

Safety Requirements and Guidelines – 2010 MichCanSka

Version (Final) – December 2009

SECTION 1 - FUNDAMENTAL AND DEFINITIONS

1.01 Purpose and Use

1.01.1 It is the purpose of these Safety Requirements and Guidelines to establish uniform minimum equipment, and standards for participants of the MichCanSka event.

1.01.2 These Safety Requirements and Guidelines do not replace, but rather supplement, the requirements of any governmental authority.

1.02 Responsibility of Participant

1.02.1 The safety of the operator of a snowmobile and any passengers is the sole and inescapable responsibility of the operator who must do his or her best to ensure the snowmobile is thoroughly maintained and he/she has undergone appropriate training and is physically fit to face the extreme conditions and terrain that could be encountered during this event. He/she must be satisfied as to the soundness of his snowmobile, helmet, clothing and all gear. He/she must ensure that all safety equipment is properly maintained and stored and how it is to be used.

1.02.2 Neither the establishment of these Safety Requirements and Guidelines or a Command Center, their use by MichCanSka event organizers, MSA, staff or volunteers, nor any inspection of a participant and snowmobile under these Safety Requirements and Guidelines in any way limits or reduces the complete and unlimited responsibility of the participant.

1.02.3 Decision to Participate -The responsibility for a participant's decision to participate in this event or to continue is his/hers alone.

1.02.4 The equipment and gear identified as mandatory in this document is a minimum requirement and provides in no way a limitation on additional items deemed necessary or needed by the participants.

1.03 Definitions, Abbreviations, Word Usage

1.03.1 Definitions of Terms used in this document

TABLE 1

GPS	Global Positioning System
Hot Hands	Generic term for Chemical / Air activated heating pads designed to last a minimum of 6 hours.
CPR	Cardio-Pulmonary Resuscitation
EPIRB	Emergency Position-Indicating Radio Beacon monitored by government SAR
Group	A group of Teams assigned to ride together, A Group also

	shares the transportation and carrying of special safety equipment
Team	A small group of riders (3-6) who share the same Support Vehicles. A Team also shares the transportation and carrying of special safety equipment.
Participant	Individuals taking part in this event, "participant" shall be taken as fully interchangeable with the word "operator", "rider" and Support Vehicle personnel.
Support Vehicles	A Truck or Van assigned to support a Team of riders for the purpose of re-supplying gas, food, spare parts, breakdowns or transporting sleds due to poor or no trail conditions
Trail Boss	The Person in Charge of a Group of Riders
Spot Messenger	Personal satellite locator beacon sold by Spot Messenger (www.findmespot.com)
Command Center	The Command Center is being setup and staffed by volunteers from the Michigan Snowmobile Association and other private individuals. It will be providing logistics and communication support for this event.
SAR	Search and Rescue

1.03.2 The words "shall" and "must" are mandatory, and "should" and "may" are permissive.

1.03.3 The word "Snowmobile" shall be taken as fully interchangeable with the word "sled".

SECTION 2 - GENERAL REQUIREMENTS

2.01 General Requirements

2.01.1 All equipment required by Safety Requirements and Guidelines shall:-

- a) function properly
- b) be regularly checked, cleaned and serviced
- c) when not in use stored in conditions in which deterioration is minimized
- d) be readily accessible
- e) be of a type, size and capacity suitable and adequate for the intended use.
- f) be replaced at the first reasonable opportunity if lost, broke or consumed.

2.01.2 Participants who carry safety equipment for their Team or Group should seek/request instruction / training if they are not familiar with its use in emergency conditions.

SECTION 3 – GROUP RULES AND SAFETY EQUIPMENT/GEAR

3.01 Group Rules

3.01.1 All participants riding in a group shall:

- a) be responsible for keeping track and making sure the sled behind them is visible and keeping up with the rest of the group
- b) agree on speed, regular stretch / restroom break intervals
- c) share provisions and safety gear to the mutual benefit of entire group
- d) use established snowmobile safety hand signals
- e) not leave behind riders or Teams without making sure arrangements for their retrieval/assistance has been coordinated and communicated

3.02 Group overall safety requirements

3.02.1 Each Group shall be required to carry safety equipment for the benefit of the entire group. These items may be rented, purchased or borrowed, with any un-donated cost equally divided among the Group. These items should be distributed among individual sleds and be assigned to specific Teams or sleds by the Trail Boss as warranted.

3.02.2 Items shall be redistributed among the Group if riders pull out or do not ride on a specific day or portion of the trip or may be redistributed if a rider changes their riding position within the Group.

3.03 Emergency Communications (i.e. Satellite Phone, EPIRB)

3.03.1 Each Group Shall have at least 1 Satellite Phone and either a 2nd Satellite phone or a Emergency Position-Indicating Radio Beacon (EPIRB). The Satellite Phone should be assigned to a sled riding in the front of the group (1st three sleds) and the 2nd Satellite Phone or EPIRB be assigned to a sled in the back of the group (last 3 sleds).

