

CHAPTER SIX



PEACEKEEPER PARK

SAFETY

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6.1 GENERAL

6.1.1 The safety, health and welfare of the Cadets and the other young people that parents/guardians entrust to our keeping at Peacekeeper Park must be a major concern during daily activities – it fact it must be our primary concern. There must also be a serious concern on the part of all personnel at Peacekeeper Park for the safety of CIC Officers, youth group leaders, Park staff and visitors. The risks inherent in the type of adventure training carried out here must be carefully assessed and safety procedures developed to eliminate or reduce those risks to an acceptable level. However, the absence of specific safety standards, directives and/or procedures does not alleviate the responsibility of those in command. On the contrary, it is precisely when there are no published safety standards that all must be especially vigilant.

6.1.2 The basic philosophy of Peacekeeper Park's Safety program is dependent on the following criteria:

- a. the firm belief that accidents are **caused** and that they can be **prevented**;
- b. the acceptance by everyone in the chain of command of their responsibility in the prevention of accidents resulting in injuries and material damages;
- c. the conviction that it is possible to identify accident risks and to adopt corrective measures to prevent injuries and material damages;
- d. the acceptance that accident prevention is indeed a reasonable objective that must be constantly pursued, whether during training, sports or routine activities;
- e. the acknowledgment of the need to train all personnel to accept their responsibilities in the area of safety and to apply the appropriate safety standards to all activities; and
- f. participation of a Safety and Health Committee in the development, implementation and monitoring of safety measures

6.1.3 Our Safety programs must be developed in consonance with the general principles found in the DND General Safety Program:

- a. safety is a function of command;
- b. accident prevention must be given the same importance as other major activities;
- c. safety is the responsibility of everyone;

- d. implementation of any program requires a sound safety infrastructure;

6.1.4 An Officer, or senior member of the civilian group, will be appointed by the OPI of every weekend or activity that is carried out at Peacekeeper Park to be the weekend Safety Officer. A partial list of the Safety Officer's duties are included later in this chapter.

6.2 ACCIDENT INVESTIGATIONS

6.2.1 All accidents and serious incidents, irregardless of the seriousness of the consequences, must be investigated and a report submitted to the executive of Peacekeeper Park and to the Safety and Health Committee.

6.2.2 The purpose of these investigations is:

- a. to determine the full cause(s) in order to prevent the same or similar accidents/incidents from happening again;
- b. to correct organizational weaknesses (system defects) that can cause injury or damage;
- c. to ensure accident/incident causes are properly determined and corrected;
- d. to ensure that all equipment in use at Peacekeeper Park is safe for the purpose of intended use;
- e. to ensure that existing safety procedures and equipment are adequate

6.2.3 "Accident" means an undesired event that results in physical harm or illness to a person; or damage to materiel, works, buildings, or the environment.

6.2.4 "Incident" means an undesired event that could but does not result in physical harm or illness to a person; or damage to materiel, works, buildings, or the environment.

6.2.5 It is the responsibility of any individual involved in, witnessing or knowledgeable of an incident or accident to ensure that it is reported to the person in charge of the Park when the incident/accident occurred.

6.2.6 It is the responsibility of the person in charge of the Park to ensure that the parents/guardian/next of kin have been notified of serious injuries and that others who need to know are notified; i.e. applicable Detachment, Police, Dept of Labour, etc.

6.3 DUTIES OF THE WEEKEND SAFETY OFFICER

6.3.1 The Safety Officer will be fully familiar with the Park's Standing Orders and Safe Operating Procedures and the safety directives of the group he/she is with.

6.3.2 The Safety Officer will give a safety briefing to the young people and staff upon their arrival at Peacekeeper Park.

6.3.3 The Safety Officer will:

- a. inspect the tent lines to ensure there are no safety hazards;
- b. ensure a Fire Point and a POL Point has been established and marked;
- c. ensure all equipment required for each training stand is present at the stands and ensuring the applicable safety standards are being met at each stand;
- d. ensure that light coloured, long sleeve/pant garments are worn between dusk and dawn during mosquito season and that sufficient, but not excessive, insect repellent is used;
- e. ensure that sun block agent is available for use during the daylight hours and that it is being used;
- f. ensure that drinking water is delivered to all participants in sufficient quantities and timeliness during warm weather;
- g. ensure that the young people are not over-dressed, or under-dressed for the temperature of the day;
- h. ensure that there is a qualified waterfront director and the required number of qualified supervisors if swimming is to be carried out in the lake;
- i. ensure that the required safety equipment is taken to the Day Use beach if swimming or canoeing activities are planned; and
- j. ensure that there are the required number of qualified abseil instructors if abseiling is to be carried out.

6.4 WATER SAFETY – SWIM PARADES

6.4.1 Cadets are not allowed within 3 meters of the water's edge unless wearing approved personal floatation devices (PFDs) and they must be adequately supervised. Swim parades are an exception to this rule regarding PFDs but non-swimmers will wear PFDs on swim parades.

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6.4.2 The "buddy" system will be in use at all swim parades at all times and no one is allowed to swim outside the buoys.

