CHECK (Ask permission if patient conscious)

- Palpate and Look for: Deformities, Open Wounds, Tenderness, Swelling
- Check: Circulation, Sensation, Movement in all extremities

Head, face, neck	
Shoulders	
Abdomen, pelvis	
Lumbar region	
Neck & spine	
Arms/fingers	
Legs/toes	

If no health form available ask for:

Allergies
Health conditions (high blood pressure, asthma, diabetes, heart disease, etc.)
Medications

VERBAL REPORT TO EMS (Information to be transferred to script for call to EMS)

I have a _____ year old _____ (male, female).

Patient's chief complaint is: _____.

Patient states _____.

(what patient said in their own words.)

Patient's level of consciousness is currently: _____.

Patient exam reveals (results of head to toe exam, read from above) _____.



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Script for Call to EMS

Before making the call for help, make sure you have the following information:	
This is...	My name is _____. I am with a ski group in a remote wilderness area west of Gravenhurst or off Hwy 400 near Muskoka Road # _____. My cell phone number is _____
Situation...	Description of Problem: Number of people injured, missing or needing help: _____ Condition of victim(s) from Casualty Assessment on next page I have a _____ year old _____ (male, female). Patient's chief complaint is: _____. Patient states _____. (what patient said in their own words.) Patient's level of consciousness is currently: _____. Patient exam reveals (results of head to toe exam, see Casualty Assessment Form) _____.
Location...	Lat/Long or UTM coordinates: (as applicable for wilderness situation) Latitude _____ Longitude _____ or UTM Easting _____ Northing _____ (see 5W's map) The closest road access is: off Hwy 400 on Muskoka Road # _____ (OR) from Nine Mile Marina 1205 Nine Mile Lake Rd, Torrance, Ontario P0C 1M0 (705) 762-5303
Resources Requested	We need assistance from _____ (EMS/ police/rescue/other). List specific needs:
Our plan...	We have taken the following actions: We are planning to do the following:
EMS plan	Write down what the EMS plan is: