



**Palisades
Stewardship Education Centre**
Jasper National Park of Canada
parkscanada.gc.ca

**Centre des Palissades
pour l'enseignement de la gérance**
Parc national du Canada Jasper
parcscanada.gc.ca

Risk Management Protocols





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These operating protocols are approved for implementation subject to bi-annual review by the Jasper National Park Visitor Safety team and periodic external audit.

Recommended by:

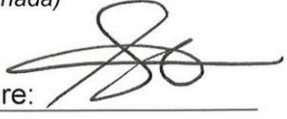
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Date: JAN 23, 2013

Date: 14 January 2013

Date: Feb 20, 2013

Approved by:

Mr. Greg Fenton
(Superintendent Jasper National Park)

Signature: 

Date: 13-03-13-

This policy manual has been read in its entirety by and belongs to;

Signature: _____

Date: _____



**Parks
Canada**

**Parcs
Canada**

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The Parks Canada Palisades Stewardship Education Centre (PSEC) would like to acknowledge the following for their contributions to this document.

- The Outdoor Council of Canada
- JNP Visitor Safety Team
- Outward Bound Canada

Emergency Response Phone List

In the event of an accident or incident at the Palisades Centre or during an off-site activity, contact Jasper Dispatch by phone or radio to request assistance.

Parks Canada Dispatch (24 hr rescue)	780 852 6155
Palisades Centre	780 852 6192
RCMP	780 852 6155
Ambulance Service	780 852 6155
Jasper Volunteer Fire Brigade (Dispatch)	780 852 6155
Seton General Hospital	780 853 3344
Cottage medical Clinic (All doctors in Jasper)	780 852 4885
Rexall Drugs Jasper	780 852 4441
Parks Office (non-emergency)	780 852 4421

Radio Channels

- 2 – East **Repeater** (Miette)
- 3 – Jasper town
- 4 – Jasper **Repeater** (Pyramid)
- 7 – South Jasper local
- 8 – South highway **Repeater** (Tangle)
- 9 – Local Maligne
- 10 – Maligne **Repeater**

Vision

Canadian youth will share a passion and appreciation for Canada's National Parks and National Historic Sites; through personal connection they will develop a sense of place and belonging. Youth will move beyond participation towards active ambassadorship.

The Centre strives to lead the country in innovative, experiential education programs that empower youth through connection to their natural and cultural heritage. At our core is the goal to assist students to see the world around them with new eyes; to connect with nature and the cultural stories of place and to embrace the values of protected areas. As part of the curricula, students participate in mountain recreation, natural science and rehabilitation projects such as non-native species control. A range of activities from canoeing to photography introduce students to the mountain landscape, our students discover how nature looks, feels and smells. They learn about the dangers inherent in wild places and the rewards of taking the time to truly connect. Through our multi day immersion, single day and video conference programs they are challenged physically and mentally and they experience the rewards of taking the time to truly connect.

Safety Statement

At the Palisades Centre, safety is to be an integral part of the learning experience. It is to be woven into all programs and demonstrated by the words and actions of staff. Safety involves not only overt precautions to prevent accidents, but also a “what if” attitude toward every experience. All student programs shall follow the policies and procedures set forth in this document at all times, regardless of the skill level of the student or staff member.

Safety Objectives

The Palisades Centre safety objectives are:

- To effectively manage risks in any activity carried out by the Palisades Centre and to eliminate or avoid all unnecessary risk
- To prevent any fatalities and disabling injuries
- To reduce the rate of all other accidents, injuries, and illnesses.
- To mitigate the potential for emotional distress.

Risk Management Principles

The Palisades Centre embraces a culture of safety that involves everyone from students and staff to managers and volunteers. All program operations, that involve hazards or potential harm, are systematically assessed for risk/benefit so that appropriate safeguards can be instituted. Our approach to risk management involves a system of “checks and balances” that includes the following elements:

1. Appropriately trained, qualified and involved staff
2. Ongoing staff monitoring and reporting
3. Professional external resources conducting periodic reviews
4. Bi-annual review and disclosure of all accidents and incidents.
5. Sound administrative practices
6. Appropriate program and activity standards and policies
7. Good quality equipment
8. Effective participant preparation and supervision
9. Risk awareness & local knowledge
10. Appropriate activity and site selection

The safety policies require that appropriate procedures will be implemented, to enable the activity to be safely completed and to attain safety objectives.

All staff, third party contractors and volunteers delivering programs for the Palisades Centre shall conform to the current safety policies and activity standards and signify in that they have read and understood them.

All participants must be briefed in the appropriate emergency procedures, in the event of an instructor’s incapacity.

All parents or legal guardians must be briefed on the risks their child will be taking, and must signify in writing that they have read and understood them. Parents or legal guardians need to understand and acknowledge the risks their children are going to be taking.

Education team staff should also review the Education Team Handbook for further direction.

Participant Information

When not accompanied by a supervising teacher acting in loco parentis

1. All participants in Palisades programs shall complete a Registration Form and a Medical Information Form, either as part of the visiting groups responsibilities or through the Education Coordinator for individual enrolment programs.
2. All participants shall sign an Assumption of Risk form that clearly states potential risks associated with the program, also signed by the parent or guardian of any participant under the age of majority (18 in Alberta, 19 in B.C.). The form shall also authorize staff to provide emergency medical assistance in the event of an accident.
3. All participant information shall be gathered and securely kept in accordance with appropriate privacy legislation. Information shall be kept in accordance with statutes of limitations.
4. Copies of participant information required to ensure program safety shall be securely kept by staff at the Palisades Centre and taken as needed on out-trips.

Disclosures

A disclosure is when a participant shares specific information about a Criminal Code of Canada violation (such as an incident of abuse by a named person) with Centre staff. Disclosures made to staff by youth participants (under 18) should be reported to the Palisades Education Director who will then be responsible for notifying appropriate authorities.

Participant Screening

Participant Screening refers to those activities carried out by the Palisades Centre prior to a program to ensure that prospective participants are able to take part in a proposed program in such a way that they do not compromise their safety or the safety of others. Such activities can include forms, follow-up interviews, request for additional medical information etc.