6.4.3 The beach shall be under the supervision of a waterfront director who is at least eighteen years of age.

6.4.4 There must be an adequate number of supervisors present during swim parades; recommended ratio is 1:15. Supervisors must be at least 16 years of age and be swimmers.

6.4.5 Swim parades will only be held at the Day Use Beach unless special arrangements have been made in advance with the Peacekeeper Park and Lake Whittaker staff to use the swimming pool.

6.4.6 The waterfront director shall ensure that there are written instructions for emergency and operational procedures that shall be used in the event of an accident or emergency in the waterfront area and that all supervisors are trained in these procedures.

Examples of these procedures can be found at the end of this chapter.

6.4.7 The waterfront director shall ensure that the following equipment is easily accessible at the waterfront area of the camp in case of an emergency:

6.4.7.1 One or more buoyant rescue aids attached to a shoulder loop with a six millimetre line at least 1.60 meters in length.

6.4.7.2 One or more reaching poles of three meters or greater in length.

6.4.7.3 One or more buoyant throwing aids attached to a six millimetre line at least eight meters in length.

6.4.7.4 A spine board.

6.4.7.5 A paddleboard or boat when any part of the swimming area is more than fifty meters from the shore

6.4.7.6 First aid kit that shall include:

- scissors
- triangular bandages
- water resistant, sterile bandages,
- sterile gauze pads (50 mm x 50 mm and 100 mm x 100mm)
- rolls and gauze conform bandages
- waterproof adhesive tape
- blankets and pillows
- safety pins
- tweezers
- ice packs
- antiseptic solution
- incident report forms

6.5 **WATER SAFETY – BOATING**

6.5.1 All Cadets using Peacekeeper Park are, in addition to these Safety Standing Orders, also subject to A-CR-CCP-951/Pt-001 Royal Canadian Army Cadets (RCAC) Adventure Training Safety Standards, CFAO 9-58 and A-CR-CCP-030/PT-Water Safety Orders.

6.5.2 No canoeing will be allowed without sufficient qualified instructor(s) and the required safety equipment present. For flat water/lake water training and tripping and instructor to student minimum ratio of 1:10 with a maximum instructor to canoe ratio of 1:5 is the specified ratios.

 Moving/white water or open water training and tripping requires an instructor to student minimum ratio of 1:6 with a maximum instructor to canoe ratio of 1:3.

6.5.3 All personnel in canoes will wear approved Personal Flotation Devices at all times. Such PFDs will be worn as the last outer layer.

6.5.4 In accordance with the Small Vessel Regulations, each canoe not over 6 meters in length, must be equipped with the following safety equipment:

6.5.4.1 One approved PFD or lifejacket of appropriate size for each person on board.

6.5.4.2 One buoyant heaving line of not less than 15 metres in length;

6.5.4.3 One manual propelling device (paddle) or an anchor with not less than 15 meters of cable, rope or chain in any combination;

6.5.4.4 One bailer or one manual water pump fitted with or accompanied by sufficient hose to enable a person using the pump to pump water from the bilge of the vessel over the side of the vessel; and

6.5.4.5 A sound signalling device or a sound signalling appliance (whistle or air horn).

6.5.5 In addition, the following clothing and equipment is added as a requirement to conduct paddling training in the Canadian Cadet Movement:

6.5.5.1 All canoes will be inherently buoyant and will be checked for buoyancy on a regular basis.

6.5.5.2 Approved helmets are recommended for wear at all times but are mandatory when operating beyond Class 1 river conditions or near rock on open water.

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- 6.5.5.3 Wooden paddles should be in good condition and properly varnished.
 - 6.5.5.4 Each canoe must have at least one spar paddle, secured but immediately available in an emergency.
 - 6.5.5.5 A waterproof First Aid kit of the appropriate size and type for the paddling group and the activities expected must be readily available during training and tripping.
 - 6.5.5.6 Shoes must be worn at all times.
 - 6.5.5.7 Knee pads and wide brimmed hats are recommended to be worn by Campers undergoing paddling training.
- 6.5.6 Since safety and rescues are often accomplished with teamwork, there must be a minimum number of craft on the water; during training sessions there must be at least 2 craft on the water and, for paddling trips, there must be a minimum of 3 craft in a group.
- 6.5.7 If no motorized safety boat is used during a paddling trip, then a safety vehicle must be present at a location closely accessible to the trip leader. This safety vehicle must have appropriate communications means to be in contact with both the trip leader and local authorities. A first aid kit should be left in the safety vehicle at all times.
- 6.5.8 All water related training or tripping must immediately cease when in the presence of lightning or ice on the water.
- 6.5.9 Paddling training is restricted to daylight hours. Paddling trips are not restricted by daylight, however, caution must be taken while operating in low visibility, i.e. each paddler will wear an activated glow stick on their PFD.

