



HEALTH & SAFETY & EMERGENCY RESPONSE PLAN

PWGSC Canadian Shoreline Clean Up Cowichan River, 14-16 September 2005

1. Emergency Contacts & Services

Trip Leader: Collin Kingman, cell 604-209-6424

Water Safety Leader & First Aid Attendant: Andrew Mylly, cell 604-329-3305

2nd First Aid Attendant (water): Megan Shannon, cell 604-219-4251

3rd First Aid Attendant (land): Melissa Szybel, cell 250-888-7357

Emergency Services: Dial 9-1-1

Emergency Medical Services:

Brookside Medical Clinic
46 Stanley Road, Lake Cowichan
250-749-4114

Cowichan District Hospital
3045 Gibbins Road
Duncan, BC V9L 1E5
250-746-4141

Alternates:

Silver Fern Medical Clinic
160 Jubilee Street, Duncan
250-709-9600

Nanaimo Regional General Hospital
1200 Dufferin Crescent, Nanaimo
250-754-2141

Fire Department:

Lake Cowichan Fire Department
North Shore Road, Lake Cowichan
Fire Chief Dick Newman: 250-715-3530 (pager), 250-749-3938 (home)

Police:

Royal Canadian Mounted Police
70 Stanley Road, Lake Cowichan
250-749-6668

Cowichan Lake Research Station:

Don Carson 250-749-6811 ext. 22, cell phone 250-701-5239



2. Accommodations Location

BC Ministry of Forests Cowichan Lake Research Station

Driving Instructions: From highway 1, turn onto highway 18 north of Duncan. After a 20-minute drive you will arrive at Cowichan Lake. If you are in Duncan, locate Canada Avenue and drive along it away from town. When you reach the end of Canada Avenue turn left onto Sherman Road and turn left onto highway 18 when you reach it. Along this route, you will reach Cowichan Lake in about 25 minutes. Once you arrive at Cowichan Lake, turn left on to Kenvir/Cowichan Lake Road, towards Mesachie Lake. This turns into South Shore Road. When you come to Mesachie Lake turn right on to Forestry Road, which ends at the Research Station.

Contact: Don Carson 250-749-6811 ext. 22, cell phone 250-701-5239

3. Clean-Up Location

Cowichan River – Skutz Falls Day Use to 66-Mile Trestle Day Use Area

- Skutz Falls day use area is at intersection of West River Bottom Road and Skutz Falls Road.
- 66-Mile Trestle is located approx. 2.5km to the East along West River Bottom Road
- Alternate take-out is Horseshoe Bend Group Campground, located approx. 1km East along West River Bottom Road; however, the gate is likely locked, so there is a long walk from the river to the road, approx. 1km
- 2nd alternate take-out is Marie Canyon day use area, located approx. 3km East along West River Bottom Road from Skutz Falls
- There will be two groups; one will clean up from the water, using inflatable tubes, a small inflatable raft, and one whitewater kayak. The other group will clean up from land, using the trail on the North side of the river.

4. Primary Hazards

Water:

- Class II-III whitewater rapids
- Log-jams and sweepers
- Foot entrapment in rocks
- Head and spinal cord injuries
- Other blunt trauma injuries from rocks and slipping on rocks
- Cuts and scrapes from sharp rocks, broken glass, metal, or wood
- Drowning
- Hypothermia
- Sunburn & eye strain
- Ingestion of water containing cryptosporidium, giardia, fecal coliforms, or blue-green algae, leading to illness or death
- Contact with schistosomes in water, leading to swimmer's itch

Land:

- Falls; some areas of the foot paths are located at the edge of extremely high cliffs
- Death from falls
- Head or spinal cord injuries
- Other blunt trauma injuries
- Strains or broken bones from slips and falls
- Cuts and scrapes from sharp rocks, broken glass, metal or wood



- Sunburn & eye strain
- Wildlife; bears, coyotes, cougar
- Getting lost; some areas of trail may not be well-marked
- Drowning from falling into the river
- Crime; other humans
- Tick bites leading to Lyme disease
- Eye injuries from tree branches

5. Required Safety Equipment

Water:

- Lifejacket
- Helmet
- Whistle
- Wetsuit, dry suit, or other suitable warm clothing
- Sunscreen
- Sunglasses (optional)
- First aid kit (group)
- Cell phone or radio (group)
- Proper footwear; neoprene boots, river sandals or running shoes
- Work gloves
- Knife (optional – although one required per group)
- Throw bag (group)
- Water bottle & energy bar

