

ELK LAKES LEADER BOOKLET



**Connect Charter School
June 4 - 6th, 2014**

EMERGENCY CONTACT INFORMATION

CSS Office	403-282-2890
Darrell Lonsberry	403-966-2890
Deirdre Bailey	403-619-5681
John Cadman	587-777-2886
Jared McKenzie	587-896-5392
Carly DeBoice	403-616-3033
Barrier Lake Visitor Information Center	403-673-3985
Kananaskis Emergency Services	403-591-7750
Kathy Fenton (bus contractor - way out)	403-680-9394
TRAXX (bus contractor - way back)	1-877-872-9977 ext. 1116

If in Cell Phone Range:

In Alberta:

#1 Call **911** (if in cell phone range)

#2: Ask for Kananaskis dispatch: **403-591-7755** (Direct number).

#3: Identify your group (Connect Charter School), provide the longitude and latitude of your location, describe you situation (number of victims, nature of injury(s), current condition, provide your contact number). Kananaskis dispatch (Kananaskis EMS) or Elkford RCMP (likely assisted by Kananaskis EMS) will arrange the appropriate resources to respond to the emergency.

#5 Contact the school to inform administration of the situation.

In BC:

#1: Call BC Search and Rescue Coordination Centre. **1-800-663-3456**

Alternate number for minor medical situations (Elkford RCMP **250-865-2232**)

#2: Identify your group (Connect Charter School), provide the longitude and latitude of you location, describe you situation (number of victims, nature of injury(s), current condition, provide you contact number). Coordination centre will activate appropriate resources through the RCMP

#4 Contact the school to inform administration of the situation.

If lacking a topographic Map:

BC Border @ Cut Line	Long:	Lat:
Mid-point b/t BC Border on Cut line and ACC Hut	Long:	Lat:
ACC Elk Lake Hut	Long:	Lat:
Elk lake campground	Long:	Lat:

If no Cell Phone Service (using Sat Phone):

In Alberta

#1: Call Kananaskis dispatch directly at **403-591-7767** Follow steps 2-5 above.

In British Columbia

#1 Call BC Search and Rescue Coordination Centre. **1-800-663-3456** Follow steps 2-4 above.

Leader Emergency Procedures

- ☐ Take charge - survey the scene and ensure that you are safe.
- ☐ Survey the group and ensure that everybody is safe
- ☐ Arrange for co-leader to keep everybody together and be ready to lend assistance

- ☐ Begin primary survey: Airway, Breathing, Circulation, C-spine control, Deadly bleeding
- ☐ Provide necessary treatment for ABC's, in order of priority
- ☐ **If ABC, C-spine or D immediately delegate calling radio/phone assistance to co-leader and continue treatment ****

****BEFORE CALLING:** Make sure patient condition is well-documented including vital signs and that all information is ready to be relayed to emergency services.

- ☐ When able, do a secondary survey while another person takes notes.
- ☐ Communicate with casualty by asking and listening throughout the process
- ☐ Prevent shock - keep casualty warm and comfortable by putting an insulating layer under and by building a shelter. Delegate someone to ensure group comfort.
- ☐ Treat injuries to your level of training until help arrives.
- ☐ If no ABCD concerns, consider whether a rescue is needed or whether a change in group goals and route is a safe and positive choice.**

****Need one vehicle to drive to trailhead for emergency evac. I can do it if necessary...**

The following conditions require an evacuation:

- ☒ Concussion (loss of consciousness or amnesia)
- ☒ Suspected spinal injury
- ☒ Use of epinephrine or history of severe allergic reactions
- ☒ Near drowning (use of rescue breathing)
- ☒ Lightning strike (involving burns, cessation of breathing, cardiac arrest, change in level of consciousness)
- ☒ Severe Burns – Blistering
- ☒ Injuries to face / eyes / that effect functioning of hands / fingers
- ☒ Any condition that you consider may pose a danger to the injured

Pre- and Post- Checklists (Leader Sign-off)

On Departure Day, students will meet in the IAC in their tent groups. Personal gear will be packed in packs but the following **personal** and **group** gear will be laid out in front of the packs so that leaders can check in with each group.