3.04 Navigation and Global Positioning System (GPS)

3.04.1 Each Group shall have at least 2 GPS's with US and Canada Topo charts with each days destination, waypoints and routes programmed. One GPS should be assigned to a sled riding in the front of the group (1st three sleds) and the 2nd GPS in the last 3 sleds.

3.04.2 Each Group shall have at least 2 sets of paper maps detailing the planned route for that day of the trip. One set of maps should be assigned to a sled riding in the front of the group and the 2nd set be assigned to a sled in the back of the group (last 3 sleds)

3.05 Additional Safety Equipment & Gear

3.05.1 Each Group shall also have at least one of the following items carried by a sled:

- a) Hatchet & Saw capable of trimming branches for building an emergency shelter, building a fire or clearing a blocked trail.
- b) Flare kit (Coast Guard Approved) to be used to assist in emergency signaling of SAR response teams.
- c) 150 ft of rope (rated at 3,000+ lbs braking load) to be used in case of emergency recovery of a rider or sled.

3.06 First Aid / Survival Manual and First Aid Kit

3.06.1 Each Group shall have a suitable First Aid Kit and Survival Manual *the latest edition of one of the following is recommended:*

a) Wilderness Medicine, Beyond First Aid - William Forgey

*Additionally recommend participants getting a copy of:
98.6 degrees , The art of keeping your ass alive! -Cody Lundin*

SECTION 4 – TEAM SAFETY EQUIPMENT

4.01 Team overall safety requirements

4.01.1 Each Team of 4 to 6 riders shall be required to carry safety equipment for the benefit of the entire Team. These items may be rented, purchased or borrowed, with any un-donated cost equally divided among the Team. These items should be distributed among individual sleds in the Team.

4.01.2 Items shall be redistributed among the team if one or more riders pull out or do not ride on a specific day or portion of the trip.

4.01.3 Each Team shall be responsible for keeping track of each member of it's team and will notify the trail boss as soon as possible if a team member is missing or there is a problem within the team.

4.01.4 Each Team member shall be responsible for knowing where team safety

equipment is at all times.

4.02 Satellite Transponder (Spot Messenger)

- 4.02.1 The Spot Messenger has been selected to provide a satellite transponder based tracking system for each team participating in this event. It provides the user with the ability to automatically (tracking) or manually communicate the GPS position and status of the user to the Command Center and or Government Search and Rescue Teams.
- 4.02.2 Each Team shall be responsible for accruing or purchasing at least one Spot Messenger and signing up for a minimum of a 1 year basic subscription with tracking option. (minimally covering the event period Feb 1st, 2010 to March 31st, 2010)
- 4.02.3 Each team shall provide the safety coordinator (pete@networkip.net) the Serial Number (ESN) of each Spot Messenger they will be carrying on the trip by Feb 1st, 2010. These units will be temporarily assigned to a single account for each Group of riders. A public web link will be emailed out to each team, to be passed onto friends and family. Web links will also be provided to the general public and monitored by the MichCanSka Command Center.
- 4.02.4 The Spot Messenger shall be assigned to a rider on the team and worn on the person's body preferably in a location unobstructed from the sky above, (i.e. an outside pocket on sleeve or chest). It is highly recommended that the individual download the user guide from the www.findmespot.com and/or attend a safety briefing detailing the optimal use of this technology.

4.03 Additional Safety Equipment & Gear

- 4.03.1 Each Team shall also have at least one of the following items carried by one or more sleds riding each day:
- a) 1 set of Tow Straps.
 - b) Proven Gas Siphon method for moving fuel from one sled to another
 - c) 10X10 tarp to use as emergency shelter / wind block
 - d) Snobunje or equivalent method of getting a sled unstuck (www.snobunje.com)
 - e) Expanded Tool Kit (i.e. hack saw, hammer, wrenches, vise grips , etc) and extra parts that may be required for the specific brand and model snowmobiles ridden by your team.

SECTION 5 - PERSONAL EQUIPMENT

5.01 Individual Rider safety requirements

5.01.1 Each rider shall carry the following items on their sled at all times while participating in this event

5.02 Personal Survival Kit

5.02.1 A special duffle bag shall contain the following items in addition to other similar items you may carry on your sled :

- a) Personal Emergency Shelter, minimum of a Space Blanket Bag or Bivvy)
- b) Water resistant flashlight with Lithium batteries or wind-up (no rechargeable or alkaline batteries)
- c) Storm proof lighter or matches with firestarter
- d) Utility knife / multi-tool
- e) 72+ Hour supply of Food & Water (1 liter or 36 oz) rations
- f) “Hot Hands” Chemical hand warmers (150 hours minimum), these will be used for both survival, but also to help keep someone who has been injured from going into shock.
- g) Basic Compass, signal mirror, extra personal medication if needed, Emergency whistle

5.03 Safety Flag / Avalanche Probe

5.03.1 The use of Safety Flags make snowmobiles more visible to other riders. They are an excellent identifier to help locate a snowmobile when the snow is blowing or when your view is obstructed. At 9ft, they can also be used as an avalanche probe.

