Emergency Action Plan

LOCATION: Canmore, Alberta, Rundle Plante Lane to Highway 1 Bridge “Town Run” - **Map link**

DATE(S): _____

TRIP ORGANIZER(S): _____

VEHICLES

LOCATION	MODEL	LICENSE PLATE	KEYS LOCATION	EAP
TAKE-OUT				▢
PUT-IN				▢

FIRST AID / SWIFTWATER RESCUE

Leader name	First Aid? Y/N	SWR? Y/N

IN CASE OF EMERGENCY

- Ensure Self-Safe
- Ensure no others are in danger
- All paddlers stop, meet
- Dr. Green will assume responsibility if present unless he is disabled. If he is not present, the closest certified or trained river leader will assign a command person.
- Treat ABCs (airway-breathing-circulation)
- Activate EMS - Dial 911 if signal, otherwise activate SOS on Garmin InReach Mini (trip leader carries one)
- Clear spine, extract victim or send two paddlers to meet EMS in the event that victim cannot be moved
- Group maintenance

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EMERGENCY CONTACTS

	PHONE	ADDRESS/NOTES
Emergency	911 (cellular network) 403-591-7767 (satellite network)	Ask to be transferred to Kananaskis Country Emergency Service
Police	(403) 678-5516	101 Elk Run Blvd, Canmore, AB T1W 1L1. 24/7 complaint line by phone.
Fire Dept	(403) 678-1500	1200 Steward Rd, Canmore, AB T1W 0P1
Hospital	(403) 678-5536	1100 Hospital Pl, Canmore, AB T1W 1N2
Poison Control	1-800-332-1414	N/A
Wildlife/Poaching	(403) 591-7755	Kananaskis Emergency Services handles fish and wildlife complaints.