Group Gear

- ☐ Bagged, organized and labeled **dinner** and **breakfast (two of each)**
- ☐ Group pots (2 w/ a pot holder and lid)
- ☐ Cook kit including group spatula, cutting board, knife, pot scraper, scrubby and hand sanitizer
- ☐ Hygiene kit including toilet paper, hand sanitizer & trowel*
- ☐ Tent (unpacked but including)
 - ☐ Body
 - ☐ Poles
 - ☐ Footprint
 - ☐ Fly
 - ☐ Pegs (12)
 - ☐ Tent bag
- ☐ Stove (including matches and pump)
- ☐ Full fuel bottle (bagged including fuel lid)

Personal Gear

- (Students should be responsible for most of their gear. This is the stuff they can't do without)*
- ☐ A well-packed/waterproofed backpack
 - ☐ A warm sleeping bag
 - ☐ Sleeping pad
 - ☐ Lunches & Snacks (Day 1, 2 & 3)
 - ☐ Personal eating utensils
 - ☐ Change of clothes (inner layer)
 - ☐ Waterproof outer layer (tops and bottoms)
 - ☐ **Waterproof** hiking boots
 - ☐ Gaiters
 - ☐ Warm jacket, mitts and toque
 - ☐ Water bottles (2 L minimum)
 - ☐ Personal medications (if required)
 - ☐ Journal and pencil

Immediately upon returning to school. Group gear must be again laid out and organized in IAC. **Entire group must but present for check-in.** Once leader has signed off on all equipment for group, equipment must be returned - fuel, stoves and group journals to boxes, tents - packed and returned to shed, pots and spatula returned to drawers in shed.

Group Gear

- ☐ Bagged, organized and labeled **dinner** and **breakfast (two of each)**
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- ☐ Tent (unpacked but including)
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Cooking (Student Info)

Follow these guidelines when cooking:

- **Usually two assigned campers for cooking and one to two for clean-up per meal** to prevent accidents and support proper hygiene.
- **Anybody near a stove must have adequate footwear.** Open toed footwear gives no protection from boiling water.
- **All camp cooking must be supervised.**
- Cookers **wash and sanitize** their hands before any food preparation.

COOK SITE MANAGEMENT		
Criteria	Boo	Yay
Safety	Hands not washed/sanitized prior to cooking Cooking from the knees or sitting Cooking with bare legs or open-toed shoes Cooking with long hair loose Unnecessary or careless fireballing Unnecessary or careless fuel management Leaving the stove or pots unattended Improper knife use Running through the cook site Cooking on uneven ground	All hands are washed and sanitized prior to cooking Cooking from a crouched position Cooking with long pants and close-toed shoes Hair and other loose clothing tied back Stove use is careful and respectful Stoves and cook site are carefully attended Knives are used properly (cutting away from yourself and below the waist, using a cutting board or even ground, sheathing the knife when not in use, have the knife in front of your thumb, keeping the knives sharp) Cook site is well managed and on level ground
Organization	Distracted cooking Ignoring/forgetting the recipe Poorly managed/organized food bags, waste etc., Immediate area surrounding the stove is cluttered Pots are scattered Stove parts are scattered	Focused cooking Recipe is carefully planned and accessible Meals are carefully organized into specific bags Waste is collected as it appears Pots are organized and left with pot set Stove parts are in the bag when not in use
Team Coordination	Not knowing where your group is Not knowing who is carrying what One person doing everything while the others do nothing Everybody trying to do everything Arguing while doing something Poorly coordinated cooking Negativity Blame Shenanigans	Group is constantly informed of whereabouts of all members Group is aware of who is responsible for what Cooking is coordinated so that everyone has a job or is available to help Group is willing to divide responsibility Decision-making is negotiated Feedback is positive, supportive and respectful
Leave no Trace	Dumping food remains and grey water in inappropriate locations Littering Sleeping in your tent with chicken (or food stuff in general)	NO food remains Grey water is appropriately disposed of Food packaging (ziploc bags hopefully) is carefully collected and packed with food All food is carefully stored in food bag with meals and waste appropriately labeled

Clean-up (Student Info)

- Clean plates with a piece of bread or pita if possible. Scrape leftover food traces into a small plastic bag.
- If soap is used, dishes must be rinsed afterwards.
- Grey water is spread 100 paces from the camp.

Route Plan



Kananaskis Trail Parking Area to Lower Elk Lake Campground - 10.2 km

Elevation gain: 225 m
Elevation loss: 215 m
Maximum elevation 1945 m (6,380 ft)

Access: Follow Kananaskis Trail (Hwy 40) to its intersection with Kananaskis Lakes Trail. Continue south on the Kananaskis Lakes Trail 12.0 km to the Elk Pass trailhead parking area, located on the left side of the road, 0.5 km before Upper Lake Day Use Area.

