

**Scene Management:**

1. STOP. Get calm and stay calm
2. Protect yourself and your group members
3. Reestablish primary leader and first aid leader
4. Survey the scene (Is it safe? What happened? How many victims? Can bystanders help?)

**Patient Care/First Aid:** *(Stay within your level of training!)*

1. Get consent to help the patient. (unconscious = consent)
2. Use protective barriers (gloves, breathing device)
3. Check the **ABCs** and address life-threatening problems
  - **Airway:** Is the patient's airway clear?
  - **Breathing:** Is the patient breathing?
  - **Circulation:** Is there life-threatening bleeding?
4. Do a secondary survey and record patient information (use the **Patient Report Form** as a guide)
5. Stabilize patient and scene *before* sending for help

**Develop an Evacuation Plan**

*(The Patient Report Form has an evacuation plan template on the back.)*

- How are you going to safely get the patient help?
- Considerations: urgency, distance, terrain, group strength, route, communication devices.
- Write down the plan.
- If your group splits up, make sure each party has identical copies of the evacuation plan.

**Scene Management:**

1. STOP. Get calm and stay calm
2. Protect yourself and your group members
3. Reestablish primary leader and first aid leader
4. Survey the scene (Is it safe? What happened? How many victims? Can bystanders help?)

**Patient Care/First Aid:** *(Stay within your level of training!)*

1. Get consent to help the patient. (unconscious = consent)
2. Use protective barriers (gloves, breathing device)
3. Check the **ABCs** and address life-threatening problems
  - **Airway:** Is the patient's airway clear?
  - **Breathing:** Is the patient breathing?
  - **Circulation:** Is there life-threatening bleeding?
4. Do a secondary survey and record patient information (use the **Patient Report Form** as a guide)
5. Stabilize patient and scene *before* sending for help

**Develop an Evacuation Plan**

*(The Patient Report Form has an evacuation plan template on the back.)*

- How are you going to safely get the patient help?
- Considerations: urgency, distance, terrain, group strength, route, communication devices.
- Write down the plan.
- If your group splits up, make sure each party has identical copies of the evacuation plan.

**Scene Management:**

1. STOP. Get calm and stay calm
2. Protect yourself and your group members
3. Reestablish primary leader and first aid leader
4. Survey the scene (Is it safe? What happened? How many victims? Can bystanders help?)

**Patient Care/First Aid:** *(Stay within your level of training!)*

1. Get consent to help the patient. (unconscious = consent)
2. Use protective barriers (gloves, breathing device)
3. Check the **ABCs** and address life-threatening problems
  - **Airway:** Is the patient's airway clear?
  - **Breathing:** Is the patient breathing?
  - **Circulation:** Is there life-threatening bleeding?
4. Do a secondary survey and record patient information (use the **Patient Report Form** as a guide)
5. Stabilize patient and scene *before* sending for help

**Develop an Evacuation Plan**

*(The Patient Report Form has an evacuation plan template on the back.)*

- How are you going to safely get the patient help?
- Considerations: urgency, distance, terrain, group strength, route, communication devices.
- Write down the plan.
- If your group splits up, make sure each party has identical copies of the evacuation plan.

**Scene Management:**

1. STOP. Get calm and stay calm
2. Protect yourself and your group members
3. Reestablish primary leader and first aid leader
4. Survey the scene (Is it safe? What happened? How many victims? Can bystanders help?)

**Patient Care/First Aid:** *(Stay within your level of training!)*

1. Get consent to help the patient. (unconscious = consent)
2. Use protective barriers (gloves, breathing device)
3. Check the **ABCs** and address life-threatening problems
  - **Airway:** Is the patient's airway clear?
  - **Breathing:** Is the patient breathing?
  - **Circulation:** Is there life-threatening bleeding?
4. Do a secondary survey and record patient information (use the **Patient Report Form** as a guide)
5. Stabilize patient and scene *before* sending for help

**Develop an Evacuation Plan**

*(The Patient Report Form has an evacuation plan template on the back.)*

- How are you going to safely get the patient help?
- Considerations: urgency, distance, terrain, group strength, route, communication devices.
- Write down the plan.
- If your group splits up, make sure each party has identical copies of the evacuation plan.

- **Self-evacuation** (unaided by those outside your group)
  - Never let anyone walk out unaccompanied.
  - A leader should accompany the evacuation.
  - A party of four or more is necessary for longer evacuations (longer than one hour).
- **Sending a messenger team for help**
  - Team size of four is ideal.
  - Team should have necessary gear and food to be self-sufficient.
  - Team should carry copies of the evacuation plan (see reverse) and patient report(s).
  - The patient(s) and field group should stay in one place, so that a rescue team can find them.