1. Teachers (and or youth leaders) bringing students will screen for and make PSEC aware of such personal information as necessary to ensure a safe experience for themselves and others. For individual enrolment programs where Palisades staff are acting in loco parentis all participants shall complete the appropriate Medical Information Form for the program they are taking. At minimum, this shall list: the participant's name, personal details, medical insurance plan number, information about any relevant pre-existing conditions, allergies, medications, dietary restrictions or other special needs, names and phone numbers of parents or guardians, doctor, emergency contact and photo consent.
2. The Palisades Centre Education Team will screen all participant information provided by supervising teachers. The purpose of this screening will be for participant safety and suitability, rather than exclusion.
3. PSEC staff shall follow up by phone or in person if any sections of required documentation are incomplete or indicate concerns.
4. The Palisades Centre shall clearly state any personal requirements or minimum standards necessary to safely and successfully participate in particular programs. It is recommended that programs state requirements in the following three areas:
 - a. **Level of Fitness.** Any physical abilities necessary to participate. These abilities must be demonstrably necessary and program specific (e.g. "must be able to hike for 6 hours carrying a 20lb pack.").

- b. **Equipment.** Any equipment that is necessary to participate safely in the program and that is not provided by the Palisades Centre (e.g. suitable hiking boots) must be clearly stated.
- c. **Previous Experience.** This may include such requirements as the ability to swim for canoeing programs or previous hiking experience for advanced backpacking trips. If previous experience is required, programs must state how this will be assessed or tested.

Staffing

Education Staff working for The Parks Canada Palisades Stewardship Education Centre may operate onsite, at the Marmot Learning Centre or off site within Jasper National Park. Staffing operates on three levels by season. It is essential that PSEC meet or exceed the best practices of external youth experiential education programs, see staff training requirements below for qualification requirements.

These standards meet or exceed the Parks Canada custodial group framework and commercial guide grid.

1. Third party contractors must sign a Parks Canada contract with specific terms of Reference so that duties and responsibilities are clearly understood.
2. All Ed. Team staff, volunteers and school chaperones shall disclose all relevant health information and emergency contact numbers.
3. Copies of required staff qualifications, such as current first aid certification, shall be kept in staff files.
4. A federal employee security clearance or police records check and Child Welfare check shall be made of all staff and volunteers directly involved with youth in the program.
5. All program staff shall have current first aid and CPR. Specific staff qualifications are listed for all activities carried out at the Palisades Centre. A copy of this document shall be made available to all staff and volunteers.
6. All programming staff and volunteers shall take a Palisades Centre safety orientation course. At minimum this will include:
 - a. A review of the Palisades Centre Risk Management Protocols
 - b. A walk around the Palisades Centre and identification of site specific hazards
7. All Palisades Centre programs shall be under the continuous supervision of a competent adult program director aged at least 25. The PSEC staff or an appropriate designate will be on-site and accessible 24 hours a day during residential programs. If the staff has to leave the Centre, they shall clearly designate an appropriate qualified replacement.
8. The Palisades Centre programs shall ensure that there are sufficient adult staff to adequately supervise participants at all times. Unless otherwise stated, activities are facilitated with a ratio of 1:10 off site and 1:20 on site PSEC staff to youth.
9. Palisades Centre staff, third party contractors and volunteers shall act as role models for setting standards of personal hygiene, healthy living and respectful behaviour.

Level 1 – Operate on site at PSEC or Marmot Learning Centre

These staff members may be Parks Canada employees or contract staff. The primary function is youth programs on-site or in risk-managed terrain (such as programs facilitated at The Marmot Learning Centre). They deliver PSEC education sessions and facilitate on-site engagement activities. They meet or exceed the expectations laid out in this document and the PSEC Ed Team handbook for 'Instructor Standards' and 'Working with youth'.

Level 2- Operate off site within pre-determined terrain

These staff members may be Parks Canada Employees or contract staff. They satisfy all the requirements of the Level 1 staff and operate in **terrain specific** as identified by Terrain Evaluations in this document, facilitating youth engagement and experiential education programs. See PSEC terrain standards.

Level 3 – Professional Guide Level

These staff members may be Parks Canada Employees or contract staff. They satisfy all the requirements of the Level 1 and 2 staff and operate in locations in Jasper National Park as defined by their professional qualifications. Staff is highly proficient in their area of expertise and are qualified to lead youth in level two terrain (See PSEC terrain standards P.12). These staff may also lead professional development and certification for PSEC staff and are supported by PSEC staff when working with youth groups.

Staff Training Requirements**Summer****Winter**

Level 1 – On Site at the Palisades Stewardship Education Centre		
Essential Core Requirement	IGA Basic or equivalent St Johns Standard First aid (16 hour) or equivalent. CPR	IGA Basic or equivalent St Johns Standard First aid (16 hour) or equivalent CPR CAA AST 1 CAA – AST2 for (MLC avalanche programs only)
Level 2 – Off Site Specified Terrain		
Essential Core Requirement	IGA Apprentice OCC Level 1 or ACMG hiking guide or equivalent. Wilderness First Aid (40hour) or equivalent. CPR	IGA Apprentice OCC Leadership 1 or ACMG or equivalent. Wilderness First Aid (40hour) or equivalent. CPR CAA – AST 1 or higher
Rafting	JNPPROA	
Climbing - Single pitch	ACMG Top Rope Climbing Instructor or higher	
Day hiking on designated trails	Essential core	
Mtn Biking	Local knowledge and experience guiding Mtn Biking.	
Canoeing – Class 1 water	Paddle Canada or AWA Level One or equivalent	
Kayaking – Class 1 water	Paddle Canada or AWA Level One or equivalent	

Ice Walks (Maligne Canyon)		ACMG & IGA Basic Or IGA Apprentice & Group management). Site specific 4 hour training with JNP Public Safety specialist.
Snow Shoeing		Essential core
Downhill Skiing instruction		CSIA level one
Cross Country Skiing – Class1 terrain		CANSI community coaching or equivalent of knowledge and experience.
Level 3– Off Site with Professional Guide		
Core Requirement	IGA Basic or equivalent Wilderness First Responder (80hour) or equivalent.	IGA Basic or equivalent Wilderness First Responder (80hour) or equivalent. CAA Level One
Rafting	JNPPROA or Rescue Canada SRT or WRT III	
Climbing - Single pitch	ACMG Guide	ACMG Guide
Hiking/Backpacking	ACMG Guide	ACMG Guide
Canoeing – Class 1,2	CRCA or AWA Level two or equivalent	
Kayaking – Class 1,2	CRCA or AWA Level Two or equivalent	
Ice Walks		ACMG Guide
Snow Shoeing		ACMG Guide
Downhill Skiing instruction		CSIA Level 2 or higher
Cross Country Skiing – Class 2 terrain		ACMG guide
Ski- touring – Class 1,2		ACMG Guide

Note: all equivalences or qualifications must be determined by written agreement from the PSEC Education Director.