Route Plan (continued) - hiking option

(We will likely just stick to the power line)

- 0.0 - Elk Pass parking area (1720 m)
- 1.0 - Road reaches power line.
- 1.3 - Road branches right from power line.
- 2.0 - Fox Creek crossing (culvert). Junction. West Elk Pass trail branches right from power line access road.
- 3.7 - Enter marshy, willow-covered meadow.
- 4.1 - Junction. Branch road to power line left. Continue ahead.
- 4.6 - Junction. Follow trail branching right from roadbed.
- 5.1 - West Elk Pass (1905 m). Junction. Elk Lakes Cabin via Elkan Creek ahead (4.0 km). Fox Lake right.
- 5.2 - Junction. Frozen Lake route right. Fox Lake left.
- 6.0 - Fox Lake (1945 m).
- 7.0 - Steady downhill begins.
- 7.5 - First views of Lower Elk Lake and Elk Valley.
- 8.9 - Upper Elk Lake and Junction (1740 m). Intersection with *Elk Lakes via Elk River* trail. Upper Elk shoreline trail and Petain falls Right. Lower Elk Lake left.
- 9.8 - Lower Elk Lake.
- 10.2 - Lower Elk Lake Campground (1730 m).

There are a number of routes over Elk Pass that can be used to reach the Elk Lakes. The road beneath the power line between B.C.'s Elk Valley and Kananaskis Lakes is a popular route for mountain bikes (likely the driest and the one we are taking). The most direct and scenic *hiking* route goes by way of West Elk Pass and Fox Lake, an approach that proves fine views of Elk Lakes as it descends along the east slope of Mount Fox. This one is likely snowbound so we probably aren't headed that direction.

Grade 8/9 OE Back-country Camping Contract (All students signed)

GENERAL RULES and SAFETY

- ☐ No high intensity activity near the fire or cook site
- ☐ Connect with leader immediately regarding any injury, sickness or medical concerns
- ☐ Do not hike alone or without permission
- ☐ Do not run after dark
- ☐ No throwing rocks or sticks
- ☐ Girls shelter in one area, boys in another
- ☐ No girls inside boys tent and vice versa, may visit outside tents
- ☐ After evening camp go to your own area
- ☐ DO NOT bring anything you are not allowed around the school (will be sent home at parents expense)
- ☐ No knives, axes or hatchets
- ☐ No personal stoves unless pre-approved
- ☐ You are responsible to catch up on schoolwork missed

RESPECT AND SPORTSMANSHIP

- ☐ No one is responsible for the weather, make the best of it - a little adversity is good character building
- ☐ Encouragement only! No blame or put-downs
- ☐ Be helpful, do your share and a bit more
- ☐ Be cheerful, it will help cheer others up (some may be homesick, tired, cold, bored afraid)
- ☐ Behave so that other students, teachers, volunteers are glad to have you along
- ☐ Participate in activities with a good attitude and you will get a lot out of them
- ☐ Do not walk through others camp
- ☐ Respect the environment, wildlife, other persons and their property
- ☐ Quiet after bed time so others can sleep
- ☐ No foul or impolite language please,

KEEPING WARM AND DRY

- ☐ Bring warm sleeping bags
- ☐ Bring warm clothes, hikers, thick socks, warm hat and RAIN GEAR and put it on before it rains
- ☐ Do not put wet clothes on or near sleeping bags
- ☐ Wear clean/dry clothes to bed
- ☐ An insulating pad under you is an essential

YOUR TENT

- ☐ Anchor pegs towards the tent
- ☐ Keep zippers closed at all times
- ☐ Build on high flat ground & remove rocks
- ☐ Keep it tidy
- ☐ Be careful with zippers, show appreciation to owner of tent by taking good care of it
- ☐ Take pride in your site, you will have to clean it up for inspection anyways

WILDLIFE

- ☐ No food in tent
- ☐ All food, scraps and fragrances in bear bin

FIRE

- ☐ Do not waste wood
- ☐ Do not have fire close to flammable objects, such as nylon
- ☐ Beware drying things, once they dry they will burn
- ☐ Do not play with matches or fire
- ☐ Use kitchen manners around fire (no roughhousing)
- ☐ Do not burn plastic etc, fumes are poisonous to breathe and on food

SANITATION

- ☐ Wash all dishes immediately after cooking, stack out of way
- ☐ For elimination of body waste
 - use outhouse when possible
 - bury all waste properly
 - not near water (50m distance),
 - wash/disinfect your hands afterwards

CARE OF EQUIPMENT

- ☐ Do not leave stuff laying around, put it where you will see it
- ☐ Hang up wet clothes to dry
- ☐ Keep track of school's equipment,

ENVIRONMENTAL CONCERNS

- ☐ Do not cut or use wood from any standing trees
- ☐ No littering - pick up any you find
- ☐ Always leave the camp better than you found it
- ☐ On the last day - make sure site gets checked before you leave
- ☐ Do not feed, bother or harm animals

Anyone who is not actively involved in making this trip educational, enjoyable and safe for themselves and others will be sent home at their parents expense.

Name: _____

Date: _____