Land:

- Lifejacket (optional, but recommended)
- Helmet (optional, but recommended)
- Whistle
- Rain jacket and suitable warm clothing
- Proper footwear; hiking boots or approach shoes
- Sunscreen
- Sunglasses (optional)
- First aid kit (group)
- Cell phone or radio (group)
- Work gloves
- Knife (optional – although one required per group)
- Bear spray
- Water bottle & energy bar

6. General Instructions

- Drive carefully within the posted speed limit
- A designated safety leader and first aid attendant must be appointed for the water group, and also for the land (river side trails) group
- Individuals in a group must stay together, preferably within visual contact at all times, at minimum within audible speaking range
- While at accommodations, use the buddy system when near water
- Lifejackets mandatory for all boating and other water activities
- Act responsibly at all times
- Be aware of your surroundings, watch out for hazards
- One long whistle blast to get someone's attention
- Three long whistle blasts means "Emergency! I need help!"



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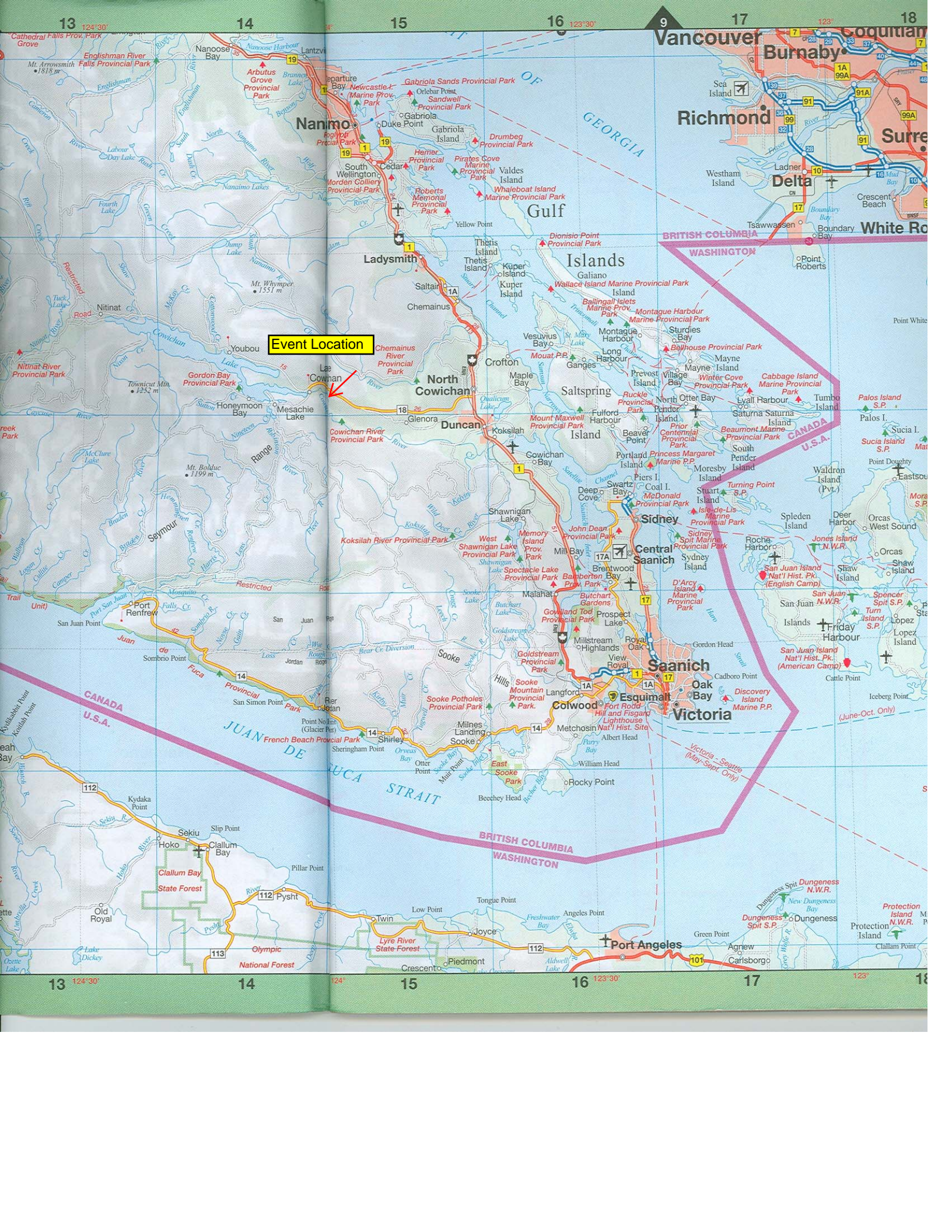
Public Works and
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Canada