6.6 ROPE BRIDGES

- 6.6.1 Rope bridging can be classified as either a high ropes course or a low ropes course. A low ropes course consists of crossing a single or multiple rope bridge(s) at a height less than or equal to 1.5 meters. A high ropes course consists of crossing a single or multiple rope bridge(s) at a height greater than 1.5 meters.
- 6.6.2 The following are the minimum ratios of qualified instructors to participants:
- 6.6.2.1 For low ropes Courses: 1 instructor for every 15 participants
 - 6.6.2.2 For high ropes Courses: 1 instructor for every 6 participants
- 6.6.3 The maximum participants should be 1 participant per bridge at a time.

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- 6.6.4 There will be a briefing for all rope bridging staff prior to the participants arrival and the following items must be inspected prior to every use:
- 6.6.4.1 All anchors will be inspected.
 - 6.6.4.2 All knots will be inspected.
 - 6.6.4.3 Bridges and safety cables will be tightened.
 - 6.6.4.4 Site safety equipment will be inspected.
 - 6.6.4.5 Ropes/cables will be inspected for damage. Cables will be checked for signs of overloading, a reduction in the cable's diameter, corrosion, kinks, protruding core, broken wires, and cables will be retired if there are signs of cracks, splits, pitting, rusting and/or broken wires.
 - 6.6.4.6 Carabineers will be individually inspected for rust and other defects.
 - 6.6.4.7 Helmets will be checked for cracks or other defects.
 - 6.6.4.8 Harnesses will be inspected, including belts and buckles, for fraying or other defects.
 - 6.6.4.9 Safety tethers will be tied and inspected; and
 - 6.6.4.10 If Swiss seats are used, new Swiss seats and chest harnesses will be inspected to ensure they are cut to length.
- 6.6.5 Rope bridges will not be constructed or operated if there is a chance of lightning.
- 6.6.6 The running end for ropes used in rope bridges will be wrapped a minimum of three times around the anchor and secured onto itself using an overhand knot and two half hitches. The wraps will be neat with no space between them.
- 6.6.7 Safety cables must be used on bridges more than 2 feet off the ground. Low rope bridges may use 10.5 mm kernmantle rope but high rope bridges must use steel cable.
- 6.6.8 The safety cable/rope will be wrapped around the anchor a minimum of three times. The wraps will be neat with no space between them. The cable will be fastened onto itself using three "Crosby clamps" making sure that they alternate up and down.
- 6.6.9 Rope locks should be fastened to the end that will be tightened. Using a minimum of 10.5 mm kernmantle rope, a girth hitch is tied around the anchor with the running end attaching to the rope bridge using a "running prussic". The ends are then tied off using a double fisherman's knot.

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- 6.6.10 Participants must be attached to a safety cable or safety rope at all times. This is done through the use of tethers, a length of rope that has three "double figure of eight knots" tied in it. The knots are tied in the middle and at the two ends. The knot in the middle is attached to the harness using a carabiner. The other ends will have a carabiner attached to them for "locking" onto the safety cable. There length should be one that is as short as possible, while still allowing the participant to move freely through the bridge. Usually a four foot length is sufficient.
- 6.6.11 A personal fall arrest system, as described in 6.6.9, shall limit the maximum arresting force on the person to 900 lbs when used with a seat harness and limit the free fall distance to no more than six feet.
- 6.6.12 Anchors must be approved by a competent instructor before construction can take place. Trees will be visually inspected from the ground and at the point that contact will be made with ropes and cables.
- 6.6.13 Anchor poles will be visually inspected from the ground and at the point that contact will be made with ropes and cables. The pole must be sound, be of sufficient diameter and driven to a sufficient depth.
- 6.6.14 The strength of all anchors should be a minimum of 3000 lbs.
- 6.6.15 The tightness of nuts must be verified prior to the beginning of each training session to ensure that there can be no movement of the bolt. Bolt connectors must be checked to ensure that there are no bends, distortion, severe nicks, gouges, cracks, excessive wear or abrasion, pitting due to corrosion and that they are of the proper size for the existing cable.
- 6.6.16 The following are the equipment standards for all rope bridges constructed at Peacekeeper Park:
- 6.6.16.1 Helmets – any manufacturer approved by the Union International d'Associations d'Alpinisme (UIAA) or those provided by the Park or the Cadet system.
 - 6.6.16.2 Rope for Bridge Construction – optimum-manila 25mm for main parts of bridge; manila 12 mm for spreaders; minimum-kernmantle 10.5 mm UIAA approved.
 - 6.6.16.3 Rope for Safety tethers – optimum-kernmantle 10.5 mm, UIAA approved; minimum-nylon 12 mm.
 - 6.6.16.4 Carabiners – screwgate locking, any manufacturer; minimum breaking strength 4000 lbs aluminum or 4000 lbs steel. 5000 lbs breaking strength is recommended.
 - 6.6.16.5 Safety tethers – optimum-kernmantle 10.5 mm minimum UIAA approved; minimum-nylon 12 mm 3 strand. Cable, optimum – 5/8" flexible galvanized aircraft cable or stainless steel wire rope;

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minimum – 3/8" flexible galvanized aircraft cable or stainless steel wire rope. Minimum strength 11,500 lbs. Wire rope clips-constructed from forged, galvanized steel or equivalent corrosion resistant u-bolt clips.

