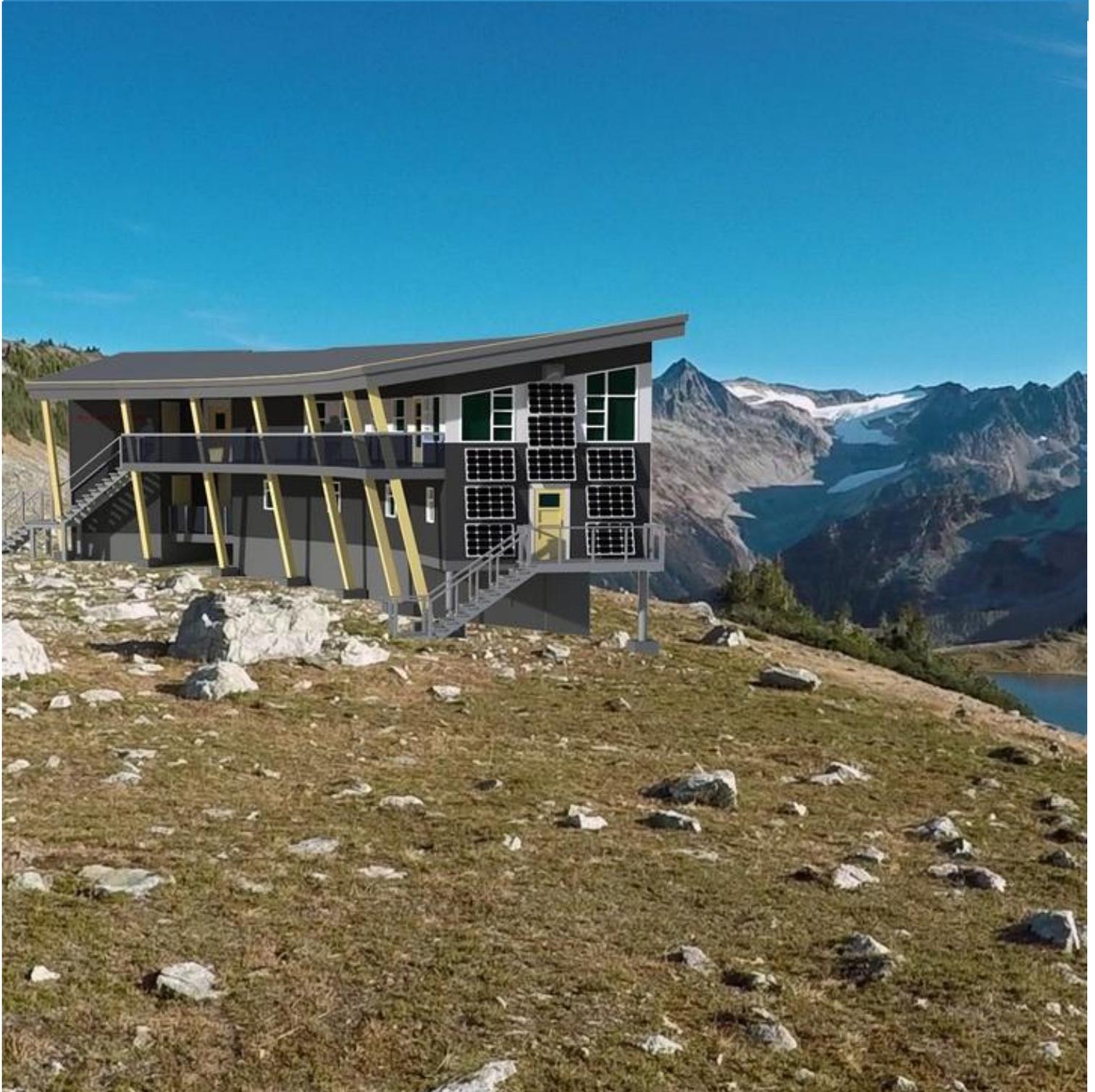


# ORIENTATION PACKAGE

## Spearhead Huts System – Summer 2019

### Construction of the Kees and Claire Hut



## TABLE OF CONTENTS

WELCOME .....	3
PREPARATION FOR VOLUNTEERING.....	3
PROJECT SCHEDULE .....	3
PROJECT LOCATION AND WEATHER.....	4
KEY PERSONNEL.....	4
HOW TO TRAVEL TO THE SITE .....	5
WHAT TO EXPECT AT CAMP .....	5
PUBLIC SAFETY AND TRAIL CLOSURES.....	7
GEAR LISTS.....	8
WHAT GEAR IS PROVIDED .....	8
WHAT TO BRING .....	8
WHAT NOT TO BRING.....	8
SITE SAFETY – RIGHTS AND RESPONSIBILITIES .....	9
SAFETY AND EMERGENCY PREPAREDNESS .....	9
EMERGENCY RESPONSE AND EVACUATION PROCEDURES .....	9
WARNING AND COMMUNICATION SYSTEMS .....	10
FIRE PROTECTION .....	10
HELICOPTER SAFETY .....	10
PROTECTION OF WILDLIFE AND VEGETATION.....	11
BEAR SAFETY .....	11
CONSTRUCTION HAZARDS .....	12
ENVIRONMENTAL HAZARDS .....	12
FIRST AID AND SAFETY EQUIPMENT .....	14
CONTACT LISTS.....	15

## WELCOME

Thank you for helping with the construction of the Kees and Claire Hut... the first of three huts in the Spearhead Huts System. The location of the hut is in Garibaldi Provincial Park, near Whistler, BC on the ridge above Russet Lake.

