

## **Appalachian Trail - Mt Washington State Forest**

### **Massachusetts Department of Environmental Conservation**

In the case of emergency in the front-country, call **911**. For backcountry/sat phone calls, first contact

Berkshire Mountain Search and Rescue Team at **(413) 442-0512 OR (413) 445-4559**

#### **NON-EMERGENCY CONTACTS**

Mt. Washington State Forest Office – (413) 528-0330 [M-F 9:30 - 4:30]

#### **CAMP CONTACTS**

Camp Hi-Rock Office – (413) 528-1227

#### **CALL PROCEDURE**

1) Expedition and group name

YMCA BOLD/GOLD from Camp Hi-Rock

2) Situation color

**GREEN LIGHT** – Situation is normal. Team is reporting from the field.

**YELLOW LIGHT** – An incident has occurred that may or may not call for assistance.

Prepare for a response.

**RED LIGHT** – This is a life and limb emergency. Evacuation required.

3) Location

We will be hiking along the Appalachian Trail 17.3 miles- **Full itinerary and campsite information will be shared with families after registration.**

#### **EVACUATION RESOURCES**

Along the trail there are four evacuation routes. – **Further information on evacuation routes will be shared with families after registration.**

#### **NEAREST HOSPITAL**

**The nearest hospital or urgent care center to AT intersection with 44 in Salisbury:**

Sharon Hospital  
50 Hospital Hill Road  
Sharon, CT 06069  
(860) 364-4000

**The nearest hospital or urgent care center to Jug End Road:**

Fairview Hospital  
29 Lewis Ave  
Great Barrington, MA 01230  
(413) 528-8600

### MINIMUM STAFF TO CAMPER RATIOS FOR OUT OF CAMP TRIPS

A minimum of two staff will accompany all out of camp trips. Furthermore, camper to staff ratios on out of camp trips will be maintained at levels at least equal to those mentioned above under "Staff to Camper Ratios." Staff will provide direct supervision to campers on out-of-camp trips at all times, in their immediate vicinity.

### MEDICAL CARE ON TRIPS OUT OF MAIN CAMP (INCLUDING HIKES AND OVERNIGHTS)

Any camper trip outside of main camp must ensure adequate access to medical assistance, should the need arise. *Trips within radio communication but off main camp* must include someone trained in first aid and CPR. They must carry a radio in order to call for help from the nurse as needed. They must check with the nurse before departure to find out if any medications must be taken on the hike such as an inhaler or an EpiPen or in the case of an overnight such as a nighttime medication which must be taken at bed time. *Trips beyond radio communication* must carry a cellular phone or satellite phone in order to enable staff to call for help when the phone has a signal. Trips beyond radio communication and in a situation where access to EMS would be less than 60 minutes must be accompanied by Wilderness First Responder, EMT or registered nurse. Any trip to a location where access to EMS will be more than 60 minutes must be accompanied by a Wilderness First Responder.

### CAMPER CODE OF CONDUCT DURING OUT-OF-CAMP TRIPS

Campers will be expected to follow the Camp Hi-Rock Code of Conduct whether on or off camp at all times.

### PROCEDURES FOR DISRUPTION OF THE ITINERARY/MISSING CAMPER ON OUT-OF-CAMP TRIP

A written itinerary with arrival and departure times, route to be taken, inclement weather plans (if applicable) and a list of participants will be kept on file at camp and a copy will be provided to parents or guardians for trips other than those for the sole purpose of providing transport to and from camp. The sources of emergency care such as hospitals, police and park patrol, and the method of communicating with them shall be identified for each point on the itinerary prior to departure, and shall be included in the written itinerary. The staff will inform all campers that if they become separated from the group in the wilderness or a rural setting they are to remain in place until found. If they become separated from the group in an urban or public environment, they should find the nearest pay phone and contact the police department (calling 911). All participants will be made aware of the name of their base location before departing for an activity. Trip staff will contact the executive director or his or her designee within fifteen minutes if a camper is found to be missing on an out-of-camp trip. The executive director will work with the trip leaders to determine at what point police, other local authorities and camper parents should be notified in the event of a missing camper. Notification will take place within no more than one hour of the time at which the camper is discovered to be missing.

The staff will contact camp with any issues affecting participation in a trip. Parents of campers who cannot complete a trip due to an illness, injury, or behavior issue will be contacted as soon as possible to determine the best scenario for dealing with the situation. Campers who cannot continue the trip due to an illness or injury will be taken to the nearest hospital, if necessary. Camp staff will provide transportation back to camp for pick-up by the parent for any camper unable to complete the trip due to an injury or illness. The camper/staff ratios established in the Camp Staff Manual will be adhered to on all vehicle runs and off camp trips. All trips are to be pre-approved by the Administrative Director responsible for that program.

### BOLD GOLD- ELIBILITY REQUIREMENTS & DEGREE OF CHALLENGE

Campers on the BOLD GOLD trip will be expected to be able to carry 30 pound packs for about 4 miles a day. Hazards include heat and cold exposure, dehydration, precipices, predatory mammals, rivers and lakes, remote setting, rough terrain, severe and prolonged weather. Emergency procedures, safety pre-trip orientation and the camper code of conduct will be adhered as general precautions.

### OUT-OF-CAMP EMERGENCY PROCEDURES

YMCA Camp Hi-Rock staff are certified in CPR and First Aid. They are expected to perform to their abilities during an emergency. Any emergency shall be dealt with in the following manner:

1. YMCA Camp Hi-Rock staff shall secure all campers in a safe environment and do a camper count
2. If necessary, professional medical/emergency personnel shall be contacted.
3. YMCA Camp Hi-Rock staff shall perform to the level of their medical training.
4. YMCA Camp Hi-Rock staff shall contact the camp as soon as possible.
5. YMCA Camp Hi-Rock staff are not to discuss the situation with anyone without specific instructions from camp (i.e., the media, the public, camper parents, etc.)

### INCLEMENT WEATHER EMERGENCIES

In the event severe weather occurs without enough warning to get inside the shelters, staff and campers should get into a ditch or other low area and wait out the situation. If campers and staff are next to a hut on the trail, campers should shelter in place inside the hut. Camping groups should stay where they are in the event of a dangerous situation so the group does not get separated. The possibility of injury increases due to being out and moving through the woods.

### PRE-TRIP ORIENTATION

All campers will participate in a pre-trip orientation prior to departure. This will include Safety Regulations, First Aid Procedures, and Aquatic Procedures. An orientation to the specific facility rules will occur upon arrival.

- I. Safety Regulations

1. Before leaving a vehicle, the staff will designate a meeting place and time to meet if anyone becomes separated from the group. Campers are instructed to find the nearest phone, call camp, and stay at the phone if they cannot find the meeting place. Camp will call 911 to help the camper if appropriate.
2. All campers and staff will properly use or securely wear the appropriate safety equipment necessary for individual activities. This includes, but is not limited to, life jackets, helmets, and harnesses.
3. Staff should be in visual or auditory contact with campers at all times. Campers are not allowed to freely roam through town, museums, or other public areas without the direct supervision of a staff member. Campers must inform staff members before leaving the campsite or group to go to the bathroom, shower, etc. It is the responsibility of the camper and the staff to be sure everyone knows where everyone else is at all times.
4. Everyone will always wear seat belts and remain seated while the vehicle is in motion.
5. Health forms for everyone involved must be with the group at all times.
6. Campers will follow the request of staff members and hired guides at all times.
7. A staff member should never be alone, unable to be seen or heard, with a camper.
8. Staff will make sure a restroom is not occupied by unknown individuals before allowing campers to use the facilities. Staff will stand in the doorway while campers are using the restroom. This policy allow privacy for the campers and protection for the staff (\*not being alone with a camper). No camper should ever enter a bathroom alone on a trip. Always send campers in pairs and whenever possible, with a staff.
9. If approached by a stranger, campers are instructed to notify a staff who will deal with the situation.

## II. Out-Of-Camp First Aid Procedures

Before departing from camp, the YMCA Camp Hi-Rock staff will schedule a time to discuss any camper health issues with the Camp Nurse. The Leaders will receive a stocked first aid kit, instruction on dispensing prescription medications, and copies of the health forms for all campers and staff members.

1. YMCA Camp Hi-Rock staff are to handle first aid situations to the level they have been certified
2. Universal Precautions will be followed at all times for dealing with bodily fluids.
3. Every injury needs to be documented on an Accident Report. These reports will be filed with the Nurse upon returning to camp. The campers will be made available to the Nurse to examine any injuries that need attention.
4. All medications will be kept in a secure place by the YMCA Camp Hi-Rock staff.
5. Anyone suffering from an injury or illness needing medical attention beyond the training of the YMCA Camp Hi-Rock staff will be taken to the nearest hospital. The Trip Leader will contact camp at the earliest opportunity.

**TRIP ITINERARY**

Day 1 - Hike 4.0 miles

Day 2 - Hike 2.2 miles

Day 3 - Hike 5.0 miles

Day 4 - Hike 2.0 miles

Day 5 - Hike 3.5 miles