

Desert and Canyon Country Recommendations

In addition to the hiking and stream crossing policies, desert and canyon country require attention to specific hazards.

1. Students shall remain one body length away from drop-offs greater than one body length in height.
2. Students shall carry extra water, and appropriate layers for both extreme heat and cold temperatures.
3. Students shall be made aware of pour-offs and flash floods, and what to do in case they occur.
4. Whenever a rock or other item (water bottle, pack, etc.) is loosened, students shall be coached to yell rock, cover head and neck, and move closer to the canyon wall.
5. Students shall treat all ancient ruins and artifacts with care and respect according to regulations set forth by leaders and park personnel.
6. Students shall be taught to identify poisonous creatures in the area including rattlesnakes, scorpions, black widow spiders, and brown recluse spiders.
 - a. Students should inspect all handholds before climbing, and avoid reaching into unknown spaces.
 - b. Students will shake out all shoes before inserting foot, especially if boots have been left outside tent or tent has been unzipped for a lengthy period.
7. Students should be directed to stake tent thoroughly in anticipation of high winds.

Hiking and Backpacking Recommendations

Hiking activities are defined as walking on non-paved trails for one day or less, while carrying a lightweight backpack with personal items.

1. All participants, including staff, will follow the rules, laws, and guidelines of ski resorts, public, and private lands, and strive to be good representatives of ASD.
2. All participants will wear sneakers or hiking boots.
3. All participants will carry the following:
 - a. warm layers
 - b. waterproof layers
 - c. sunscreen and hat
 - d. appropriate water for the length of the hike, or opportunities to re-supply
 - e. personal food
4. Staff will conduct safety briefings prior to and during hike that include:
 - a. Changing environmental conditions
- b. Objective hazards including steep terrain, loose rocks, overhanging branches, slippery areas.
- c. Intended route, including length, elevation gain, and estimated time.
- d. Treat blisters through application of appropriate first-aid.
5. Groups should maintain a pace that keeps all members within visual and verbal contact.

Lightning Protocols

- If you hear thunder, you should return to lower, rolling terrain.
- If you see lightning, you should prepare your group for the possibility of lightning positioning.
- Immediately get off elevated areas such as hills, mountain ridges, or peaks.
- Never lie flat on the ground. Crouch down in a ball-like position with your head tucked and hands over your ears so that you are down low with minimal contact with the ground.
- Keep your feet close together to minimize step voltage
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out of and away from ponds, lakes, and other bodies of water.
- Stay away from objects that conduct electricity (such as barbed wire fences, power lines, or windmills, tent poles).

- If you are in a group during a thunderstorm, separate from each other. This will reduce the number of injuries if lightning strikes the ground.
- If you are in a tent in a sheltered area in low, rolling terrain, lightning position is a minimum expectation. If you are in an exposed area, leaving the tent before the storm hits and waiting it out as a dispersed group is preferred. Establish a meeting place and ensure everyone has rain protection and a flashlight or headlamp.
- If you are out in the open water and a storm rolls in, return to shore immediately.
- Stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches. Seek shelter immediately.
- Stay away from tall structures, such as telephone poles and trees; lightning tends to strike the tallest object around.

Lost Person Protocol

(Reviewed and updated April 2025)

When searching for a lost person

1. STAY CALM!
2. Gather all participants and establish a base.
3. Gather information
 - a. Who saw the lost person last?
 - b. How much time has passed since you saw them?
 - c. Where were they and which way were they headed?
4. Make search teams. Depending on the age and location of participants, students may stay put with a leader or make teams of two or three to search.
 - a. Search teams will be given a direction in which to travel or specific location to search, landmarks to use to return to the base, and a time to return to base.
 - b. If possible, send radios or cell phones for communication. If not, establish a whistle signal: 3 whistles, a pause, then 3 more means, "I need help here." Repeated whistle blows mean, "I found them!"
5. Do a hasty search
 - a. Assign a group to check upstream, another to check downstream, one group to check farther along the trail, and one group to search the way you have come. If there is a trail crossing near the location the person was last seen, this trail should be searched in both directions.
 - b. Searchers should call the missing person's name, then wait motionless for 15 seconds to allow time to hear a reply.
 - c. Look along trails and creeks for signs of humans: wet spots where they exited the water, broken weeds, or flattened grass. Mark these with bright items as possible additional directions in which to search.
6. Do a fine search
 - a. Contact the OCA and let them know the following:
 - i. The name of the missing person
 - ii. How long they have been missing
 - iii. Your location
 - b. Depending on the time of day, your location, and available resources, the OCA may do the following:
 - i. Send you nearby additional personnel
 - ii. Tell you to activate the SOS button on your Garmin InReach or call 911
 - iii. The OCA will contact the parents of the missing person as needed

- c. You may repeat the hasty search, this time ensuring that each team spreads out in a line while maintaining visual contact with each other, and use pieces of white athletic tape to mark the edges of an area searched.
 - i. An area can be cleared if there is NO SIGN of the missing person.