### Who to Call

When your group is able to communicate with the outside world, do the following:

- **Frontcountry emergencies** (< one hour from help): Contact the local Emergency Medical System (i.e., **911**)
- **Backcountry emergencies** (> one hour from help): Contact the local search-and-rescue [this info should be in your Safety Management Plan], as well as the E.M.S.

**For all life-threatening emergencies or fatalities:**  
As soon as possible, contact the Sierra Club Outing Department at: **1-888-OUTINGS** (1-888-688-4647) or **001-303-281-9914** if calling internationally.

Forms mentioned on this card can be downloaded at:  
<http://clubhouse.sierraclub.org/outings/forms>

Last Updated 12/3/2013

- **Self-evacuation** (unaided by those outside your group)
  - Never let anyone walk out unaccompanied.
  - A leader should accompany the evacuation.
  - A party of four or more is necessary for longer evacuations (longer than one hour).
- **Sending a messenger team for help**
  - Team size of four is ideal.
  - Team should have necessary gear and food to be self-sufficient.
  - Team should carry copies of the evacuation plan (see reverse) and patient report(s).
  - The patient(s) and field group should stay in one place, so that a rescue team can find them.

### Who to Call

When your group is able to communicate with the outside world, do the following:

- **Frontcountry emergencies** (< one hour from help): Contact the local Emergency Medical System (i.e., **911**)
- **Backcountry emergencies** (> one hour from help): Contact the local search-and-rescue [this info should be in your Safety Management Plan], as well as the E.M.S.

**For all life-threatening emergencies or fatalities:**  
As soon as possible, contact the Sierra Club Outing Department at: **1-888-OUTINGS** (1-888-688-4647) or **001-303-281-9914** if calling internationally.

Forms mentioned on this card can be downloaded at:  
<http://clubhouse.sierraclub.org/outings/forms>

Last Updated 12/3/2013

- **Self-evacuation** (unaided by those outside your group)
  - Never let anyone walk out unaccompanied.
  - A leader should accompany the evacuation.
  - A party of four or more is necessary for longer evacuations (longer than one hour).
- **Sending a messenger team for help**
  - Team size of four is ideal.
  - Team should have necessary gear and food to be self-sufficient.
  - Team should carry copies of the evacuation plan (see reverse) and patient report(s).
  - The patient(s) and field group should stay in one place, so that a rescue team can find them.

### Who to Call

When your group is able to communicate with the outside world, do the following:

- **Frontcountry emergencies** (< one hour from help): Contact the local Emergency Medical System (i.e., **911**)
- **Backcountry emergencies** (> one hour from help): Contact the local search-and-rescue [this info should be in your Safety Management Plan], as well as the E.M.S.

**For all life-threatening emergencies or fatalities:**  
As soon as possible, contact the Sierra Club Outing Department at: **1-888-OUTINGS** (1-888-688-4647) or **001-303-281-9914** if calling internationally.

Forms mentioned on this card can be downloaded at:  
<http://clubhouse.sierraclub.org/outings/forms>

Last Updated 12/3/2013

- **Self-evacuation** (unaided by those outside your group)
  - Never let anyone walk out unaccompanied.
  - A leader should accompany the evacuation.
  - A party of four or more is necessary for longer evacuations (longer than one hour).
- **Sending a messenger team for help**
  - Team size of four is ideal.
  - Team should have necessary gear and food to be self-sufficient.
  - Team should carry copies of the evacuation plan (see reverse) and patient report(s).
  - The patient(s) and field group should stay in one place, so that a rescue team can find them.

### Who to Call

When your group is able to communicate with the outside world, do the following:

- **Frontcountry emergencies** (< one hour from help): Contact the local Emergency Medical System (i.e., **911**)
- **Backcountry emergencies** (> one hour from help): Contact the local search-and-rescue [this info should be in your Safety Management Plan], as well as the E.M.S.

**For all life-threatening emergencies or fatalities:**  
As soon as possible, contact the Sierra Club Outing Department at: **1-888-OUTINGS** (1-888-688-4647) or **001-303-281-9914** if calling internationally.

Forms mentioned on this card can be downloaded at:  
<http://clubhouse.sierraclub.org/outings/forms>

Last Updated 12/3/2013