- 6.6.16.6 Harnesses – optimum-seat harness-any manufacturer-UIAA approved w/chest harness as required. minimum-improvised swiss seat w/improvised chest harness made with 1" tubular slings are required.
- 6.6.16.7 Pulleys – minimum breaking strength of 5,000 lbs.
- 6.6.17 The following safety equipment is required at each rope bridging site:
 - 6.6.17.1 First Aid kit suitable for the number of personnel on site.
 - 6.6.17.2 Stretcher
 - 6.6.17.3 Communications equipment of either a radio or cellular phone. Comms equipment will be checked before the commencement of the training.
 - 6.6.17.4 Safety vehicle ready to and capable of carrying a stretcher. The driver of the Safety Vehicle or a person assigned to the vehicle will be St. John's Ambulance first aid qualified with CPR as a minimum.
 - 6.6.17.5 Ladder – must be sound and suitable for the intended use.

6.7 CONFIDENCE COURSE

- 6.7.1 No camper will be allowed to use the Confidence Course equipment/stands until the equipment/stands have been inspected by and leader and a leader(s) is in attendance throughout the activity.
- 6.7.2 Campers must be properly briefed before participating in the Challenge Course activities. Some of the items to be covered in the briefing are:
 - explaining the activities they will be undertaking;
 - explaining course boundaries;
 - explaining personal protective equipment requirements;
 - designating a waiting area and a completion area;
 - explain the safety lane; and
 - demonstration of each stand.
- 6.7.3

6.8 **ABSEILING**

6.8.1 The abseil tower compound will remain secured at all times when not in operation.

6.8.2 Safety helmets will be worn by personnel entering the tower compound whenever other personnel are on the tower.

6.8.3 The tower, the compound area and the Park owned abseil kits will be inspected by a certified abseil instructor at least once every three months. These inspections do not relieve the abseil instructors using the tower and equipment of the responsibilities of their inspections.

6.8.4 ABSEIL INSTRUCTOR

6.8.4.1 The Abseil Instructors are responsible for:

- a) ensuring that all abseil training conforms to the policies outlined in CATO 45-02;
- b) ensuring the safety of all personnel on the abseil site;
- c) ensuring that the maximum instructor ratio of one instructor per 10 campers is maintained;
- d) inspecting and ensuring that the tower is safe for the type of training to be conducted and is clear of all hazards;
- e) preparing an emergency evacuation plan, communications plan and procedures for dealing with accidents or injury including briefings;
- f) inspecting and ensuring that ropes and equipment (including safety equipment) is in safe working condition prior to use;
- g) ensuring that personal safety equipment is worn in accordance with (IAW) safety briefings by all personnel at the site; and
- h) notifying the appropriate Peacekeeper Park authority in the event of an accident or injury, and submitting required documentation on an accident or injury.

6.8.5 MINIMUM EQUIPMENT

6/8.5.1 The following minimum equipment standards are required:

- a) helmets: optimum - any manufacturer approved by the "Union Internationale d'Associations d' Alpinisme (UIAA); and

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- b) abseil and belay ropes: optimum - any manufacturer – Kernmantel 10.5 mm, UIAA approved, optimum length 150 ft, minimum length 20 ft; and
- c) slings:
 - (1) optimum - any manufacturer; Kernmantel 7mm, UIAA approved; optimum lengths 3 m and 1 m; and
 - (2) minimum - tubular sling 1" chain weave; optimum lengths 3 m and 1 m
- d) prusik loops - any manufacturer; Kernmantel 7 mm x 5 m and 1m;
- e) carabineers – screwgate - any manufacturer; minimum breaking strength 4000 lbs aluminum or 4000 lbs steel;
- f) figure 8 descender - any manufacturer; minimum breaking strength 4000 lbs
- g) gloves, leather;
- h) boots:
 - (1) optimum - any manufacturer; lug sole, ankle support, all leather, steel shank; and
 - (2) minimum - good soled shoes that offer good cushioning, arch support and grip
- j) harnesses:
 - (1) optimum – seat harness - any manufacturer; UIAA approved w/chest harness as required; and
 - (2) minimum - improvised swiss seat w/improvised chest harness as required

6.8.6 Equipment

6.8.6.1 The following safety equipment is required at each site:

- a) first aid kit; suitable for number of personnel on site;
- b) stretcher:
 - (1) optimum - litter, stokes; w/spinal board; and
 - (2) minimum - litter folding, w/spinal board
- c) communications equipment:
 - (1) radio telephone or cellular telephone; and
 - (2) telephone - close proximity to public telephone
- d) safety vehicle capable of carrying a stretcher;

- e) safety vehicle driver; first aid qualified; and
- f) safety scissors or suitable knife

6.8.7 SAFETY CHECK LIST:

6.8.7.1 The following checklist should be observed on all abseil training:

- a) abseiler belayed at all times;
- b) helmets shall be properly secured and worn at all times except in a designated "helmets off" area;
- c) abseils under direct supervision of a qualified instructor although assistant instructors may assist;
- d) belayer has been briefed and has practised. Belayer is wearing gloves unless using a mechanical device. Belayer is secured to a different anchor than the abseil rope;
- e) persons not abseiling are kept clear of top or bottom of tower in a designated area;
- f) abseiler instructor/abseiler ration of 1 to 10 maintained;
- g) only approved towers; roofs, ceilings, beams, etc. used only if specifically approved by the RCO; and
- h) 120 foot maximum for abseils maintained.