ACMG guides are bound by the ACMG professional and Terrain guidelines.

Education Director (in consultation with JNP Visitor Safety) must approve the trip if going into Level 2 terrain during a “considerable” avalanche danger rating.

PSEC Terrain Standards

Refer also to the pre determined terrain evaluations in this document.

Spring / Fall**Winter**

Level 1 – On Site at the Palisades Stewardship Education Centre			
Specific Terrain	On site at the Parks Canada Palisades Stewardship Education Centre.	Either on site at The Parks Canada Palisades Stewardship Education Centre or in bounds at Marmot Basin Ski area or at The Marmot Learning Centre.	
Level 2 – Off Site Specified Terrain			
Rafting	Mile five section of the Athabasca river.		
Climbing - Single pitch	Palisades Crag or Morrow Slabs.		
Hiking/Backpacking	Old Fort Point Maligne Canyon (summer trail) Cottonwood slough Valley of the five Lakes Trail 2 Overlook loop Morrow Peak Wilcox Pass Sulphur Skyline		
Canoeing & Kayaking – Class 1 (Flat-water)	Lake Edith Lake Annette Pyramid Lake Medicine Lake Maligne Lake		
Mtn Biking	PSEC to Moberly homestead Trail 2 loop Trail 7 loop Fire Road Loop Overlander trail		
Kayaking – Class 1,2	Lake Edith Lake Annette Pyramid Lake Maligne Lake		
Ice Walks (Maligne Canyon)			Maligne Canyon, access and egress from fifth bridge only.
Snow Shoeing			Moose Lake Loop Medicine Lake shore Summit Lake trail
Downhill Skiing			Marmot Basin Ski area.
Cross Country Skiing – Level 1 terrain			Meeting of the waters trail Wapiti campground Wabasso campground Summit lakes Whistlers campground Pipeline
Ski- touring – Class 1		Bald hills trail (to the hitching rail)	

Level 3 – Off Site with Professional Guide		
Rafting	Sunwapta falls run	
Climbing - Single pitch	Mt Kerkeslin, Palisades, Morrow	Guide discretion.
Hiking/Backpacking	Guide discretion.	Guide discretion.
Canoeing – Class 1,2	Athabasca river mile five section to Athabasca Island. Sunwapta river falls run	
Kayaking – Class 1,2	Athabasca river mile five section to Athabasca Island. Sunwapta river falls run	
Ice Walks		Maligne Canyon
Snow Shoeing		Guide discretion up to ATES Class two.
Downhill Skiing		Marmot Basin ski area.
Cross Country Skiing – ATES Class 1 terrain		Guide discretion to ATES Class 2.
Ski- touring – ATES Class 1,2		Guide discretion to ATES Class 2.

Palisades Facility Procedures

At the start of every program, program safety rules, emergency procedures and warning signals shall be clearly explained to all participants. For details see **Palisades Course Start Briefing Checklist** (See page 41).

1. Staff shall ensure that all participants are properly briefed before carrying out activities whether on or off site. This includes reviewing relevant sections of the opening briefing such as wildlife encounter protocols or 'lost and alone' procedures.
2. Staff shall ensure that students have appropriate clothing, footwear and personal equipment prior to participating in any programs.
3. PSEC staff will carry cell phone and/or, radios capable of accessing emergency assistance while leading activities.
4. Program rules should be established prior to the session. The rules and consequences of breaking them shall be made clear to the participants and staff at the beginning of each session. If a student is unwilling or unable to follow program rules and becomes a risk to themselves or others, the Education Director shall arrange for them to leave.
5. Potentially hazardous or poisonous substances shall not be accessible to youth, and all medications shall be securely kept. Fuel shall be stored in a safe and secure manner.
6. All Palisades Centre courses shall be drug and alcohol free. Program staff should be vigilant in monitoring solvents (glue, gas etc.) which may be required in camp but potentially subject to solvent abuse.

7. Smoking should be only in designated areas. There should be no smoking in buildings. Because of their important position as role models, staff should refrain from smoking in the presence of participants.
8. All bear attractants such as food and garbage must be securely stored and disposed of correctly.
9. Firewood cutting and splitting areas shall be clearly marked off, and participants shall be instructed in safe wood chopping procedures. Axes shall be safely maintained and double bladed axes shall not be used.
10. Fire extinguishers shall be located in all high use facilities including the kitchen, dining area and sleeping quarters. An appropriate fire extinguisher should be kept in the Bull Pen for the fire pit.
11. The use of knives by students shall be carefully monitored. Students shall not be permitted to bring unsuitable knives (e.g. those designed primarily as weapons, double sided, blade length exceeds 6 inches etc) and staff shall ensure that improper use of knives, such as unsafe handling, is not tolerated.
12. Staff shall be vigilant in monitoring the use and storage of bear spray and bangers.

Program Admin.

Course plans. These are done by the Education Coordinator/Program Director prior to the start of courses. Once a course plan is agreed upon, instructors are responsible for planning out the details of their course.

Review Student Information. Staff should keep in mind that several other people may have already reviewed and each one of them is completely fallible. Don't be afraid to ask about anything that flags your attention.

Program Schedule. For core programs these will be determined by the Locally Developed Course outline. For other programs staff should begin by reviewing existing past schedules.

External Waivers. The Education coordinator is responsible for checking that the facility staff has on file waivers required by external services such as rafting, climbing or ski touring.

Student Course Evaluation. This simple checklist allows students to evaluate the program components, logistical support, and their instructors. Encourage students to comment on specifics and use examples.

Student Early Leaving. A report is to be filled out using the incident form about any student who leaves a course either because of an accident or for other reasons.

Staff Evaluations

At minimum all courses will include a verbal de-brief after the students have departed.

Education Coordinator's Report (De-Brief document)

At the end of the course the Education Coordinator is responsible for ensuring that the De-Brief is completed and filed. This report is a summary of any incident reports, instructor reports, Service learning reports and additional information that the Education Coordinator gains from the big picture. .

Incident Reporting

Incident: An incident is an event or sequence of events that results in a potentially dangerous situation, an injury, an illness, damage to property or a near miss.

Near Miss: A near miss is a potentially dangerous situation where safety was compromised but that did not result in a reportable injury. A near miss may be described as a situation where those involved express relief when the incident ends without harm.

Behavioural Incident: Examples would include running away, substance use, assault, or a situation that compromises the participant's ability to participate in the program.

