

## Hiking Safety Talk Speaking Notes

1. Introduction
2. Stay and Play ... or Load and Go
  - a. When to care: 1-hour+ away from an EMT
  - b. BSA requires Wilderness First Aid – 16+ hrs, at least 1 adult, CPR certified, 2 yrs before re-certification ... do you?
  - c. NOLS – Wilderness First Aid, REI
  - d. NOLS Patient Assessment System
3. The Obvious, The Clear-Cut
  - a. Falls, Scrapes, Broken Bones, Concussions, Spinal Injuries
  - b. Bites, Stings
4. The Deadly & Insidious – “Issues you will ignore because your friends will 100% refuse your help”
  - a. #3 most common cause of injury & death in National Parks ... exposure to heat and cold and the environment (#1 – Drowning, #2 – Car Accidents)
  - b. Heat Stroke
  - c. Hypothermia
  - d. Altitude Sickness
    - i. Symptoms include
      1. Headache, excessive tiredness, reduced coordination, diminishing level of consciousness, escalating to vomiting
      2. In severe cases – in particular after excessive exertion while suffering symptoms – fluid can build up within the lungs, brain, or both – which can be fatal
    - ii. Cure
      1. Go down in elevation
    - iii. Managing the Risk
      1. Drink lots of water 48-hours before the trek
      2. If coming from sea level, spend 24-hours at ~9000’ before commencing trek
      3. Hike as high as you are capable the next day, but only sleep 1000’ above the elevation you slept the prior night
      4. Can consider Diamox (doctor prescription)
      5. Some doctors recommend Ibuprofen
5. Lightening
  - a. It’s real. It’s deadly. Take it seriously. San Geronio or San Antonio in a thunder storm. You’re dead. There’s no “second chance”.
  - b. Stay below treeline
  - c. If above treeline w/ lightening -> run to below treeline very very fast
  - d. a copse of trees is BAD; a dense forest in a depression is the best
  - e. Avoid open fields (below treeline), ridges, passes, being above treeline, lakes
  - f. In worst case ...
    - i. Never shelter below a rock, in a cave
    - ii. Never shelter in a hut or shelter with exposed openings (above treeline)
    - iii. Squat low to the ground; do not lie down; spread 15 ft away from each person; packs and poles should be away from you
    - iv. squat on your insulated sleeping pad
    - v. Spread people out
6. What to Carry – First Aid Kit Contents
7. Your Responsibility for Scouts ... “Someone Else’s Kid”

- a. You are a responsible party ... you are not a vacationer
  - b. Recommend 4 adults for a backpacking trek
  - c. Know the drugs for unaccompanied kids (and adults)
  - d. Speak Up ahead of time ... Far better to talk with parents before the trip than in an emergency
  - e. The wilderness is not the bowling alley ... the hospital is not 15 minutes away via ambulance
  - f. Pushing "SOS" on a Garmin does not mean the cavalry is on its way (immediately)
8. Why should you still go?
- a. It's amazing!
  - b. Everything in life comes with risk ... learn to manage it, not fear it
  - c. Training builds Competence which builds Confidence
  - d. Because what you're giving the scouts is a life changing experience
9. Hiking Alone
- a. Low Likelihood of Risk ... But cataclysmic level of impact if realized
  - b. It's not just about the risk you accept ... it's about the risk you are putting all of your rescue providers in ... not to mention your loved ones
  - c. Cell phones are not reliable; if this is your answer, you are a fool
  - d. Carry Garmin InReach – subscription plan
  - e. Tell people where you will be ... by when
  - f. Carry a legitimate pack
    - i. My troop can't stand trail runners ... here's why (Darryl's story of tent invader, my own experience on hikes)
    - ii. Carry a sleeping bag, headlamp, extra food, water filter, first aid kit, physical map & compass
  - g. You are not just taking sole responsibility for your life ... you are taking responsibility for the other people who will seek to save you