5.03.2 Each Sled shall have either:

- a) an approved 9ft safety flag installed on the rear frame or bumper. The manufacture will replace any flags or poles damaged or broken during his event. Extras will be supplied to a Support Team in each Group, or
- b) an approved avalanche probe

5.04 Medical and Emergency contact information

5.04.1 Each rider must fill out 2 copies of the provided form identifying any medical conditions, medications and emergency contacts in sealed envelopes to Bill Bradfield by February 1st, 2010, one sealed copy will be provided to the Trail Boss for the group you are riding in and the other will be sent to the Command Center. They will only be opened in the case of emergency to provide information to medical or SAR personal. It is also strongly recommended each rider keep a copy of this document on their person, especially if they currently have known medical conditions, they should also inform their team members of

the location.

5.05 Additional safety equipment / Gear

5.05.1 Each rider shall have the additional safety equipment on his sled or person during the duration of the event:

- a) Mirror mounted on Sled or person
- b) Spare parts (Belt, spark plugs, etc...) and basic tool kit.
- c) Throw rope 5/16 by 50ft or equivalent to be used to throw to another rider in the case of water / thin ice rescue.
- d) Snow Claw or shovel equivalent, used to dig your sled out of deep snow or used to build a survival shelter

5.06.1 The following additional recommendations are highly recommended and should be considered:

- a) Ice rescue claw, used to pull yourself back up on the ice or across thin ice.
- b) CPR & basic first aid training
- c) A small soft cooler to store drinking water in with a Hot Hands to keep from freezing when riding in extreme cold conditions.
- d) Patagonia "Capilene" 1, 2, 3 and 4 weight base layers is the best moisture-wicking fabric that keeps you warm even when wet and dries quickly.
- e) Spot Messenger satellite transponder for each rider and sled
- f) Handle bar heaters
- g) High Windshield
- h) Heated helmet shield
- i) GPS with US and Canada Topo charts
- j) Helmet Communicators to communicate with other riders

SECTION 6 – SUPPORT VEHICLES

6.01 Support Vehicle safety guidelines

It is anticipated that each group of support vehicles will travel as a caravan each day. The support Vehicles and individuals supporting the riders shall have the following gear with them during this event.

6.02 Emergency Communications (i.e. Satellite Phone)

- 6.02.1 Each Group of Support Vehicles shall have at least 1 Satellite Phone. The Satellite Phone should be assigned to the first support vehicle in the group. Phones should be plugged into 12V outlet and left on at all times. This will allow the Group to contact the support vehicles directly or through the Command Center.
- 6.02.2 Each Group of Support Vehicles should consider acquiring an additional Satellite Phone to be assigned to the last support vehicle in the group. This would provide an additional level of safety and logistics support in the case of a Group getting separated and/or lost.

6.03 Navigation and Global Positioning System (GPS)

- 6.03.1 Each Support Vehicle group shall have at least 2 GPS's with US and Canada Topo charts with the each days destination, waypoints and routes programmed One GPS should be assigned to a vehicle in the front of the caravan) and the 2nd GPS in the last vehicle.
- 6.03.2 Each Support Vehicle Group should have at least 2 sets of paper maps detailing the planned route for that day of the trip. One set of maps should be assigned to a vehicle in the front of the caravan and the 2nd set in the last.

6.04 Satellite Transponder (Spot Messenger)

- 6.04.1 The Spot Messenger satellite transponder based tracking system shall be provided for a minimum of one support vehicle per caravan. It provides the support vehicle with the ability to automatically (tracking) or manually communicate the GPS position and status of the Support Vehicle caravan to the Command Center and or Government Search and Rescue Teams.
- 6.04.2 Each Vehicle Support Group shall be responsible for accruing or purchasing at least one Spot Messenger and signing up for a minimum of a 1 year basic subscription with tracking option. (minimally covering the event period Feb 1st, 2010 to March 31st, 2010)
- 6.04.3 Each Vehicle Support Group shall provide the safety coordinator (pete@networkip.net) the Serial Number (ESN) of each Spot Messenger they will be carrying on the trip by Feb 1st, 2010. These units will be temporarily assigned to a single account corresponding with the Group of riders you are supporting. A public web link will be emailed out to each team, to be passed onto friends and family. Web links will also be provided to the general public and monitored by the MichCanSka Command Center.

6.04.4 The Spot Messenger shall be assigned to a Support Vehicle and located in unobstructed from the sky above. It is highly recommended that the responsible individual download the user guide from the www.findmespot.com and/or attend a safety briefing detailing the correct use of this technology.

6.05 Additional recommendations and guidelines

6.05.1 Each Support Vehicle should have the additional safety equipment in the vehicle during the event:

- a) Extra Gas and Oil for sleds
- b) Shovel
- c) Heavy Duty Jumper Cables & Roadside safety kit
- d) Tire Chains (may be required to drive on certain roads, especially in Canada)
- e) Heavy Duty Tow Strap & Trailer Jack and spare tire
- f) Blanket & Hot Hands (300+ Hours)
- g) 72 hour emergency survival food and water
- h) Basic First Aid kit
- i) Support Vehicles should get together and establish Caravan rules and guidelines and make sure they are communicated.