Water:

- Obey the water safety leader at all times
- Do not proceed down each rapid until water safety leader has given go-ahead
- A “sweep” person (who will carry first aid kit) will be appointed, who must always be the last person to proceed downstream

END OF DOCUMENT TEXT

SEE MAPS BELOW



Event Location



Vancouver Burnaby Coquitlam

Richmond Delta Surrey

Nanaimo Ladysmith

Gulf Islands

North Cowichan Duncan

Sidney Saanich

Saanich Victoria

Port Angeles

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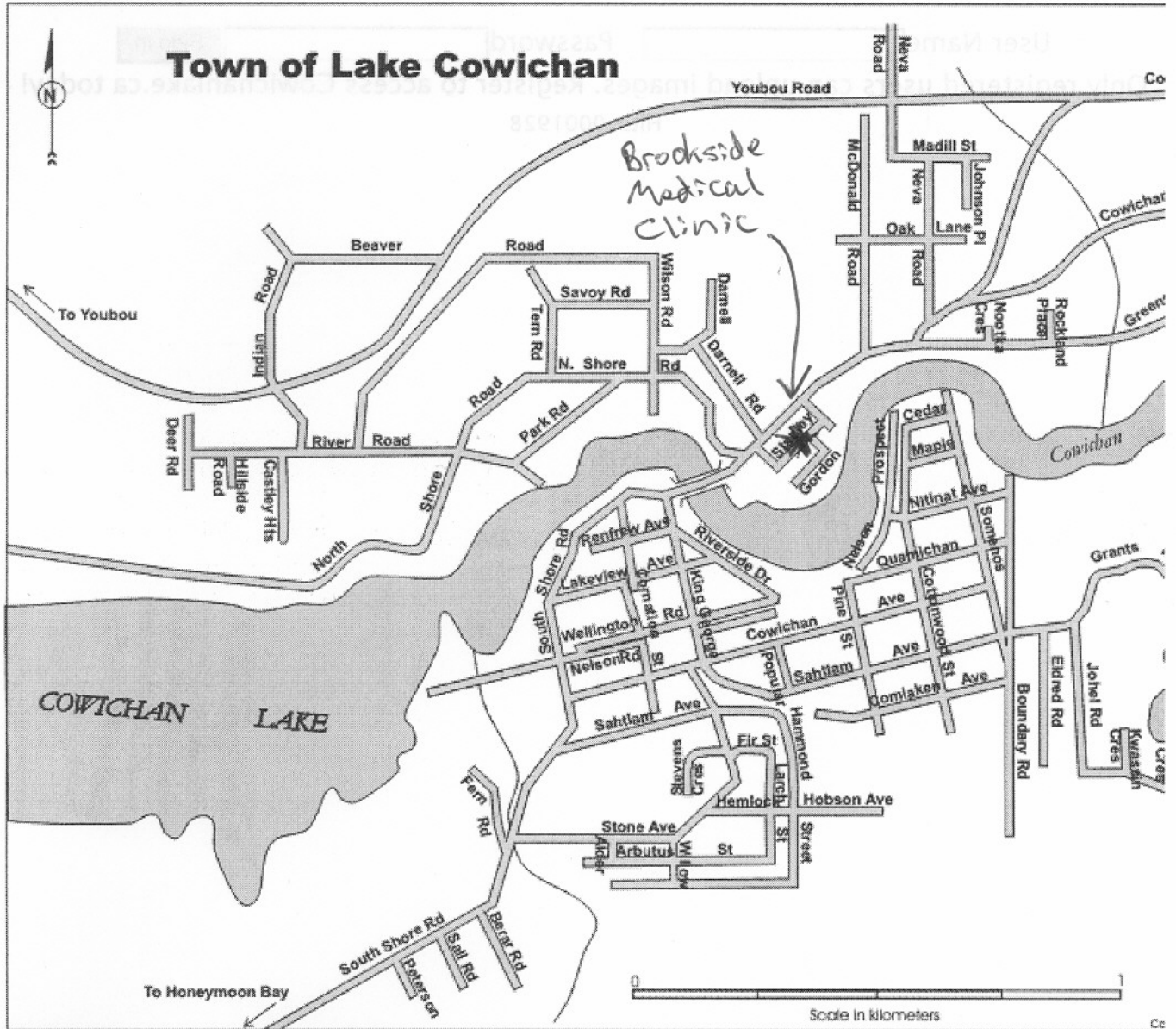
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Cowichan Lake Images - Maps - Images



