

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.

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

Number

Owner

Location

Participants:

TRIP LEADER

NAME

MEDICAL ISSUES

EMERGENCY CONTACT NAME

CONTACT NUMBER

RELATIONSHIP

ASSISTANT TRIP LEADER

NAME

MEDICAL ISSUES

EMERGENCY CONTACT NAME

CONTACT NUMBER

RELATIONSHIP

PARTICIPANT # 1

NAME

MEDICAL ISSUES

EMERGENCY CONTACT NAME

CONTACT NUMBER

RELATIONSHIP

PARTICIPANT # 2

NAME

MEDICAL ISSUES

EMERGENCY CONTACT NAME

CONTACT NUMBER

RELATIONSHIP

PARTICIPANT # 3

NAME

MEDICAL ISSUES

EMERGENCY CONTACT NAME

CONTACT NUMBER

RELATIONSHIP

PARTICIPANT # 4

NAME

MEDICAL ISSUES

EMERGENCY CONTACT NAME

CONTACT NUMBER

RELATIONSHIP

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

[[Bridge
]D Dam
 — Paved --- Dirt Road
 Trail

River Classification:

=>R Rapid (include difficulty RI to RVI)
 → Direction Of Water Flow
 ...P Portage (include distance)

Important Information:

→ H Direction To Hospital
 → PH Direction To Pay Phone
 ♥ Evacuation Options:

