

Nature Manitoba Mantario Cabin Emergency Plan

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Mantario trip leaders are volunteers and are at this point not required to have a first aid certification. Trip leaders are required to have canoe experience and knowledge of the route to the Mantario Cabin, as well as how to operate the amenities at the cabin.

Our Facility

- The Mantario Cabin is a remote facility.
- Response time for rescue or medical help is at minimum 2 hours away and will come by air.
- The Mantario Cabin has a float plane dock for emergency rescue.
- As a non-motorized zone, individuals may only access the area by snowmobile with appropriate permits.
- Weather and lake conditions can impact emergency access options.

Emergency Medical Coverage

- Note that Manitoba Health coverage does NOT cover air ambulance or emergency evacuation.
- **Participants on Mantario trips should consider purchasing private travel health insurance coverage.** Make sure that your provider includes air ambulance coverage and coverage for emergency evacuation from a remote location by a commercial operator when a regular ambulance service cannot be used.
 - Manitoba Blue Cross Travel Health Benefit
 - CAA Emergency Medical Travel Insurance

First Aid/Medical Supplies

- Mantario Cabin has a first aid supply drawer containing basic, limited, supplies to manage injuries and illness, including personal protective equipment (gloves), wound care supplies, musculoskeletal injury, and selected over-the-counter medications.
- Summer Program groups travel with a first-aid kit that contains a smaller quantity of the above items.
- The travel first-aid kit also contains an EpiPen and instructions on its use.
- The cabin does not have an AED (Automatic External Defibrillator).
- First aid providers must act according to their training when using these supplies on an injured person, and not take action beyond their ability.
- Note that when treating an injury in the wilderness, monitoring of the patient is important. Proper wound cleaning and management is essential to prevent infection.

- Managing a more serious injury as a first aid provider requires a written accident report and record of patient care. Copies of Accident Report Form are available in the First Aid drawer and kit and should be submitted to the Nature Manitoba Office upon return.
- For a full list of the supplies available, a First Aid Inventory is provided to trip leaders and can be sent to participants upon request.

Risk Management

Mantario trip leaders and participants will:

- Be conscious of minimizing risk of injury and illness while en route or at the cabin.
- There are many natural risks that may be unfamiliar to those with limited experience in remote locations. Assess conditions and be prepared to wait as part of limiting risk.
- Prepare for the Mantario trip by ensuring your fitness level and health is adequate.
- Ensure you have adequate food, water, and rest.
- Wear proper clothing and footwear for the trip.
- Stay together when en route, behind the designated lead canoe and ahead of the sweep canoe, within communication range of one another.
- Always wear a PFD on the water and carry all regulated safety gear in each canoe - bailing bucket, whistle and throw rope.
- Be prepared to offer assistance to anyone in the group experiencing difficulty on the water or on portages.

Emergency Evacuation Plan - Medical Condition or Injury

If an incident occurs, have those who have training in first aid stabilize the patient, treat the injury and/or for shock, and keep a record of vital signs while other designated individuals seek to contact outside help, wait for help to arrive, and/or prepare for transport.

Cell phone service at the Mantario Cabin is inconsistent.

Summer Program groups carry a SPOT beacon to and from the cabin for this reason. Private groups are encouraged to carry an alternate communication device.

Potential areas with cell reception:

- The Mantario cabin deck or roof (not dependable) *
- The cliff on the mainland to the southwest of the Cabin.
- Various high points on the Mantario Trail near the cabin or Canoe Route.

*The long wooden stick may enhance reception opportunities. A pair of earbuds designed for your cell phone (with mini plug and built-in microphone) may work with the long audio cord on the stick. Recharging a phone with a USB cord is available at the cabin.

If you can't get enough of a signal for a phone call, you may still be able to send SMS text messages. Currently, text to 9-1-1 is NOT available in Canada. You would need to text a friend to call for help for you.

MEDICAL EMERGENCY (LIFE THREATENING) EVACUATION

SPOT DEVICE

Activate SOS button on Spot Device to launch Rescue Coordination efforts. Your coordinates and signal will be sent to the appropriate channel to initiate a rescue.

CELL PHONE

Contact Rescue Coordination Centre of the Canadian Armed Forces
24 hours

CALL: 1-800-267-7270

GIVE THIS LOCATION:

N 49 59' 28"

W 095 09' 32"

If the emergency is deemed serious, Search and Rescue technicians will be dispatched by air, and will drop in to care for patient and arrange for air transfer.

NON-LIFE THREATENING REQUIRING EVACUATION

If an injury is non-life threatening, but the individual cannot travel home safely or needs evacuation, send a delegated person with a cell phone to a location where reception is available to call for help. Send as much information about the patient's condition as possible with the delegated communicator.

Contact RCMP Emergency Response Centre

CALL: 9-1-1

RCMP will coordinate a response involving local ambulance and air services, and Manitoba Conservation if necessary.

The call's GPS location will automatically be received by the 9-1-1 dispatcher.

NON-EMERGENCY EVACUATION

If you have all the time in the world and are just too tired to paddle home, contact Whiteshell Air **204-345-8339**, to obtain a quote for a flight to pick up from the Mantario Cabin.