1. The Palisades Centre shall endeavour to be a learning organization in which accurate recording, open dialogue and careful review lead to increased program safety. The use of incident recording is intended to benefit participants, staff, program administration and The Parks Canada Agency.
2. Incidents and near misses that take place on Palisades Centre programs shall be documented using the Palisades Centre Incident Report Form.
3. The Education Director shall be responsible for ensuring that incidents are properly recorded and that incident forms are filed at the end of the course.
4. Incident data and follow-up may be peer reviewed by an external safety advisor periodically.

All incidents will be tracked by the PSEC Education Director and made available for bi-annual review with the Visitor Safety team.

Health and First Aid

The Palisades Centre will take a conservative approach to the diagnosis and treatment of illness and trauma in the field, and follow the precautionary principle;

If in doubt, get them out. The role of program staff shall be:

- a. to take an active approach in the prevention of illness and injury
 - b. to recognize and treat minor complaints (those illnesses and injuries that compromise someone's ability to participate comfortably in program activities)
 - c. to recognize, stabilize and evacuate serious complaints (those illnesses and injuries that compromise someone's ability to participate safely in program activities)
-
1. Qualified program staff shall carry appropriate first aid kits at all times both on and off site and when operating in the West Coral. The contents of each kit should reflect the nature of the activity and the staff person's level of training.
 2. A comprehensive first aid kit must be kept at the Palisades main office.
 3. First aid treatment beyond minor complaints shall only be provided by PSEC staff under the direction of the Emergency Medical Services or Visitor Safety Rescue Leader. It is recommended that teacher chaperone be present while administering first aid to students.
 4. All first aid must be documented. For minor onsite first aid a first aid book is be kept in the 'Main office' first aid kit 'and filled out each time first aid is administered. For offsite first aid, reporting is through the incident reports.
 5. The parent or guardian of a student shall be immediately notified, or as soon as possible, in the event of a serious accident or illness.

6. Any participant who becomes ill during an out trip will be under the close supervision of a competent and appropriately trained staff member.
7. Where a student requires medications, these shall be securely kept by accompanying chaperones. For individual enrolment programs the Education Coordinator will be the designate to hand out and supervise medications. Staff shall not administer medications (over the counter or prescription) without written physician protocols. Participants requiring medications on out-trips shall be required to bring two separate supplies each sufficient for the duration of the trip. A staff member will carry back-up medications for all participants.
8. Any prescription medications required by students taking Palisades Centre courses must be disclosed. This may provide staff with important information needed to keep students safe (e.g. the side effects of some medications make students extremely light sensitive)

Transportation

Transportation (including travel to and from program activities) is identified as an area of potential high risk. Reliable and safe transportation will be available for emergencies and program activities. The following guidelines apply to all vehicle usage.

Drivers

- Only Parks Canada staff will drive Parks Canada vehicles.
- The Education Director will assign eligible drivers based on a clean driver's abstract, valid operator's license and the right safety attitude towards vehicle safety.
- Drivers transporting participants will have Class 4 license, suitable for driving buses of less than 24 passengers.
- All drivers of vehicles will be over 25 years.
- Drivers must be adequately rested and prepared physically and mentally for the drive ahead.
- Drivers will not travel unless weather and road conditions permit safe travel.
- Drivers are responsible for all loads and tarping regardless of who loaded vehicle.
- Drivers must not talk on cell phones or radios while driving
- Drivers are responsible for paying speeding tickets while they were driving.

Vehicle pre-check

- Before you take a vehicle off site, sign it out on the vehicle board in the front office.
- All vehicles must be in a safe operating condition. Designated drivers will perform a pre-trip safety inspection (a circle check) of the vehicle before operating.
- Each vehicle to be used for the transportation of students will have the following:
 - A First Aid kit with emergency information and forms
 - Emergency accessories such as fire extinguishers, flashlights, road reflectors or flares and basic tools
 - Local area maps
 - Spare tire and tools

Driving standards

- Seat belts will be used by all occupants and passengers will be seated safely (not outside on pickup truck and not doubled up inside)
- Drivers should fill gas tank when passengers are not in the vehicle.

- In the event of a breakdown, the vehicle should be removed as far off roadway as possible and the driver should place emergency reflective signage at least 50m behind the vehicle.
- The driver will direct safe on boarding and offloading of passengers.
- Passengers will be instructed in the vehicle evacuation procedure in case of a road accident.
- Park in a designated parking area.
- There should be no loose items inside the vehicle that could cause injury in the event of an accident.

Towing a trailer

- When hooking the trailer, make sure the ball makes a good connection, lock the hitch down, use safety pin/bolt and install the safety chains.
- Make sure the lights on the trailer are working.
- Make sure everything in the trailer is secure.
- At every break, check the connection, the trailer wheel hubs and tires.
- Use the right lane when operating a slow moving vehicle.
- Be sure to take wide turns.
- When changing lanes, be sure to compensate for the extra length.
- Give yourself longer distances for stopping and starting.
- When backing up, drive slowly, walking speed. Have someone guide you.

On Site Programs

A wide range of outdoor games and activities are carried out at the Palisades Centre and staff should be mindful of potential risks and hazards associated with these activities. Staff shall be diligent in using procedures and practices to avoid, minimize or manage risks associated with experiential activities such as:

- site selection and inspection
- pre-activity briefing
- on-going supervision and monitoring
- respect for participant's comfort levels and choices.
- Staff must ensure that there is effectively 'spotting' when youth are lifted off the ground.

See PSEC Education Team Handbook for further direction

Field Studies

Field Studies refer to outdoor classrooms, self-directed projects and other curricular activities carried out on and off the grounds of the Palisades Centre. These activities may include; taking water samples, searching for animals signs, collecting data from counters & cameras.

1. Field study activities, while they may be perceived as inherently less hazardous than more overtly adventurous activities, do involve some risk since students may be spread out through the Palisades property and may be difficult to supervise.
2. When field study activities involve the whole group together, there will be at least one Palisades instructor present who meets the Training Requirements for Level One terrain (see page 8) even if they are not directly teaching the program.
3. When students are carrying out independent field study activities (e.g. gathering samples) students must not work alone, students at minimum be in pairs, and if there are heightened

bear concerns, in groups of six. Students should carry whistles or radios and be instructed on 'lost and alone' and wildlife encounter protocols. Staff shall endeavour to maintain sight/sound contact with students undertaking independent field study activities.