6.9 HIKING AND ORIENTEERING

6.9.1 The following rating system (Yosemite Decimal System, YDS) will be used at Peacekeeper Park:

- a) Class 1: Hiking, usually on a trail;
- b) Class 2: Simple scrambling, crossing obstacles with the occasional use of hands; requires route-finding skills; may be backcountry dense bush;
- c) Class 3: Angle is steep enough that hands are required for balance; scrambling on rocks using hands and feet; a rope might be carried;
- d) Class 4: Simple climbing, often with exposure requiring a rope belay. A fall could be serious or fatal. Natural protection can usually be easily found;
- e) Class 5: Technical rock climbing begins. Climbing involves the use of ropes, belays, and the placement of natural or artificial protection for the

leader in case of a fall. An open ended decimal extension to Class 5 exists for rating climbs within this category; and

- f) Class 5 is further divided using a decimal and alphabetical scale, describing vertical climbs.

6.9.2 All hiking and backpacking activities require prior approval for Cadets using the Park from their Detachment Commanders. Backpacking in a terrain rates as Class 3 requires authority by the RCSU Commander.

6.9.3 The following equipment is necessary and must be carried:

- a) Appropriate clothing:
- must be appropriate for the weather conditions and activity;
 - must offer wind and rain resistance;
 - must provide insulation and padding;
 - must provide flexibility without drag;
 - must be layered as necessary;
 - must be comfortable; and
 - must be complete including head, hands, legs and foot warmth.
- b) Appropriate footwear:
- On flat terrain - good soled shoes that offer good cushioning, arch support and grip are necessary;
 - On inclined terrain (Class 2 – 3) - hiking boots that offer ankle support are necessary in addition to cushioning, arch support and grip; and
 - On expected wet terrain - some form of water resistance or impermeability may be necessary, change of socks are considered a minimum requirement.
- c) Necessary food and water
- d) Communications:
- if any part of the hike is to take place more than 1 hour's drive from medical help, it is required that the group carry at least 1 method of communication for requesting help; and
 - hand-held radios, short wave radios, cellular phones and satellite phones must be considered so that communications is reliable with at least one means
- e) First Aid equipment, adequate for the activity and in sufficient quantity for the size of the group, must be carried with every group that travels independently.
- f) Group Equipment:
- at least one means of purifying water is required
 - appropriate maps, compasses, GPSs for navigation
 - Whistles and bear spray if travelling in bear country

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6.9.4 Transportation Requirements

A safety vehicle must be present at a location as close as possible to the leader. This vehicle must have appropriate communications means to contact both the trip leader and local authorities, and a first aid kit. The safety vehicle and the evacuation means may be the same vehicle.

6.9.5 Qualifications of Leaders

a) Up to Class 2 hiking and backpacking activities not including wilderness travel:

- Cadet instructors/leaders must be MOC Army qualified; and
- at least one leader must hold a current Standard First Aid qualification

b) For Class 3 hiking and backpacking, or wilderness backpacking in class 1 and 2:

- at least one leader must hold a current Wilderness First Responder qualification; and
- it is recommended that instructors and leaders hold the ACMG Backpacking Hiking Guide qualification

c) There must be at least 2 staff on every hiking/backpacking activity. On relatively level terrain with easy access to EMS, instructor to camper ratio can be as large as 1:10. In isolated wilderness settings, the ratio will not be greater than 1:5.

6.10 BIVOUAC AREAS

6.10.1 Bivouac areas are available at Peacekeeper Park to provide a wilderness setting for the campers, to enrich their appreciation of the natural environment and to increase the challenges to the campers. Bivouac areas are the only places where fire pits are allowed and overnight camping is permitted.

6.10.2 Tents or shelters should be situated taking into consideration the prevailing winds which at Peacekeeper Park are normally from the southeast.

6.10.3 If the group leader is going to permit smoking at the bivouac site, the fire pit, or another safe location will be designated as the smoking area. Smokers will clean up the smoking area. Under no conditions will smoking be allowed in, or within 3 meters of a tent or temporary shelter.

6.10.4 The minimum distance between facility tents is 15 meters. The minimum distance between facility tents and sleeping tents is also 15 meters.

6.10.5 The minimum distance between sleeping tents is 3 meters. The minimum distance to a fire extinguisher is 23 meters.

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- 6.10.6 All lighting equipment must be sited to increase bivouac safety, must be securely mounted; and must be protected from the elements and accidental contact with the campers.
- 6.10.7 POL points must be located a minimum of 15 meters from occupied tents and 3 meters from walking routes.
- 6.10.8 All fuel containers in the POL point must be clearly identified as to their contents. Incompatible groups of materials must be stored at least 15 meters apart.