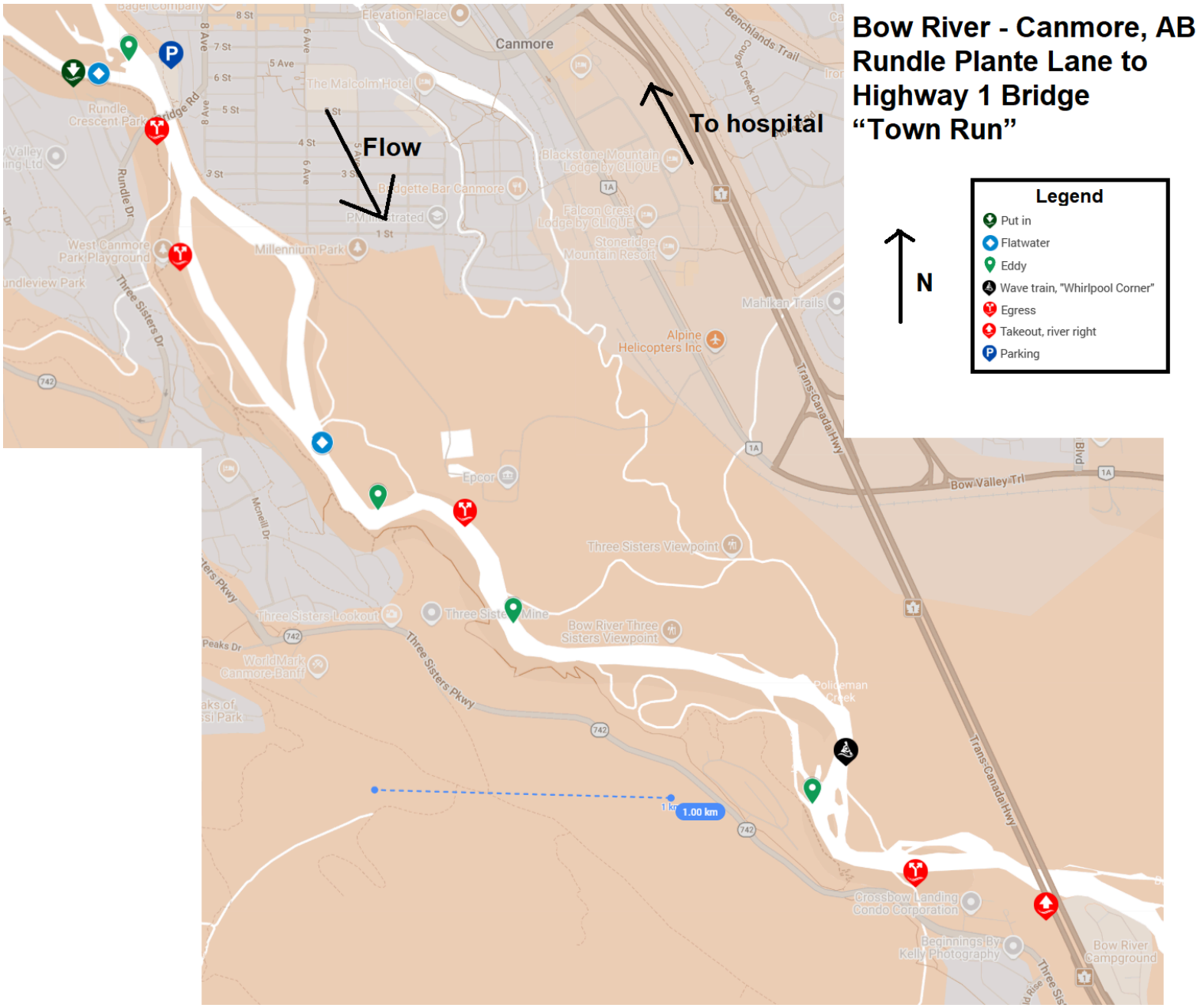
LOCATION OF PHONES

NUMBER	OWNER	LOCATION

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MAP OF RIVER AND SURROUNDINGS

[MyMap link]



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INFORMATION

A mostly class I run with a wave train on a grade I (II) river with excessive wood risk. The run is through the town of Canmore, AB, and is ~5.5km long. Public parking for the put in can be found across the bridge. It is a

Risks include busy roadways, slippery banks, bridge pilings, numerous sweepers/strainers from collected log jams, and cold water/hypothermia, and foot entrapment. Be especially wary of heads of islands and outside corners of all riverbends, for wood.

There are eddies for teaching, but check for wood first. There is a small wave train at “Whirlpool Corner” marked by a rock pile on river left. There is an eddy that is harder to get into behind the rock wall on river left.

The closest hospital is 1100 Hospital Pl, Canmore, AB T1W 1N2.

From the put in: The hospital is 2.9km from the put in (~7min drive). Turn left onto Rundle Dr. Continue onto Bridge Rd. Merge onto 8 Ave. Continue onto Fairholme Dr. Turn right onto 17 St. Turn left onto 17 St/Railway Ave. Turn right onto Bow Valley Trl/AB-1A E. Continue on Hospital Pl. Drive to Young St. Turn left onto Hospital Pl. Turn right onto Young St.

From the takeout: The hospital is 7.4km from the takeout (~8min drive). From the take-out, head southeast on Hwy 1. Take exit 93 for AB-742/Three Sisters Pkwy. Turn left onto Three Sisters Pkway/AB-742. Turn left on the Hwy 1 W ramp to Banff. Take exit 91 towards Canmore. Merge onto Bow Valley Trail/AB-1A W. At the roundabout, continue straight to stay on Bow Valley Trail. After 150m, turn right onto Hospital Pl, then right onto Young St.

There are numerous emergency egress locations on this run, including at the Power Plant on river left.

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DIRECTIONS

PUT-IN	From Highway 1 Westbound: Take exit 93 toward Three Sisters Pkwy. Take the first exit at the roundabout to continue to follow Three Sisters Pkwy, which turns into Three Sisters Drive. Turn right onto Rundle Dr.Turn left onto Rundle Plante Ln. This is the skinny back alley to the put in location. (~30min, 37km)
TAKE-OUT	From the put-in, head north-east on Rundle Drive and cross the Bow River. Turn left (north) onto 8 ave, right (east) onto 8th Street, and right (east) onto Railway Ave. Exit onto Hwy 1 Eastbound (towards Calgary). Stay in the right-most lane, and start signalling right when you see the Bow River. Immediately after crossing the Bow River take a right off the highway and park. Note you can only access the takeout when heading east on Highway 1, not west.
ALTERNATE TAKE-OUT 1	There are several alternate take-out locations. First, on the river right, not far from the put-in, is the boat launch. Following that is a playground on a path along river's right. Crossbow Point Condos also has an access point ~500m above the take-out on river right if needed.
EMERGENCY EGRESS	The power plant on river left is the only egress further down the run with an accessible road to it. It is also the only river left egress option.