Orienteering and GPS

1. Orienteering courses shall be clearly marked and avoid natural hazards on site (e.g. cliff bands).
2. Students should travel in pairs or more.
3. Staff shall ensure that students are properly briefed for this activity. This includes:
 - a. Clearly describing the activity boundaries
 - b. Hiking rather than running through dense bush
 - c. Making noise while traveling and remaining vigilant for wildlife
 - d. Traveling with head up rather than looking at compass/GPS while hiking
 - e. Wildlife encounter protocols

Off Site Programs: General Principles

Palisades Centre programs include a variety of off-site activities including hiking, backpacking, rock climbing and cross-country skiing, snowshoeing, ski-touring, white-water rafting, canoeing and kayaking, ice-walking, winter camping, mountain biking. Many of these activities have inherent risks and the Palisades Centre undertakes them under the following conditions:

1. **They must make a demonstrable contribution to the educational goals and program philosophy of the Palisades Centre.**
2. They must only be undertaken with prior written and informed consent for that specific activity by students, their parents or guardians, through the group registration process or PSEC individual enrolment.
3. They must comply with Staff Training and Terrain Standards (pages 8 & 10)
4. They will only take place in approved designated locations that have been assessed as suitable by Education Team staff.
5. During trail or group travel activities a 'lead' and 'sweep' will be designated and applied

Crossing roadways as pedestrian and cyclist

Crossing of roads and highways would be minimised where possible. Before planning cross a roadway with a group check to ensure that alternate parking or alternate location / activity could have eliminated the need.

1. Only during daylight hours
2. Two Palisades staff in orange jackets stand approximately 20 feet apart facing each direction
3. Direct the group to cross only when it is safe to do so without the need for vehicles to slow down
4. Direct the group to cross one at a time.

Like river crossings we can identify a number of factors that can increase the risk level of road crossings:

- "Density" of vehicular traffic
- Width of Roadway

- Speed of the traffic
- Type of vehicles (trucks and buses have a much longer stopping distance than cars)
- Visibility in both directions for crossers to be able to see oncoming traffic and assess the scene
- Time required to cross the road (in relation to the amount and speed of vehicular traffic and visibility)
- Visibility for drivers (is it dawn, dusk, foggy, rainy?)
- Road conditions (is the road wet, icy, etc.)

Off Site programs: Summer

Day Hiking on designated trails

1. There will be one supervising adult per ten students. The program will be led by PSEC Ed. Team staff meeting the essential core requirements for Level 2 terrain.
2. Participants shall be properly prepared for day hikes. Instructors shall ensure that all participants have adequate food, water, sun protection, whistle and sufficient clothing and equipment to prepare for anticipated climatic conditions. Participants shall be briefed on travel protocol, safety considerations and emergency procedures.
3. Staff leading day hikes shall carry first aid kit, bear protection kit, extra food, map, navigation equipment and a communications device capable of accessing emergency assistance. An itinerary and expected return time shall be left with staff at the Palisades Centre.
4. Advanced day hikes involving significant distance (15 + km) or extended travel above tree line shall follow the same standards as Backpacking.

Out trips

Out trips refers to overnight trips on designated trails that with overnight away from the centre. (Maligne 'JACK Shack' or designated PC campsites).

1. All out trips must be approved by the Education Director in advance, unless a component of a core Locally Developed Course. Staff shall submit a completed route plan.
2. There will be two adults supervisors per ten students, at least one of which will be a PSEC staff. At least one staff member shall meet the PSEC Staff Training Requirements for Level 2 terrain.
3. If the group is of mixed gender then there must be a male and female chaperone, with each gender being divided by different bunking levels (upper or lower). There must be no more than 12 youth per group.
4. Copies of student medical and contact information shall accompany multi-day backpacking trips.
5. Students shall be physically and psychologically prepared for out trips. Staff shall ensure that each student is carrying appropriate food, water, clothing and equipment for the activity. Route selection shall be based on an assessment of participant's abilities, experience and needs. Participants shall be briefed on travel protocol, safety considerations and emergency procedures.

6. Staff shall carry appropriate emergency equipment on out trips including: first aid kit, participant medical information, communications device with spare batteries, survival equipment.

Rock climbing & Rappelling

All rock climbing carried out as part of Palisades Centre courses shall involve single-pitch top-roped climbs in locations that have been pre-approved by the Education Director. Some rock-climbing and rappelling may take place on-site at the Palisades crag.

1. Staff leading rock climbing programs shall be certified at the ACMG Top Rope Climbing Instructor level or above and shall follow the professional terrain guidelines, site management protocols and instructor/student ratios established by the ACMG.
2. UIAA or CE approved helmets will be worn while bouldering, rappelling or rock climbing.
3. Instructors will check all climbing/rappelling routes prior to use - in particular, loose rock must be removed.
4. Instructors will establish a boundary for helmets on areas and helmets off areas, clearly outlined for students.
5. Students must show competence to instructors in belaying techniques before actually belaying.
6. Bouldering activities must not exceed safe spotting limits where the climbers feet go no higher than the spotters shoulders.
7. Bouldering will always be a supervised activity.
8. All students must be belayed from an independent system when on rappel.
9. Belayers will have a back up belayer.
10. Instructors must check all knots, harnesses and tie-ins before put to use with students.
11. Students must be monitored at all times during the activity including when walking from the top to the bottom or vice versa.
12. Rings, watches and jewellery should be removed prior to climbing. Pockets should be emptied and long pants encouraged.
13. There must be at least two anchors per climbing system.
14. Helmets and harnesses will be put on prior to proceeding to the climbing site.
15. All climbing equipment usage must be recorded in the usage log.

Mountain Biking

1. There will be one supervising adult per ten students. The program will be led by PSEC Ed. Team staff meeting the essential core requirements for Level 2 terrain and local mountain biking experience.
2. Participants shall be properly prepared for day rides. Instructors shall ensure that all participants have adequate food, water, sun protection, whistle and sufficient clothing and

equipment to prepare for anticipated climatic conditions. Participants shall be briefed on travel protocol, safety considerations and emergency procedures.

3. Staff leading day rides shall carry bike repair tools and parts, first aid kit, bear protection kit, extra food, map, navigation equipment and a communications device capable of accessing emergency assistance. An itinerary and expected return time shall be left with staff at the Palisades Centre.
4. Lead and Sweep staff are responsible for regulating the speed of the group.

Solos

A solo is a structured solitary experience where a participant remains in a designated place for the purpose of reflection or deeper encounter with the natural world. A solo may last from a few minutes to 2 hours. Staff will monitor youth from a distance during this activity.