BC Parks, as the governing authority in the park, issued a park-use-permit for the Spearhead Huts System in February 2016. The holder of the permit is the Alpine Club of Canada – Whistler Section (ACC-W). ACC-W has engaged the Spearhead Huts Society to build and operate the huts. Currently, the Alpine Club of Canada – Whistler and Vancouver Sections, the BC Mountaineering Club, and the Kees and Claire Memorial Hut Society are all partners in the society.

This has been a multi-year volunteer-driven project, so we really appreciate your support and assistance to help make the Spearhead Huts a reality.

The Kees and Claire Hut is named in honour of Kees Brenninkmeyer and Claire Dixon. To learn more about their lives, see: <http://www.spearheadhuts.org/dedication/kees-and-claire/>

For more information about the Spearhead Huts System, see: [www.spearheadhuts.org](http://www.spearheadhuts.org)

For a wonderful promotional video, see: <https://vimeo.com/163178020>

For a slideshow of the Summer 2017 construction work, see: <http://www.spearheadhuts.org/gallery/>

## PREPARATION FOR VOLUNTEERING

Please read this Orientation Package very carefully before your volunteer shift. It contains important information on safety and the environment. Two other documents will govern activities on site. These are the Construction and Works Safety Plan and the Construction Environmental Management Plan. Copies are available on request.

Our volunteer coordinators will provide information about the specific tasks that will occur during your shift and the skills that will be needed to participate. They can provide further guidance on what to expect and what to bring. If you have any questions or concerns, please contact the volunteer coordinators. See the Contact List on page 15:

## PROJECT SCHEDULE

The hut will be built over three summers in 2017, 2018 and 2019, with the anticipation of opening to the public for the 2019/2020 ski season. However many factors will affect this schedule.

Tasks in 2017 are: excavation, foundations and wastewater dispersion field.

Tasks in 2018 are:

- Hut framing
- Windows and doors
- Roofing, cladding and trims
- Decks and stairs

Tasks in 2019 are:

- Interior framing
- Toilets
- Propane power and gas fitting
- Electrical distribution and lighting
- Heating and ventilating
- Plumbing and septic
- Interior finishes
- Kitchen, bunks and millwork
- Furniture and fittings

## PROJECT LOCATION AND WEATHER

The Kees and Claire Hut is being constructed in the alpine, on a ridge to the west of Russet Lake, in Garibaldi Provincial Park, near Whistler, BC. This location is in the Fitzsimmons Range at an altitude of 1967 meters. The site is accessible by summer trail and on skis in winter. It is approximately 3 to 4 hours to hike from the Roundhouse on Whistler Mountain to the site over the Musical Bumps.

The location of the hut site means that all materials and equipment must be flown in by helicopter. Many workers, consultants, sub-trades, and inspectors must also be flown in. Most volunteers will be asked to walk in.

While a full camp will be set up on site, workers will nevertheless be active out of doors all day and exposed to the environment. Weather can be unpredictable and change rapidly in the mountains. All workers should be prepared for a full range of temperatures and conditions: hot sun, rain, snow. Snow can fall during any season creating hazardous work conditions as well as making access to the location more difficult.

The remote nature of the site means that medical help is a great distance away. Weather can limit visibility which may prevent helicopter access to the location in the case of an emergency.

## KEY PERSONNEL

The following people will fulfill key roles:

### **Project Manager – Reid Madiuk**

Reid will be managing the overall project from town and will support the Site Supervisors, ensuring that they have all the tools and materials, personnel and trades people needed for each work task.

### **Site Supervisors – Trevor MacDonald, Reid Madiuk, Tasso Lazaridis**

One of several Site Supervisors will be on site full-time during construction directing the activities. The Site Supervisor will oversee the physical construction site, the work and all of the workers. He will be responsible for implementing the Construction and Works Safety Plan, the Construction Environmental Management Plan, maintaining WorkSafe BC requirements, monitoring construction activities and hazards, and reporting to the Project Manager. The Site Supervisor will ensure that workers receive adequate training to perform any assigned task. He will deliver the Site Safety and Environmental Orientation to all workers when they first arrive. He will also give daily safety briefings.

### **Camp Catering Managers – Kim Eijdenberg, Marlene Ford, and other volunteer cooks**

The Camp Managers will be responsible for the overall operation of the Camp and providing meals for all workers. They will ensure that camp activities are done in an environmentally sensitive manner and in accordance with the Construction Environmental Management Plan and WorkSafe BC requirements.

### **First Aid Attendants**

All of the Site Supervisors have Occupational First Aid – Level 1 training, in accordance with WorkSafe BC requirements.

### **Staging Area Manager – Rhonda Netzel, Brent Henderson, Tim Cowin, Rupert Merer**

This team and other volunteers will oversee our helicopter staging areas at the Whistler Heliport and at the base of Harmony Chair on Whistler Mountain. They will prepare all of the materials for netloads and long-lines into the site.

## HOW TO TRAVEL TO THE SITE

**By Helicopter:** Meet at Blackcomb Helicopters office at the Whistler Municipal Heliport. Meeting and departure times may change. Instructions will be sent by email. In July when there is lots of snow on the ground, people will fly in and out by helicopters, according to a published shift schedule. Most flights will occur on Monday and Friday mornings.

People will meet at the Whistler Municipal Heliport on Highway 99, north of the Rainbow Subdivision and Green Lake. (See map below.) Overnight parking is available in the gravel lot north of Blackcomb Helicopters' office. Please arrive on time, so you can dress, pack and be ready to go. The group will sign waivers inside the office and go through their safety briefing.

After the safety briefing, a few people may be driven to the helicopter staging area at the base of Harmony Chair on Whistler Mountain and fly from there.

**On Foot:** Meet outside the Guest Relations office, next to the Whistler Village gondola at a designated time. In August once snow has left the ground, some people will walk to the site from the Roundhouse at Whistler Mountain. The walking time required is about 4 hours. Whistler Blackcomb has authorized complimentary gondola lift tickets up Whistler Mountain for all our volunteers. Volunteers will be sent a code number to give to the sales person at the ticket booth, in order to get the free ticket.

Pick up a hiking map. There are two main options leaving the Roundhouse:

- Take the Peak Chair to the top of Whistler Mtn. and then hike Matthew's Traverse Road eastward. Join the Half Note Trail and then the High Note Trail, and finally take the Musical Bumps Trail to the top of Flute and continue eastward.
- Follow the Harmony Meadows Trail into Harmony Basin and join the High Note Trail to the top of Piccolo and then join the Musical Bumps Trail and continue eastward.

**We strongly advise that people hiking in leave Whistler Village no later than 1pm, to allow plenty of time to reach the camp in time for dinner and before dark.**

## WHAT TO EXPECT AT CAMP

A full camp will be set up a short distance away from the hut footprint. There will be a large kitchen tent and mess tent. The kitchen will be fully outfitted and the Camp Managers will provide all of the cooking for breakfast, lunch and dinner for everyone. They will also be in charge of potable water and the handling of wastewater and garbage. All food and garbage must be stored in bear-proof bins. The area must be kept clean and orderly at all times to minimize any attractants for wildlife. Please help the Camp Managers with all of their activities.

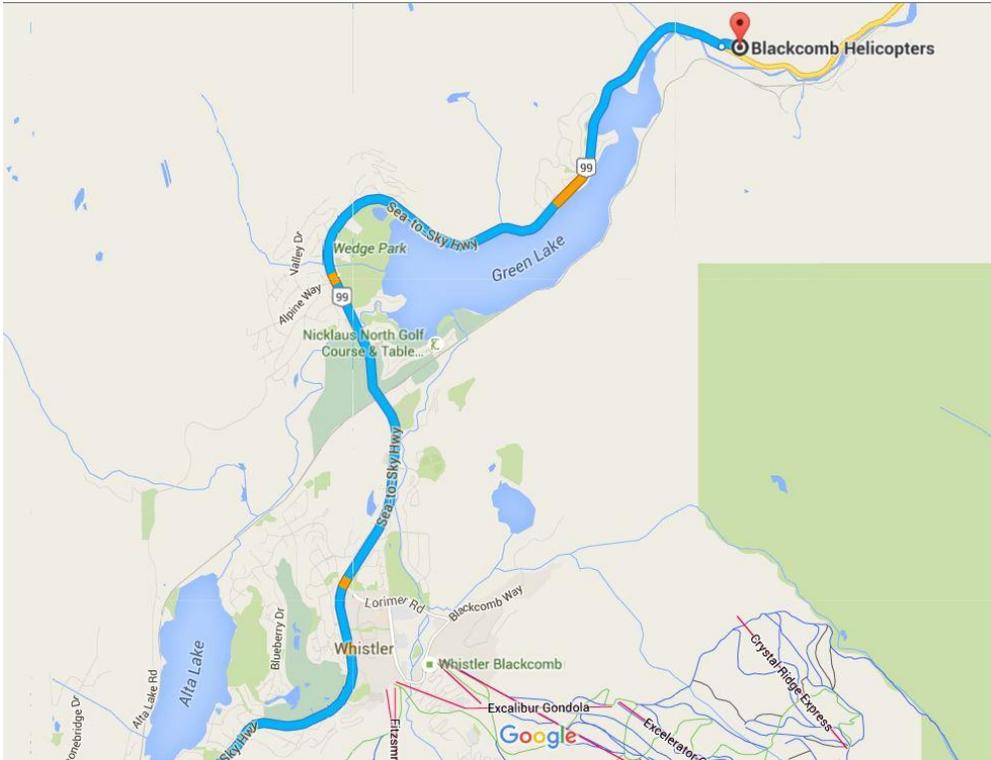
Several 3-person tents will provide sleeping accommodation, with 2 workers sharing a tent. A portable toilet will be flown to the site and installed. A large Site Office tent will serve the Site Supervisor and provide storage space for tools and equipment.

There will be a designated First Aid Station with a full outfit of supplies and equipment. All of the Site Supervisors have first aid training: Occupational First Aid, level 1.

The camp and construction site will be well defined and we ask that everyone stay on designated paths and trails. The only way down to Russet Lake will be by the existing summer trail that leads to the Himmelsbach Hut. The lake is 400 meters away and 90 meters lower in elevation.

Nearby groupings of trees will be fenced off to protect them. The slope to the east of the hut site will be fenced off to stop people and materials from going down that slope towards the lake, where there is a large marmot population.

The helicopter landing area will be located a safe distance away to the southwest of the camp and hut site. Nevertheless, some disruption from the downdraft of arrivals and departures should be expected and prepared for.



Location of Blackcomb Helicopters at the Whistler Heliport, north of Green Lake on the west side of the highway



Google Earth image of the Kees and Claire Hut site relative to Whistler and the Heliport  
Staging Area will be at the base of Harmony Chair on Whistler Mountain

## Kees and Claire Hut Site



The above Google Earth image shows the location of the Kees and Claire Hut, just uphill and to the west of Russet Lake. The white line represents the existing summer trail from Whistler Village. The trail climbs from Singing Pass to the hut site and then descends to the lake and the existing Himmelsbach Hut. Grey areas in the image are broken rock and talus. These areas are commonly under snow the longest. Rust-coloured patches are areas of sedge and heather and a variety of wild flowers. There are just a few small groupings of trees, mostly alpine firs. Key features in the image are: the Worker Camp, the Helicopter Landing Area, and the Material Lay-down Area. These will be adjusted on site, given the current conditions. The waterline will be built in the future for the operation of the hut.

### PUBLIC SAFETY AND TRAIL CLOSURES

The public will continue to visit and use the Russet Lake area. The summer trail passes immediately on the north side of the camp. It comes from Whistler Village via Singing Pass and descends to the Himmelsbach Hut at Russet Lake. The lake is 400 meters away and 90 meters lower than the hut site. The public will continue to use this trail all summer long and our camp should not impede public use in any way. The construction work will be managed to minimize any impact on the public and their enjoyment of the area.

For safety reasons, the public will not be allowed to access the construction site. They may wonder what is occurring. Please help us communicate information about the project in a positive manner. Some tasks, like helicopter craning, may require short trail closures. The Site Supervisor will manage these closures and give instructions to spotters to hike down the trail and temporarily block passage for a set period of time. Long closures are not anticipated but if necessary, workers may be assigned to escort public off-trail safely around the work.

## GEAR LISTS

### WHAT GEAR IS PROVIDED

Tents for sleeping (two people will share) and air mattresses.

All kitchen equipment, food and drink.

**\*\*Let us know if you have any food allergies or food restrictions, atleast one week before your shift.\*\***

First Aid: A First Aid station with Occupational FA - Level 3 supplies and equipment.

VHF Radio: For communication with pilots and SAR in an emergency (Site Supervisor use only).

Safety Gear: The following Personal Protective Equipment (PPE) will be provided for individual use.

If you happen to own your own, please bring it.

- hard hats and work gloves
- protective ear plugs and safety glasses
- dust or filter masks and safety vests
- ropes, harnesses, as required for fall protection

### WHAT TO BRING

Please bring the minimum to the site. If you are flying, weight and volume are both a concern. Small items fit better into the helicopter, then large ones, so please pack items in one or two small soft-sided stuff sacks or daypacks. Do not bring a single large overnight pack or hard-sided container. No boxes or bins. Please don't attach loose hard items to the outside of your pack. Label your bags with your name.

- Sleeping bag
- Heavy leather hiking boots ...or... CSA approved safety footwear
- Light-weight hiking shoes (optional for after work hours)
- Personal clothes:
  - full-length pants for working
  - warm shirt with full-length sleeves for working
  - t-shirts with sleeves
  - warm fleece jacket or warm puffy (old, suitable for work)
  - waterproof breathable jacket (old, suitable for work)
  - rain jacket and rain pants
  - heavy socks, with light liner socks, underwear, long underwear
  - clothes for sleeping in
  - clothes for evenings: clean pants, shorts, shirts to change into
- Small hand towel, toiletries and personal medications, tooth brush & paste
- Sun Protection: sun hat, sun glasses, sunscreen and lip salve
- Cold Weather Protection: toque, gloves
- Bug spray
- Work Protection: heavy work gloves, ear plugs, protective eye glasses (if you have them)
- Tool belt and a few hand tools (if you have them), your own measuring tape and pencil
- Flashlight or headlamp with good batteries
- Camera and several batteries (There will not be any chance to recharge batteries at the site.)
- Cellphone (There is both Rogers and Telus service at the site.)
- Water bottle, mug or thermal cup
- Small snacks, such as granola bars, energy bars and chocolate (for in between meals)

### WHAT NOT TO BRING

- Tent or thermarest/foampad
- Stove, pots or food
- Skis or snowshoes
- Alcohol, drugs or cigarettes
- Any material that might pose a risk to the environment or a fire risk

## SITE SAFETY – RIGHTS AND RESPONSIBILITIES

We are committed to protecting the well-being of everyone who takes part in the construction. Our goal is to provide a safe, healthy and happy workplace. Everyone will receive this Orientation Package prior to arriving on site. Please read it carefully and contact us if you have any questions or concerns. A Site Orientation will also be given by the Site Supervisor, when workers first arrive on site. This will include a review of all safety and environmental protection procedures. Safety briefings will also take place, as required for new tasks or new working conditions.

You have the right to:

- refuse work that you feel you are unsuited for or are uncomfortable doing
- refuse work that you feel is unsafe or stop any unsafe work by others

You are responsible for:

- following all instructions of the Site Supervisor and Camp Manager
- using all Personal Protection Equipment (PPE) as required when instructed
- understanding and following all site safety and emergency procedures.
- reporting any unsafe situation or condition that you observe to the Site Supervisor
- reporting any emergency, accident or near-miss to the Site Supervisor
- telling the Site Supervisor if you are injured or ill
- protecting the environment (soil, water, vegetation, and wildlife) from all risks
- keeping the site and camp clean and orderly at all times
- storing and disposing of garbage in the appropriate locations, as instructed

## SAFETY AND EMERGENCY PREPAREDNESS

Workers arriving on site will receive a Site Orientation which will include a review of the physical set-up of the site, all the Orientation Package materials, and an overview of safety and environmental procedures.

As work begins, workers will receive the appropriate level of training from the Site Supervisor to perform their assigned tasks in a safe manner. Briefings will occur as required at the start of new tasks, highlighting any hazards and the personal and environmental protective measures to be taken. The briefings will be in the form of a discussion to encourage feedback and participation.

## EMERGENCY RESPONSE AND EVACUATION PROCEDURES

**Illness:** In the event that a worker becomes ill at the site, the First Aid Attendant and Camp Manager will oversee their condition and ensure they get rest, shade, water, food and all else to improve their health. If the worker chooses to leave the site, the Site Supervisor or Camp Manager will ensure that they are sufficiently well to be escorted on foot. Alternatively the worker may be flown out by helicopter.

**Minor Injuries:** In the event of a minor injury, the worker will be escorted to the first aid station and cared for there. They will be assessed to ensure they are stable and well enough to remain on site. They may then return to activities, but will be watched over for any change in condition.

**Major Injuries:** In the event of a major injury, requiring emergency medical treatment, the First Aid Attendant will attend to the injured party immediately on scene. The Site Supervisor or Camp Manager will notify the appropriate emergency response personnel listed in the Emergency Contact List. The Site Supervisor or Camp Manager will call 911. This will notify the RCMP and Whistler Search and Rescue, who may attend the patient onsite and/or arrange for a helicopter evacuation. If air ambulance or Whistler Search and Rescue personnel are present, their instructions for care and transport will be followed by all workers.

## WARNING AND COMMUNICATION SYSTEMS

Cell service (both Rogers and Telus) is available at the site for general communications.

The Site Supervisor and Camp Manager will have access to a VHF radio for communicating with helicopter pilots and search and rescue in an emergency situation.

In the case of any incident, workers should notify the Site Supervisor immediately that something is wrong. If serious, the Site Supervisor will use a system of air horn blasts to communicate. The air horn protocols will be:

- One long blast for immediate evacuation of the Construction Site.
- 3 short blasts indicating the need for emergency first aid.

Workers should move away from the Construction Site and gather together at the Designated Marshalling Location.

Telephone Call Tree: Under normal circumstances, information and calls will proceed in the following order:  
From the Site Supervisor... to the Project Manager... to the Alpine Club of Canada-Whistler Section... to BC Parks.