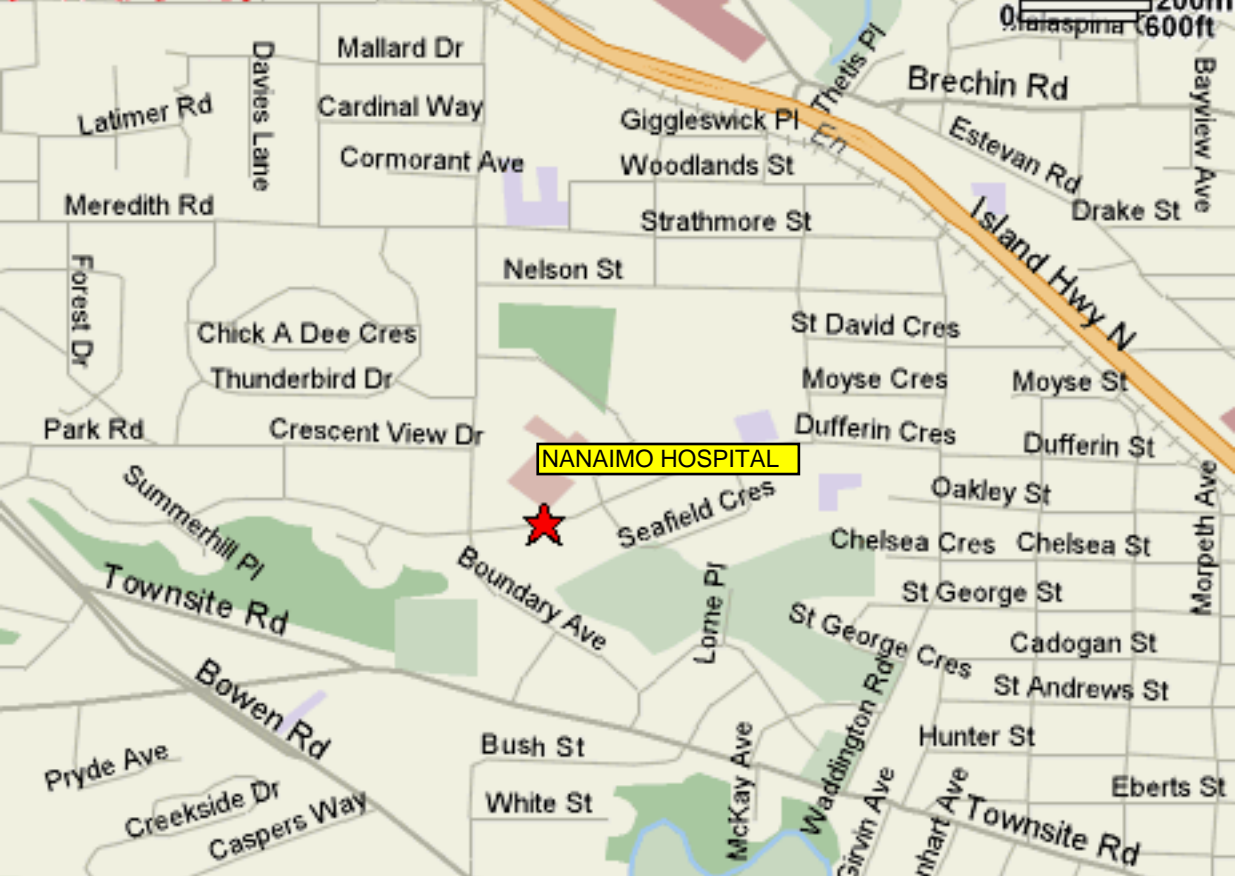
Lake Cowichan
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