1. Staff shall properly prepare participants for solos. All participants shall be briefed on expectations, location, potential hazards, and how to manage those hazards.
2. All participants shall be given a signalling device, and given instructions on what to do if they become disoriented.
3. Solos shall be voluntary, and students shall have the option to leave a solo at any time.
4. All students must be carefully assessed by staff to ensure they are able to safely undertake this activity.
5. Staff shall select sites that do not expose students to unnecessary natural hazards or dangerous animal encounters. Soloists shall be fully informed of any potential hazards around their solo site, and shall be fully briefed on proper ways to avoid or manage the hazard.
6. Solo sites shall be selected that can be accessed by staff at all times and under all climatic conditions.
7. Staff shall ensure that students carry or wear no bear attractants such as food or strongly scented cosmetics/lotions.
8. Soloists shall be provided with an appropriate signalling device (e.g. whistle, air horn, flashlight or combination) and instructed on its proper use. Staff must remain alert for soloist's signals and shall be able to access soloists at all times.
9. Supervision of solos will be through visual contact each half hour.

Flat Water / Lake Canoeing or Kayaking

1. Staff leading canoeing should be certified as per Staff Training Requirements (see page 8).
2. Flat-water canoeing and kayaking shall be conducted in locations that have been pre-approved (see Terrain Standards page 10).
3. Properly fitting PFD's with whistles must be worn at all times by staff and participants while on the water. When wearing raingear, PFDs must be worn over the raincoat.

4. Each canoe shall be equipped with: bow and stern painters; an attached bailing scoop; one paddle per person; one 15 meter throw bag. Instructors should carry an extra paddle and PFD.
5. On canoeing out tripping courses longer than one day, instructors will demonstrate the canoe over canoe rescue on land or in the water depending on the weather conditions and the water temperature. On courses longer than 4 days, students will be taught and demonstrate this rescue on land or in the water depending on weather conditions and water temperature.
6. Staff/student ratio will not exceed 1:10.
7. The student boat to instructor boat ratio will not exceed 1:6.
8. Non-swimmers will be identified and extra care will be taken with these participants to be certain of their comfort level with wet exits and rescues.
9. When traveling distances over 500m boats will travel in convoy and maintain conversational distance between participants at all times.
10. Staff boats must be in a position at all times to be able to assist in any capsize situation.
11. No open crossing (land to land) over 1 km will be undertaken. If crossing of any distance (up to 2 km) is to be made, the following criteria must be met: the weather is and is expected to remain stable and conducive to safe paddling; students have demonstrated safety awareness, paddling, competence and comfort.
12. Staff boats will carry tow system and Parks radio.
13. For overnight trips on Maligne lake the group will carry 2 spare paddles, spare PFD, spare spray skirt, pump per cockpit and signalling device per paddler.
14. Participants shall be properly prepared for overnight canoe trips. At minimum this shall include:
 - a. assessment of participant's swimming ability (swim test of 100m dressed with pfd).
 - b. a demonstrated progression of training, experience and preparation.
 - c. technical paddling instruction for the anticipated conditions.
 - d. personal equipment preparation and boat packing.
 - e. capsize procedures.
 - f. training and practice in self rescue and group/boat assisted rescue techniques.
 - g. communication signals on the water.

Swimming

1. Swimming will only occur as a component of a Palisades water program, such as during the teaching of canoe or kayak rescue skills.
2. Students will wear PDF's at all times.

Cold Water

For kayaking or canoeing staff must pay particular attention to the combined air/water temperature especially in spring and fall. The unprotected human body cools approximately 25 times more quickly when immersed in calm water and up to 250 times faster in moving water.

Intentional immersion such as 'wet exit drills' may be performed at the following **combined** air/water temperatures:

Above 39° C – without wetsuit

Above 28° C – with wetsuit

In all cases of intentional immersion participants should be able to easily access a warm, dry shelter out of the wind within 200 meters.

River Crossing

Under normal circumstances a terrain evaluation will be completed in advance, if as part of an out trip program if a creek or river crossing is required the following shall apply.

1. Staff shall be aware of the particular hazards river crossings present in mountainous terrain. The hazards presented by swift moving cold water subject to rapid flow rate fluctuation must not be underestimated.
2. Staff must carefully assess potential river crossing sites. Non-essential crossings should not be attempted if:
 - a. The water is deeper than student knee height.
 - b. The river must be crossed again later in the day and may be subject to fluctuation (e.g. due to rain or snowmelt).
 - c. The consequences of students falling in cannot be safely managed with the resources available.
3. Students must be instructed in safe crossing techniques such as use of poles, pairs, lines, circles or the wedge. Students should wear footwear while crossing. Generally speaking, students should face upstream and work diagonally downstream between suitable entrance and exit points. Pack waistbands and sternum straps must be unfastened. If a hand line is used, participants must not clip in to it.
4. Participants must be closely supervised on all river crossings. A rescue system, suitable for the site must be in place. This should include at least two downstream spotters.

River Canoeing / Kayaking

1. Students shall be properly prepared for river canoeing activities. This activity shall only be undertaken with students who have previously completed flat-water courses.
2. PFDs must be worn at all times and properly secured during all moving water activities. This includes paddling, scouting rapids, lining and tracking and while within 3m of swift water.
3. Helmets will be worn when paddling moving water.
4. Prior to running rapids, students will be briefed in: river dynamics (including hazards), self-rescue drill and safety precautions, safety and group management, paddle signals and river running procedures and safety management.
5. A party paddling white-water shall be of sufficient size and strength to affect its own rescues. The Education Director of the Palisades Center must approve all white-water locations and activities.

6. Canoes used for white-water must have appropriate bow and stern painters that are accessible and will uncoil when needed. They must be coiled away from the paddlers feet (e.g. in a bungee on the deck, coiled with a quick release knot). Thigh straps must be approved by the Education Director.
7. Students must complete the Self-rescue Drill before white-water canoeing:
 - a. Dump the canoe holding on to your paddle.
 - b. Pat the top of your head to let others know you are okay.
 - c. Move into the defensive swimming position.
 - d. Move to the upstream end of your boat.
 - e. Grab the painter of the canoe and swim in the defensive position into the nearest eddy.
 - f. Swim with your body in a "ferry angle" to the current. Listen for directions from the rescue boat as they may ask you to let go of the boat and swim in to the eddy without it.
 - g. Once you are at the eddy line, turn and swim aggressively through the eddy line into the eddy.
8. Rescue Kits will be carried for all white-water activities.
9. Each Instructor on a white-water canoe trip will carry a river knife on their PFD.