6.11 TRAVERSING

- 6.11.1 Any traversing stands assembled and used at Peacekeeper Park will use man brakes. No fixed braking system is to be used in the Park.
- 6.11.2 *(Unable to locate any further detailed info on traversing standards)*

6.12 MOVEMENT IN GROUPS

- 6.12.1 Groups of campers moving down vehicular roadways within the Park, or on public roads, will be in single file or in files of two. The lead person, and the person at the rear of the group will wear reflective vests.
- 6.12.2 Campers may be moved on roadways within the Park, or on public roads, for not more than 3 kilometres in the back of civilian pattern pick-up trucks. All campers must sit on the floor of the rear compartment and not move from that position until so instructed by the driver. The group supervisor should seriously consider if it would be prudent to ride in the back with the campers or at least have another leader do so.
- 6.12.3 If campers are moved by pick-up truck, the truck is restricted to a maximum speed of 25 kilometres per hour.

6.13 SAFETY TRAINING

- 6.13.1 The Park Duty Officer will give a full safety briefing to the OPI and designated Safety Officer of each group using the Park as part of the In-Routine.
- 6.13.2 The group's designated Safety Officer or OPI will ensure that a Safety Briefing is given to all members of their group the evening of their arrival.

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- 6.13.3 The Cadet groups using the Park have training and certification requirements for many of the adventure activities engaged in during the weekend. Those qualified Officers are required to give Safety Briefings on their individual stands to the Cadets who will be participating in that activity and to the staff members who will either be participating or assisting at that stand. Any visitors to the stand will also be given a safety briefing if they express a desire to participate in the adventure training.
- 6.13.4 Other youth groups using the Park for adventure training and activities will be required to produce evidence to the Park Duty Officer that they are qualified to supervise and conduct the following:
- a) canoeing
 - b) rope bridging
 - c) abseiling
 - d) swimming
- 6.13.5 A list is published in this chapter of the requirements for each adventure training stand with regards to the minimum qualifications and equipment required.
- 6.13.6 From time to time, as the need dictates, Peacekeeper Park will offer safety related courses free of charge to certain individuals. It is strongly recommended that all personnel who are offered such safety training avail themselves of the opportunity.

6.14 SAFETY AND HEALTH COMMITTEE

- 6.14.1 The Safety and Health Committee at Peacekeeper Park shall consist of a minimum of two members who will meet at least once every quarter. The agenda of such meetings should cover the following points:
- a) review of minutes of previous meeting and follow-up actions;
 - b) discussion on specific points related to personnel, activities, buildings and materials;
 - c) review of accident reports and incident reports and preparation of recommendations on required corrective actions;
 - d) planning of safety training and safety campaigns focusing on future activities;
 - e) preparation of recommendations to be submitted to the Park Executive Committee for solution of problems and/or concerns.
- 6.14.2 The minutes of each meeting should be recorded, produced and distributed to the Executive and such other persons as the Committee deem necessary.

6.15 PERSONAL PROTECTIVE EQUIPMENT

- 6.15.1 Where it is not reasonably practical to eliminate or control an employment danger within safe limits, and the wearing or use of PPE by a camper will prevent an injury or significantly lessen the severity of an injury, supervisors shall ensure that each camper who is exposed to such danger wears or uses that personal protective equipment as specified in these orders.
- 6.15.2 No camper will begin an activity or enter an activity area where any kind of PPE is required to be worn or used unless the camper:
- a) is wearing or using that kind of PPE in the manner prescribed;
 - b) has been instructed and trained in the proper and safe operation and use of that PPE; and
 - c) has visually inspected that PPE to ensure that, as far as reasonably practical, it will protect him/her against the hazards of the activity.
- 6.15.3 The use of personal protective equipment must be strictly enforced by all personnel in supervisory roles.
- 6.15.4 The required personal protective equipment to be worn during specified activities is listed in the section under that activity.

6.16 EMERGENCY PLANS

- 6.16.1 The appropriateness of the following emergency plans must be verified periodically to ascertain that all those involved are fully conversant with their responsibilities.
- 6.16.2 The effectiveness of the following emergency plans can only be confirmed through actual testing in simulated emergencies, i.e. dry runs. Such dry runs will be conducted as scheduled by the Safety and Health Committee.
- 6.16.3 The following Emergency Plans are included at the end of this chapter.
- 6.16.3.1 Lost Camper
 - 6.16.3.2 Injured/Seriously Sick Camper in Hard to Access Area
 - 6.16.3.3 Water Rescue
 - 6.16.3.4 Fire
 - 6.16.3.5 Severe Weather - Winter
 - 6.16.3.6 Severe Weather

6.17 EMERGENCY COMMUNICATIONS

- 6.17.1 Peacekeeper Park is located in a "911" community so by dialling **911** you can contact Police, Fire and Ambulance Services. Your address is 3684 Avon Drive.
- 6.17.2 Any radio transmission involving an actual emergency will be proceeded by the prowords "NO DUFF MESSAGE".

6.18 COMMON AREAS

- 6.18.1 All permanent buildings with a floor area of at least 55.8 square metres used for sleeping and that has a sleeping room(s) that has no exit to the outside will be provided with smoke alarms.