## FIRE PROTECTION

Fire extinguishers will be provided on site and kept readily accessible. Shovels and pick axes will also be on hand. The Site Supervisor will inform workers on their location and demonstrate their use. In the event of a fire, all workers should move to a safe distance. Fire extinguishers will be deployed. If safe to do so, the fire should be isolated by moving construction or camp materials away from the fire.

## HELICOPTER SAFETY

Helicopters will be used on site to deliver materials and personnel, and also to provide craning. Safe work practices for helicopters will be as directed by Blackcomb Helicopters. Our Project Manager, Staging Area Manager, Site Supervisors, and Camp Managers have received safety training from Blackcomb Helicopters.

The Site Supervisor and Staging Area Manager will be in charge of the helicopter landing areas on Whistler Mountain and at the site. They will ensure that the landing areas are clear and ready for use, and that people and materials are in the appropriate locations. They will assist with the loading and unloading of the helicopter. Spotters may be assigned at a distance to ensure that workers do not approach accidentally from either the Construction Site or the Camp. New arrivals will be directed from the helicopter landing area to the Camp.

When you arrive at the Whistler Heliport, park in the gravel yard and go inside the office of Blackcomb Helicopters. They will have you sign a waiver form. Then everyone will gather together for a safety briefing. Follow all of the pilot's instructions; also all instructions by our Staging Area Manager on Whistler Mountain and our Site Supervisor on site.

For the most part, helicopters will not shut-down when arriving at the site. After you exit the machine, close the door and help to unload any compartments. Place items immediately on the ground. Do not carry them away. Then simply crouch down on your knees holding onto your gear, right next to the machine. Wait for the helicopter to leave before standing up and walking away. Follow the same procedure when you leave. Before the helicopter arrives, carry all of your gear to the edge of the landing area and crouch down next to it. Wait until the helicopter has landed next to you before rising up to stow items and get in.

Remember to always:

- Preplan who will get in right away, and who will pack the stowage compartments or basket.
- Stay low. Take your time.
- Approach at 45 degrees from the front of the machine and have eye contact with the pilot.
- Never go around the tail of the machine.
- Keep gear low and carry long items horizontally.
- Never throw anything.
- Ensure that all clothing is secure, as the downdraft is very strong.

## PROTECTION OF WILDLIFE AND VEGETATION

We are required to protect the environment surrounding the hut site, and we ask that you help us achieve this. We must operate in a way that avoids excessive wear and tear on the landscape. We also must protect wildlife from impacts and avoid anything that would attract them to the camp. Wildlife that are common in the area include: marmots, deer, mountain goats, black bears, wolves, wolverines, and birds (jays and ravens).

There is a large marmot colony immediately east and downhill from the hut site. We will take measures to reduce our impact on them, and will monitor their activity to assess any impact on them during the course of construction.. Do not approach them or harass them in any way. Never walk down the green sedge slope where their burrows occur.

Please assist us in protecting vegetation and wildlife in the following ways:

- Stay on designated pathways, to minimize trampling and repeated wear to the fragile vegetation. Stay on snow or rocky ground as much as possible.
- Do not go beyond any fencing that is intended to contain the construction site.
- Only use the existing trail to descend to Russet Lake and the Himmelsbach Hut.
- Keep the site clean and tidy.
- Use the toilet facilities provided, and please do not urinate elsewhere.
- Do not allow food or drink inside the sleeping tents.
- Dispose of all waste (food, packaging, construction) in the appropriate containers provided.
- Handle all chemicals (oil, propane, gasoline) with enormous care and report any spills.
- Be observant and report any signs of wear or damage to the Site Supervisor or Camp Manager.
- Never approach or feed wildlife.
- Report the proximity of any animal to the camp to the Site Supervisor or Camp Manager.
- Watch for wildlife, and record them and their behaviour on our 'Wildlife Sightings Form'.
- Participate in the formal marmot monitoring sessions, 20 minutes four times per day.

## BEAR SAFETY

Of all wildlife, black bears pose the greatest threat to people working at the site. They may simply be passing through and curious. Alternatively, they may be attracted to the site by the smell of human food and other materials and chemicals. It is our goal to protect everyone working at the site and also to protect bears from becoming habituated to the area or accustomed to any human food or foreign substance.

Measures will be taken to control the handling and storage of all food and chemicals on site, so they are out of reach of a bear and other wildlife. Food and garbage will be stored in bear-proof bins. Food will not be allowed in sleeping tents, in order to keep them free of food odours.

If a bear is first spotted at a great distance, monitor its movements carefully to determine if it is just wandering through or if it is moving in the direction of the camp. Alert the Site Supervisor and Camp Manager of its presence. Record the bear on the Wildlife Sightings Form.

If a bear is deliberately approaching the construction site and camp, workers should make loud noises to make the bear aware of the human presence. Bang tools and call out. Stand up tall and raise your arms to look as large as possible. Bears have a keen sense of smell, but poor eyesight. Once they become aware, most bears will move away from a group of people.