Off-site winter programs: General Principles

Winter Activities refers to outdoor activities such as camping, hiking, snowshoeing, skiing etc carried out during winter months (November through April).

1. Palisades centre winter activities shall follow the Parks Canada Custodial Group Framework and Resource Conservation Avalanche Terrain Safety Guidelines and will only be carried out in ATES class 1 and 2 terrain.
2. Staff leading winter activities must make certain that participants' equipment is adequate for reasonable comfort under extreme conditions. Off-site winter activities shall not be undertaken when the temperature is **below -25**.
3. Staff leading winter activities shall carry appropriate emergency equipment such as spare gloves/hat, spare sunglasses, heat packs, fire kits, warm beverages and insulation. Staff shall be diligent in the storage of communications devices, first aid supplies and other cold-sensitive equipment.
4. During trail activities a 'lead' and 'sweep' will be designated and applied.

Cross-country Skiing

1. There will be one supervising adult per ten students. The program will be led by PSEC Ed. Team staff meeting the essential core requirements for Level 2 terrain (see page 8).
2. Terrain will be determined by the custodial group framework for Mtn National Parks and PSEC Terrain evaluation.
3. Participants shall be properly prepared for day trips. Instructors shall ensure that participants have adequate food, water, sun protection, whistle and sufficient clothing and equipment to prepare for anticipated climatic conditions. Participants shall be briefed on winter travel, safety considerations and emergency procedures.

4. During the first 2km of the trip or before, participants will be taught basic skills such as equipment fitting and adjustment, getting up after a fall, stopping, trail hazards, uphill and downhill skiing.
5. Staff leading day trips shall carry first aid kit, radio, extra food, map, and navigation.
6. An itinerary and expected return time shall be left with staff at the Palisades Centre.

Ski-touring

1. There will be two supervising adults per ten students. If traveling in terrain defined by the custodial group framework as class two (Challenging) staff leading these activities will be ACMG guides who will take responsibility for risk management of the group and shall follow the professional terrain guidelines, site management protocols and instructor/student ratios established by the ACMG.
2. Participants shall be properly prepared for day trips. Instructors shall ensure that participants have adequate food, water, sun protection, whistle and sufficient clothing and equipment to prepare for anticipated climatic conditions. Participants shall be briefed on winter travel, safety considerations and emergency procedures.
3. Staff leading day trips shall carry first aid kit, radio, extra food, map, and navigation.
4. An itinerary and expected return time shall be left with staff at the Palisades Centre.

Ice Walks – Maligne Canyon

1. There will be one supervising adult per ten students. The program will be led by PSEC Ed. Team staff meeting the essential core requirements for Level 2 terrain (see page 8).
1. Prior to the activity PSEC staff must check canyon conditions for fully frozen base at least 15cm thick.
2. Participants shall be properly prepared for ice walks. Instructors shall ensure that participants have adequate footwear, food, water, sun protection, whistle and sufficient clothing and equipment to prepare for anticipated climatic conditions. Participants shall be briefed on travel in the canyon including moving past ice climbers, hiking from the bottom up the canyon, lead and sweep, safety considerations and emergency procedures.
3. Staff leading day ice walks shall carry a sharp ski pole or ice axe, length of rope, first aid kit, extra food, map, navigation equipment and a communications device capable of accessing emergency assistance.
4. An itinerary and expected return time shall be left with staff at the Palisades Centre.

Snowshoeing

2. There will be one supervising adult per ten students. The program will be led by PSEC Ed. Team staff meeting the essential core requirements for Level 2 terrain (see page 8).
3. Terrain will be determined by the custodial group framework for Mtn National Parks and PSEC terrain evaluation.
1. Participants shall be properly prepared for day trips. Instructors shall ensure that participants have adequate food, water, sun protection, whistle and sufficient clothing and equipment to prepare for anticipated climatic conditions. Participants shall be briefed on winter travel, safety considerations and emergency procedures.

2. During the first 2km of the trip or before participants will be taught basic skills such as equipment fitting and adjustment, getting up after a fall, stopping, trail hazards, and group pacing.
3. Staff leading day trips shall carry first aid kit, radio, extra food, map, and navigation.
4. An itinerary and expected return time shall be left with staff at the Palisades Centre.

Winter Camping – Maligne JACK Shack

1. All JACK Shack trips must be approved by the Education Director in advance and booked through Resource Conservation Executive Assistant.
2. There will be two adults supervisors per ten students, at least one of which will be a PSEC staff. At least one staff member shall meet the Staff Training Requirements for offsite activities (See page 10).
3. If the group is of mixed gender then there must be a male and female chaperone, with each gender being divided by different bunking levels (upper or lower). There must be no more than 12 youth per group.
4. Copies of student medical and contact information must be reviewed by staff prior to departure.
5. Staff shall ensure that appropriate food, clothing and equipment is available for the activity.
6. Staff shall carry appropriate emergency equipment first aid kit, communications device with spare batteries; a PSEC vehicle must be available at the Maligne parking lot for the duration of the program.
7. PSEC staff must perform an advance check no more than one week prior to include, propane level, available firewood, access to the water source.
8. Staff will call or email JNP Dispatch to inform them of overnight group.
9. If students wish to sleep in quinzees PSEC staff must check each hour.

Terrain Evaluations

The following outline off site areas that are used by Palisades staff during regular programs.