6.19 HYGIENE AND SANITATION

- 6.19.1 A minimum of one toilet shall be provided for every ten campers of each sex.
- 6.19.2 All toilet seats shall be thoroughly scrubbed daily with a sanitizing solution.
- 6.19.3 Any person who handles or comes into contact with food or with any utensils used in the preparation, processing, service or storage of food:
- a) must not smoke;
 - b) must be clean;
 - c) must wear headgear that confines the hair; and
 - d) must wash his/her hands before starting work and after every use of a toilet or urinal.
- 6.19.3 A basin designated only for hand washing will be located in each food preparation area together with supplies of hot and cold water, soap or detergent in a dispenser and,
- a) clean, single-service towels;
 - b) a hot air hand drier; or
 - c) a continuous roller towel in a mechanical device and a supply of paper towels.
- 6.19.4 Food equipment and utensils shall be:
- a) scraped or rinsed;
 - b) cleaned;
 - c) rinsed; and
 - d) sanitized.

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- 6.19.5 Wash water for cooking equipment will be maintained at a temperature not lower than 60° Celsius.
- 6.19.6 Cooking equipment, utensils, and food serving equipment will be sanitized after washing and rinsing by:
- a) immersion in clean water at a temperature of at least 77° Celsius or more for at least 45 seconds; or
 - b) immersion in a clean chlorine solution of not less than 100 ppm of available chlorine at a temperature not lower than 24° Celsius for at least 45 seconds.
- 6.19.7 The garbage and other refuse created at the Park shall be:
- a) deposited in leak proof, durable containers equipped with tight-fitting or self-closing tops;
 - b) removed after each meal from any room in which food is prepared, served or stored; and
 - c) collected daily and stored in a sanitary manner until final disposal.

6.20 FOOD STORAGE STANDARDS

- 6.20.1 Food must be protected from contamination and adulteration and foods not requiring refrigeration must be kept in closed containers and stored in areas designated by the Park executive as areas for food storage only.
- 6.20.2 The Park is responsible for providing refrigerated space adequate for the safe storage of perishable and hazardous food for courses or camps where the Park is the principle supplier of that food.
- 6.20.3 No rack or shelf provided for the storage of food shall be placed less than fifteen centimetres above the floor.
- 6.20.4 Hazardous food, other than hermetically sealed food that has been subjected to a process sufficient to prevent the production of bacterial toxins, shall be stored, distributed, maintained, transported or displayed such that the internal temperature of the food is,
- a) 5° Celsius, or lower; or
 - b) 60° Celsius, or higher
- except for such periods of time as may be necessary for the preparation, processing and manufacturing of the food.
- 6.20.5 Frozen food will be stored and maintained at a temperature of minus 18° Celsius or lower.
- 6.20.6 Food preparation and storage areas will be constructed, located and maintained so as to provide protection against the entrance of insects, rodents, vermin, dust and fumes.

6.21 DRINKING WATER STANDARDS/OPERATION

- 6.21.1 The water supply for the Park must be obtained from a source, or sources, approved by the Medical Officer of Health.
- 6.21.2 The well at the HQ Bldg and the chlorinated water supply in the Camping areas are inspected and tested on a regular basis and have been approved by the Medical Officer of Health for Middlesex London.

6.22 USE AND CONTROL OF HAZARDOUS MATERIALS

- 6.22.1 All toxic, corrosive and poisonous substances required for maintenance of sanitary conditions in the Park are:
- a) kept in a compartment separate from food so as to preclude contamination of any food, working surface or utensil;
 - b) kept in a container that bears a label on which the contents of the container are clearly identified; and
 - c) used only in such manner and under such conditions that the substances do not contaminate food or cause a health hazard.

6.23 SAFETY INSPECTIONS

- 6.23.1 A well organized safety inspection program is an effective tool to ensure that the Park's safety program operates in accordance with published Standing Orders and Standard Operating Procedures. The purpose of these safety inspections is to assist the Park in our efforts to main a healthy and safe work and play environment. A safety inspection is a fact-finding exercise, not a fault-finding one, with the specific aim of preventing accidents and incidents from happening.

There are two types of safety inspections; planned and unplanned. The unplanned safety inspection is part of the normal activity of the designated group Safety Officer and of Park personnel. These types of inspections are intended to detect personnel operating errors, unsafe procedures and hazardous situations in the Park. Whenever risks are identified, activities will be suspended immediately and the necessary measures taken to correct the situation.

The planned inspection are more formal and are conducted on a regular basis by assigned Park personnel. Their area of concern is normally broad, intended to cover major sections of the Park, but they can also be utilized to cover specific work places. They are intended to uncover, through a systematic and methodical verification, health hazards and the potential causes of accidents. They facilitate the discovery of hazardous situations and faulty operating procedures, the identification of the PPE required and the development of safety awareness of all personnel using the Park.

6.23.2 CRITERIA AND SCHEDULES

To obtain satisfactory results in the course of planned safety inspections, the following conditions must be satisfied:

- a) personnel conducting the inspection must be familiar with the work environment, the tasks assigned and the applicable safety standards;
- b) inspection checklists must be used;
- c) an inspection register must be maintained to ascertain the inspections were completed and per the schedule and that adequate measures have been taken to correct dangerous situations.