If the bear continues to advance, then everyone should back slowly away and gather together. The Site Supervisor will have bear bangers and bear spray in a readily accessible location.

All incidents with a bear will be reported to BC Parks and serious conflicts will be reported to the BC Conservation Officer Service.

For more information, see the Bear Smart brochures sent out to all workers and go to: [www.bearsmart.com](http://www.bearsmart.com)

## CONSTRUCTION HAZARDS

During your entire time on site, please be very observant and aware of your surroundings. Always consider the structural stability of any equipment or structure. Take note of the location of other people and machinery around you. Handle all tools with extreme care and wear appropriate protection. Pay close attention to the task at hand.

Take precautions to avoid these common construction hazards:

- Trips:** Watch for tripping hazards and maintain clear travel routes.
- Falls:** Follow all instructions and procedures for fall protection when working at heights from a ladder, platform, stair, scaffolding or roof. Ensure that ladders or other structures are set up correctly and that you have a clear view as you ascend/descend. A full fall protection procedure will be put in place for work above 10 feet height or where chance of serious injury exists. A written Fall Protection Plan will be used for any work over 25 feet in height.
- Strikes:** Watch for moving or falling objects. Avoid working underneath another person, or any untested structure or installation.
- Moving Machinery:** Always wear a high visibility vest, when working around an operating excavator. Make eye contact with the operator before walking through the space that the machine is working in. Do not position yourself between the machine and its load and another fixed object.
- Excavation Collapse:** The depth and angle of excavations will be carefully managed. Excavations over 4 feet in depth will be sloped or shored in accordance with instructions from the Geotechnical Engineer. Always take precautions and maintain a safe distance from the top or toe of excavation cuts.
- Lifting:** Use a good lifting technique that depends on leg strength and minimizes strain on the back. Reduce the load if possible, or utilize two people. Ask the Site Supervisor if mechanical assistance is possible with the use of rigging, hoists, or dollies.

## ENVIRONMENTAL HAZARDS

The majority of the work will occur outdoors and you will be exposed to all types of weather. Please consider these common environmental hazards and take steps to protect yourself.

- Heat Stress:** Excessive heat can increase physical fatigue and the probability of heat stress. During periods of hot sunny weather, be sure to do the following:
- Wear a wide-brim hat when working under direct sun.
  - Drink lots of water and fluids to stay hydrated.
  - Avoid direct sun whenever possible.
  - Take breaks in a shaded area. For example: inside the mess tent.
  - Rotate with other workers, as required.
  - Observe one another for signs of heat stress. Persons who experience signs of fainting, heat rash, or heat cramps should alert the Site Supervisor.
- Sun Exposure:** Protect your skin and eyes from the sun by taking the following precautions:
- Wear clothing that covers well, including long pants, shirts with sleeves and a collar.
  - Wear a wide-brimmed sunhat that protects the face, ears and neck.
  - Wear UV-protective sun glasses or safety glasses, especially when working on snow.
  - Take lunch and breaks in shaded areas. For example: in the Mess Tent.
  - Apply sunscreen generously to all exposed skin before exposure, and re-apply as needed. Use a sunscreen with an SPF rating of at least 30.
- Hypothermia:** Mountain weather can change quickly and rain or snow storms can occur at any time. Protect yourself from getting too cold in the following ways:
- Wear a variety of clothing layers to adapt to changing conditions and temperatures. This includes: rain gear, warm jackets, toques, and gloves.
  - Drink warm fluids. Seek shelter as needed.

- Weather Extremes: Rain and snow, wind and lightening are all safety hazards. If stormy weather occurs, workers will be instructed to take shelter and work may be temporarily halted.
- Check weather forecasts and watch the sky for signs of changing weather that may indicate an impending storm. Signs include darkening skies, an increase in cloud cover, or a sudden increase in wind.
  - Take refuge in the large Mess Tent. Do not take refuge under trees.
  - Protective measures during a lightning storm include seeking shelter, avoiding high ground, staying away from open water and metal equipment, and positioning people several yards apart.
  - If caught in a level open area during an electrical storm and you feel your hair stand on end, drop to your knees, bend forward, and put your hands on your knees or crouch. The idea is to make yourself less vulnerable by being as low to the ground as possible and taking up as little ground space as possible. Lying down is dangerous, since the wet earth can conduct electricity. Do not touch the ground with your hands.
  - Remember that lightning may strike several kilometers from the parent cloud, so work should be stopped and restarted accordingly. The lightning safety recommendation is 30-30: Seek refuge when thunder sounds within 30 seconds after a lightning flash, and do not resume activity until 30 minutes after the last thunder clap.
  - High winds can cause unsafe conditions, and activities should be halted until the wind dies down. Take extreme care when handling large items in wind. Ensure that all equipment and materials are secure.

Bees and Other Stinging Insects: These may be encountered.

