

KCKA Trip Emergency Guidelines / revised: 1/18/2006

NOTE: These guidelines are designed to minimize risk. They do not remove all risk from this activity. Trip participation is at your own risk. Ask questions and be informed about this activity by talking to the trip coordinator and other knowledgeable participants and then make your own decision about whether to participate.

- 1) **General information:** If an emergency occurs, execute a rescue plan:
- 2) **Rescue people first and equipment next.** Equipment is replaceable; lives are not. Do not take risks to rescue equipment. Lake rescues should consider high winds when making these decisions.
- 3) **Designate a Rescue Leader** to execute the rescue. Follow their advice. Rescue Leaders often use the acronym RETHROG to outline a methodology of rescue. **RETHROG** is:
 - a) **REach** – Shore-based rescue using a protected stance to grasp the victim.
 - b) **THrow** – Shore-based rescue using a floatable rescue rope, buoy, or other floating. Jumper cables from a nearby vehicle have been popularly used to rescue victims from low-head dams.
 - c) **ROW** – Water-based rescue using boats, rafts, or other craft.
 - d) **Go** – Water-based rescue with the rescuer in the water to retrieve the victim.
- 4) **Designate a Medical Leader** to begin first aid treatment, treat for hypothermia, and/or evacuate as needed.
- 5) **The Trip Coordinator (TC) shall:**
 - a) Consider options whether to move the group along or exit the river/lake.
 - b) Sometimes it is necessary to ask a participant to “leave the trip” because they: **a)** have exceeded their skill level or **b)** have executed numerous wet-exits that may be jeopardizing group safety, or **c)** may be ill or hypothermic due to inclement weather or sickness. The TC should try to arrange for their evacuation.
 - c) Separate the group only if necessary for the safety of the individual and of the group.
 - d) Coordinate the exact meeting locations if it is necessary to split the group.
- 6) **Take no undue risks:** Use your common sense. Do not put yourself into a hazardous or potentially hazardous situation. Give all tasks adequate thought before action.