The frequency of inspections should be based upon the degree of hazard, accident and incident frequency or severity rates, mandatory safety standards, etc. While adequate time intervals between inspections should be established, so as to permit the accomplishment of required remedial actions on observations previously reported, time limits or target dates should be set when that remedial action should be completed.

6.23.3 BUILDINGS

The following buildings will be inspected at least once every three months for safety related improvements or modifications. A written report of these inspections will be forwarded to the Park Executive and to the Safety and Health Committee.

- HQ Building
- Maintenance Building
- Office Trailer
- Supply Building
- Cabin # 1
- Sea Container

6.23.4 EQUIPMENT

The following Peacekeeper Park equipment will be inspected at least once every three months for safety related performance and condition. A written report of these inspections will be forwarded to the Park Executive and to the Safety and Health Committee.

- all Park fire extinguishers
- all Park First Aid equipment including stretchers and backboards
-

6.23.5 TRAINING ACTIVITY AREAS

The following training areas will be inspected at least once every three months for safety related improvements or modifications. A written report of these inspections will be forwarded to the Park Executive and to the Safety and Health Committee. These inspections are not intended to relieve the supervisors

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of the training activities conducted in these area of their responsibility and duty to inspect the area/equipment prior to allowing use by the campers.

- Confidence Course
- Abseil Tower/Compound
- Julien Bivouac area
- Black Bear Bivouac area
- Rope Bridging area
- Main HQ camping area
-

LOST CAMPER

EMERGENCY PLAN 5 - 01

1. GENERAL

Our primary duty while in a supervisory role at Peacekeeper Park is to protect the campers entrusted to our care. Due to the type of activities conducted at the Park, the restricted mental capabilities of some of our campers, and because of the youth and inexperience of many of our campers, it is quite probable that we will have to deal with a camper who has become lost in the Park.

2. IMMEDIATE ACTIONS

A swift response is essential once a camper has been reported lost and the response level must escalate once the situation becomes known to more supervisors and staff. The following are some essential guidelines on the first few minutes of the response:

- a) The supervisor(s) in charge of the missing camper will immediately:
 - account for all campers in his/her charge;
 - notify Camp HQ personnel with the name and a description of the missing camper;
 - make a determination if it is safe to begin an immediate, organized search of the area where the missing camper was last seen; (do not make the situation worse by sending other campers into the bush who may themselves become lost. Evaluation of your resources is essential.)
 - return all the campers in his/her charge to the HQ area if it is deemed to be unsafe to conduct a search with the resources available.

- b) HQ Staff will appoint an OPI search who will immediately:
 - account for all campers in the Park;
 - suspend all training and activities if adults/seniors are required for search duties;
 - call for outside assistance if the resources available are deemed to be insufficient and the need is critical (i.e. severe winter weather)

- c) Ensure that the other campers in the Park are not forgotten about or neglected as a result of the search activities.

- d) All communications with media personnel will be done by the OPI Park after consultation with the OPI Search.

LOST CAMPER

EMERGENCY PLAN 5 - 01

3. SEARCH PROCEDURES

Organize the search into defined areas and prioritize these areas. High priority must be given to the area where the Camper was last seen, the lake area, the creek area and the wetlands area.

Searchers should call the camper's name in a loud voice while conducting the search and listen carefully for a response. This needs to be coordinated so that any response from the missing camper is not drowned out by searchers calling his/her name.

Searchers must be on the look-out for any evidence that the camper has been in their search area. Look for pieces of clothing, dropped equipment, etc.

4. OUTSIDE ASSISTANCE

The OPI Search will be the only one to authorize a request(s) to outside services for assistance in the search.

From May to September of each year, it is advisable to notify the Lake Whittaker Main Gate that we have a missing camper. They have a number of staff personnel on duty 24 hours a day, have radio communications, have vehicles and are very familiar with the Park.

The primary organization to request search assistance is the Ontario Provincial Police available through the **911** system. Once they arrive on the scene they will assume control of the search and Park personnel should render any assistance required or requested.

5. NOTIFICATIONS

If the missing Camper is a member of the Canadian Cadet Movement, the applicable detachment must be notified if the Cadet is not found in a reasonable amount of time. Detachment will advise on the notification of parents/guardians.

LOST CAMPER

EMERGENCY PLAN 5 - 01

Other youth groups using the Park should have emergency contact personnel at their home location that they can contact if required. They should also have a system of parent/guardian notification.

During the Special Adventure Camps, the Camp Director will determine the need to inform the parent/guardians of the situation.

6. REPORTS/RECOMMENDATIONS

OPI Search will begin, and maintain, a chronological log of the response upon notification of a lost camper. This log must be maintained until the camper is found or the OPI Search is replaced by a higher authority.

Search leaders/staff will conduct a debrief when the emergency state is stood down with recommended changes to this procedure submitted in written form to the Safety and Health Committee.

All Park personnel will cooperate with investigations conducted by **authorized** outside agencies.