



BOW RIVER (AB)

Ghost Dam to Wildcat Gasplant

River Description: Class I-II wide river with several good eddies. Two fun class II rapids. Takes a couple hours at group pace.

EMERGENCY ACTION PLAN

Contact Numbers:

Emergency Services: 911

Club Safety Officer: 403-991-3139

River

Date

Section

Time In

Time Out

Mobile Phones:

Other Notes:

Number	Owner	Location
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Number	Owner	Location
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Participants:

TRIP LEADER	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
ASSISTANT TRIP LEADER	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 1	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 2	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 3	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 4	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP



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PARTICIPANT # 5	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 6	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 7	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 8	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 9	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 10	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 11	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP
PARTICIPANT # 12	MEDICAL ISSUES	EMERGENCY CONTACT NAME
NAME		CONTACT NUMBER
		RELATIONSHIP

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IN CASE OF EMERGENCY—Life Threatening

1. Ensure self is safe
2. Ensure no others in danger
3. Call emergency services: 911
4. Stabilize the victim—administer first aid if required (ABC's)
5. Gather all paddlers near victim extraction point
6. Prepare victim for extraction
7. Collect critical information from medical responders
8. Complete trip in the most safe and timely manner
9. Contact club safety officer to update on incident
10. Contact victim's emergency contact and update on incident
11. Fill out club incident report

IN CASE OF EMERGENCY—Non Life Threatening

1. Ensure self is safe
2. Ensure no others in danger
3. Stabilize the victim—administer first aid if required (ABC's)
4. Gather all paddlers near victim extraction point
5. If victim is able to paddle then complete trip in the most safe and timely manner
6. If victim is not able to paddle, walk to put-in or take-out (whichever is closer)
7. Re-evaluate the injury and determine if further care is needed
8. Fill out club incident report
9. Follow up with victim for update

River Information

PUT IN — From Cochrane, Alberta ♦

Coordinates—

1. Head West on Bow Valley Trail/AB-1AW (22.4km)
2. Turn left before Cottage Club Ghost Lake
3. Follow road to dam (Trans Alta Ghost Dam)

TAKE OUT — From Turner Valley ♦

Coordinates—

1. Head West on Bow Valley Trail/AB-1AW (14.2 km)
2. Turn left onto Range Rd 54 (1.2 km)

River Access Points:	River Classification:	Important Information:
J[Bridge	=>R Rapid (include difficulty RI to RVI)	→ H Direction To Hospital
JD Dam	→ Direction Of Water Flow	→ PH Direction To Pay Phone
— Paved --- Dirt Road	...P Portage (include distance)	◆ Evacuation Options:
.... Trail		