When you are the lost person

1. STAY CALM!!!
2. Stay where you are unless:
 - a. The area you are in is unsafe
 - b. Bad weather is approaching and you have no shelter
3. While waiting, do the following:
 - a. Find a spot protected from the elements
 - b. Stay warm - add layers, sit on sleeping pads or pine boughs
 - c. Drink water and eat food
 - d. Flash mirrors or shiny objects
 - e. Put on as many bright colors as you can
 - f. Make noise! Blow your whistle, bang metal objects, shout, sing loudly
 - g. Listen for people looking for you and respond

Hand washing Recommendations

To prevent the spread of infectious diseases, the following procedures should be followed on all trips.

1. Prior to eating or handling food, participants should wash their hands with soap and water for a minimum of 30 seconds.
2. If no hand-washing facilities are available, students should use hand-sanitizing lotion as directions state on bottle.

Food Handling and Preparation Recommendations

1. Anyone with signs or symptoms of an infectious disease should not handle any group food or dishwashing duties.
2. After handling raw meat, participants should follow hand-washing procedures.
3. If possible, raw meat should be prepared ahead of the trip and cooked to an internal temperature of 165 degrees Fahrenheit. During the trip, food should be reheated to 165 degrees Fahrenheit.
4. Depending on the age of participants, proper instruction in knife use should be given. When participants are using knives, adult supervision is required.
5. When students are using conventional stoves or ovens, instruction and supervision is required. The adult should ensure that all burners and ovens are turned off after use.
6. When students are using camping stoves (like at basecamp), an adult should be responsible for ensuring the stove is stable. Adults are also responsible for turning propane on and off, and lighting stoves. Adult supervision is required during stove use.

Dishwashing Recommendations

1. Participants should be instructed in the use of the bucket system. **Each student is responsible for personal dishes, while group items should be done by assignment or participant volunteers.**
 - A. All excess food should be scraped into the trash.
 - B. Fill the first bucket $\frac{2}{3}$ with water (non-potable water may be used). This is the pre-wash. Students should use a plastic bristled scrub brush to remove sauces, etc. This bucket may be deemed unnecessary.
 - C. Fill the second bucket $\frac{2}{3}$ with water (non-potable water may be used) and 2 oz. of liquid detergent. Dishes will be cleaned with a plastic bristled scrub brush and sponge.
 - D. Fill the third bucket $\frac{2}{3}$ with water (non-potable water may be used). After shedding excess soap into the first bucket, dishes are rinsed in the second bucket.

- E. Fill the fourth bucket 2/3 with COLD (non-potable water may be used) and 1 capful of liquid bleach. Dishes are placed in the fourth bucket for a minimum of one minute.
- F. Dishes are stacked on a drying rack or dried with a towel. Dishes should be completely dry before the next use.

Water Treatment Recommendations

- 1. Confirm whether the water source at your destination is potable before leaving campus.
- 2. If the water is questionable (any doubt about the cleanliness), you have the following options:
 - A. Bring enough water jugs filled from school for your entire stay plus an emergency supply.
 - B. Find a potable water source near your destination and arrange a schedule with a support vehicle to fill emptied jugs.
 - C. Treat the questionable water (CDC, 2018).
 - i. Bring the water to a rolling boil for a minimum of one minute (best way)
 - ii. Filtration: Use an NSF 53 or 58-rated cyst reduction/removal filter and follow the manufacturer's directions.
 - iii. Disinfection: Iodine or Chlorine or Chlorine Dioxide according to manufacturer's directions.
 - iv. Filtration and Disinfection: If boiling is not possible or practical, a combination of filtration and disinfection is recommended.

Transportation Recommendations

Leaders should review pages 11-13 of the Student Handbook to understand driver responsibilities and expectations.

- 1. School vehicles
 - a. School bus
 - i. Students will follow all policies outlined in the student handbook.
 - ii. Students will keep the aisle and all emergency exits clear at all times
 - iii. Students will follow additional safety directions provided by the driver.
 - iv. There shall be a minimum ratio of 1:20 adults to kids on the bus in addition to the driver.
 - b. Mini-bus
 - vi. Any operator of any vehicle, that is 15 or fewer passengers in size, that is carrying students shall be a current certified driver with all proper documentation on file with the transportation department.
 - vii. Any operator must complete vehicle trip forms, turn in any fuel receipts, and complete any required vehicle inspections while utilizing district vehicles.
 - c. Trucks and Suburbans
 - i. Any licensed adult may drive a district fleet vehicle.
- viii. A copy of the individuals current drivers license and motor vehicle records must be on file with the Transportation Department prior to driving any district vehicle.
- ix. Students may not ride in a fleet vehicle unless the driver is a district certified driver, or there is a life threat that requires immediate transport.
- x. Students may not sit in the front seats of any suburbans and trucks, excepting life threatening emergencies that require immediate transport.