- Watch for ground nests.
- Keep exposed skin to a minimum.
- Bring appropriate medication if you have a known allergy to stings.
- Inform the Site Supervisor if a sting occurs. If the stinger is present, remove it carefully by scraping. Wash and disinfect the wound, cover it, and apply ice/snow. Watch for any allergic reaction.

## FIRST AID AND SAFETY EQUIPMENT

The following emergency supplies for both first aid and safety will be available and readily accessible:

<input type="checkbox"/>	<b>Clean Water</b>	for drinking and for first aid
<input type="checkbox"/>	<b>Electrolytes and salt tablets</b>	for rehydration
<input type="checkbox"/>	<b>High-Energy Food</b>	
<input type="checkbox"/>	<b>Garbage bags and ties</b>	for emergency personal sanitation
<input type="checkbox"/>	<b>Cellphone</b>	for calling all emergency contacts
<input type="checkbox"/>	<b>VHF Radio</b>	for talking to helicopter pilots and Whistler SAR
<input type="checkbox"/>	<b>Extra batteries, charging stations for the above</b>	
<input type="checkbox"/>	<b>Flashlight, Headlamp and Floodlamp</b>	for illuminating an incident scene or searches at night
<input type="checkbox"/>	<b>Whistle</b>	to signal for help or give prearranged 'stop work' signal
<input type="checkbox"/>	<b>Air horn</b>	to signal for help or give prearranged 'stop work' signal
<input type="checkbox"/>	<b>Dust or Filter Masks</b>	
<input type="checkbox"/>	<b>Wrench or pliers</b>	to turn off propane tanks
<input type="checkbox"/>	<b>First Aid Kit</b>	
<input type="checkbox"/>	<b>Blanket</b>	
<input type="checkbox"/>	<b>Cervical Collar</b>	
<input type="checkbox"/>	<b>Spine Board</b>	
<input type="checkbox"/>	<b>Basket Stretcher</b>	
<input type="checkbox"/>	<b>Eye Wash Station</b>	
<input type="checkbox"/>	<b>Fire Extinguisher</b>	
<input type="checkbox"/>	<b>Spill-kit</b>	for hazardous material spills

## CONTACT LISTS

### EMERGENCY SERVICES

<b>Medical Emergencies</b>	<b>911</b>
<b>BC Wild Fire Service - Coastal Fire Centre</b>	Emergency 1-800-663-5555
<b>Emergency Management BC</b> for hazardous material spills	1-800-663-3456
<b>BC Conservation Officer Service</b> for wildlife conflicts and pollution incidents	1-877-952-7277
<b>RCMP – Whistler Detachment</b> 4315 Blackcomb Way, Whistler, BC V0N 1B4	911
<b>Whistler Search and Rescue (whistler.sar@telus.net)</b>	911

### PROJECT TEAM

<b>Project Manager</b>	Reid Madiuk	C 604-366-8116
<b>Site Supervisors</b>	Trevor MacDonald	C 604-349-1700
	Reid Madiuk	C 604-366-8116
	Tasso Lazaridis	C 604-849-1759
<b>First Aid Attendants</b>	All of the above	
<b>Camp Catering Managers</b>	Marlene Ford	cycle2xs@yahoo.ca
	Kim Eijdenberg	604-902-8881
<b>Staging Area Managers</b>	Rhonda Netzel	C 604-817-3080
	Brent Henderson	C 778-837-1374
	Tim Cowin	C 604 907-2752
	Rupert Merer	C 604-902-4929
<b>Spearhead Huts Society</b>	Jayson Faulkner, President	C 604-902-0080
<b>Volunteer Coordinator</b>	Brian Liu	acc.brian911@gmail.com
<b>Design/Construction committee members</b>	Liz Scremin	H 604-921-2651
	Colin Boyd	C 604-671-2002

## WHISTLER-BLACKCOMB EMERGENCY SERVICES for Staging Area at Harmony Base

<b>Emergency – 24 Hour</b>	604-935-5555
<b>Fire</b>	604-935-3473
<b>Security – 24 Hour</b>	604-905-9003
<b>Bears</b>	604-905-2327
<b>Hazardous Spills &amp; Safety Officer (Dave Mcphee)</b>	604-905-9113

## NON-EMERGENCY

<b>BC Wild Fire Service - Coastal Fire Centre</b>	Non-emergency 1-250-951-4222
<b>RCMP – Whistler Detachment</b> 4315 Blackcomb Way, Whistler, BC V0N 1B4	Non-emergency 604-932-3044
<b>Whistler Health Care Centre</b> 4380 Lorimer Road, Whistler, BC V0N 1B0	General enquiries 604-932-4911

## HELICOPTERS

<b>Blackcomb Helicopters – Whistler Dispatch</b>	604-938-1700
<b>Black Tusk Helicopters – Squamish Dispatch</b>	604-898-4800