Location: Old Fort Point loop

Difficulty level: easy-moderate from the back/moderate from the front-3.8 km, 1-2 hours round trip



Access: Old Fort Point parking lot, start of trail 1



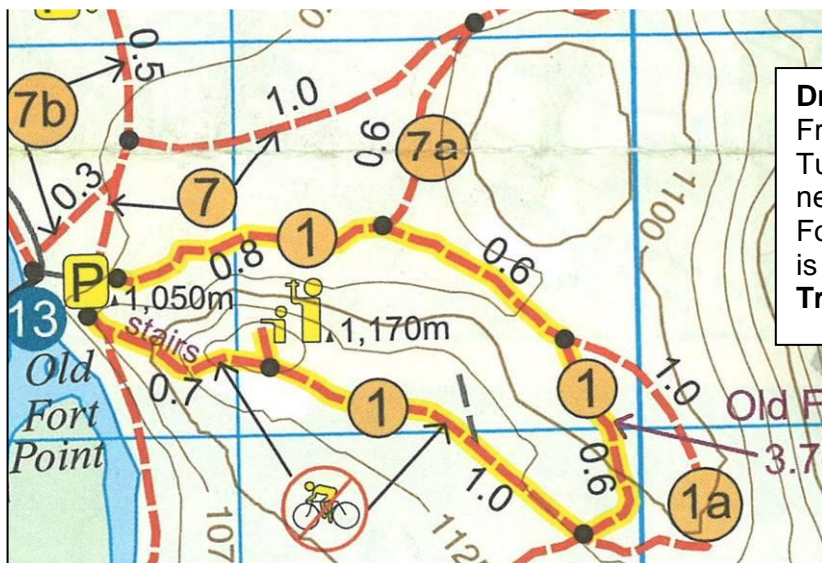
Access: Right side of parking lot leads to the front trail with the stairs

Escape route/Alternate exit: This is a loop but it's possible to turn on trail 7a then left on 7 to return to the parking lot from the lower trail 1.

Safety considerations/Hazards: There are a few roots and rocks along the trail, especially on the steep sections. Near the very top there are some cliffs so stay away from them.

Ecological integrity considerations: Stay on the main trail, there are many side trails that should not be used.

Seasonal weather/wildlife considerations: Look for bear and wolf warnings/closures, bring bear spray. The sheep tend to frequent the front side of the hill. They are usually in big herds and can be everywhere from the bottom of the stairs to the top. Stay away at least three bus lengths from them, you may have to turn around or make a detour to continue the hike. Bring warm layers for the top as it's a nice lunch spot but is exposed so often very windy.



Driving directions:

From Palisades, turn right onto Hwy 16. Turn left on Hwy 93A and turn left at the next intersection, there's a sign for Old Fort Point/Lac Beauvert. The parking lot is just past the bridge.

Travel time- 15 minutes

Location: Malign Canyon – Trail 7, 7f, 7h

Difficulty Level: Easy - .8 kms between 1st and 3rd bridge. 20 mins
1.5 kms between 1st and 5th bridge. 40 mins



Access: Malign Canyon tea house, south end of parking lot



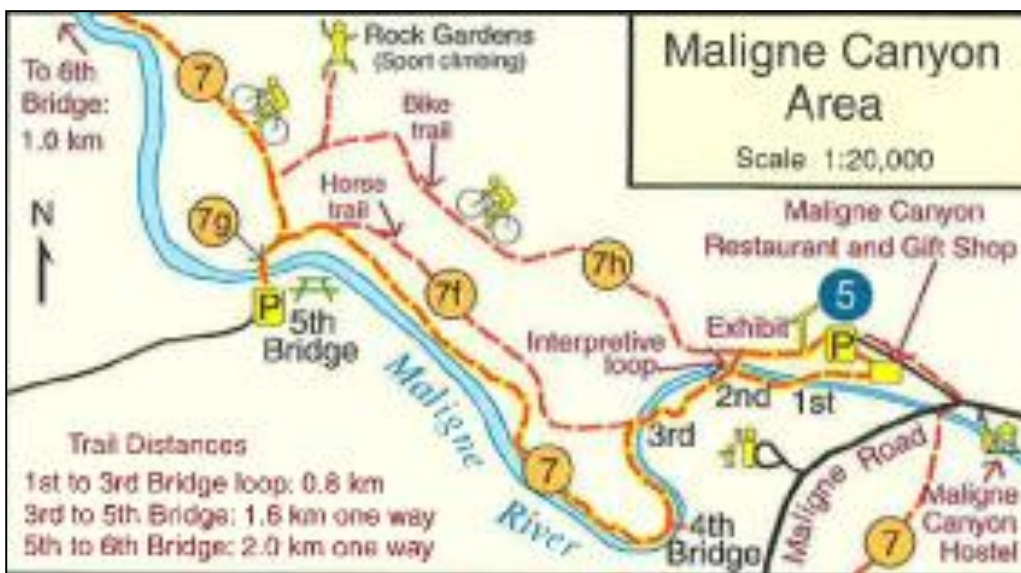
Egress: 5th bridge off Malign Road

Escape Route/Alternate exit: Malign Canyon trail has an exit at fifth bridge and at sixth bridge.

Safety considerations/Hazards: The canyon walk has fencing for the majority of the trail. However there are portions in the lower canyon that are unfenced and dangerous. Stay away from cliff edges. If doing this in the winter, start at fifth bridge and walk up the canyon. All students should have ice grippers. Stay 3 m away from ice climbers to avoid ice fall. Check conditions before going in case of meltout. This hike is very popular so large groups need to be in control and courteous.

Ecological Integrity considerations: The trail is asphalted and hardened, please stay on it and avoid cutting switchbacks.

Seasonal weather/ wildlife considerations: In winter, check conditions before going in case of melt out. Not much wildlife – don't feed the squirrels!



Driving directions:
Turn west on hwy 16, turn left on Malign Canyon road. Turn left into Malign Canyon parking lot.
Driving time: 20 mins

Location: Cottonwood Slough, Riley Lake loop trail (#8, 6, 6a, 2)

Difficulty Level: Trail #8, 200 m from parking lot to wetland

Riley lake loop, easy, 4.1 kms, 1 – 1.5 hrs



Access and Egress: Cottonwood Slough parking lot, 3 kms up the Pyramid lake road



Cottonwood Slough water access – 200 m from parking lot

Escape Route/Alternate exit: No exit needed, short trip for pond study. Riley loop can exit onto the road near the end of the loop.

Safety considerations/Hazards: Students should refrain from immersing themselves when used for pond study, though most will be wet to some degree. Rubber boots, hip waders should be used in case of underwater hazards. The stable uses Trail 6 quite often so beware of horse traffic. Move to the downhill side when passing horses.

Ecological Integrity considerations: This site should not be used more than once a week in the spring as vegetation is easily trampled. Students should not catch the frogs, jut invertebrates, as their skin (the frogs, not the kids) will be damaged by over handling. Stay on the trail, avoiding braiding where the horses have trampled the trail.

Seasonal weather/ wildlife considerations: Black bears frequent the area in the summer and fall. Make lots of noise. Area may be muddy in spring.



Driving directions: From Palisades Centre, turn west on Hwy 16, take turn off to town of Jasper. Turn right on Cedar St and continue 4 kms to Cottonwood Slough parking lot.
Driving time: 20 mins

Location: Valley of the Five, #9 trails

Difficulty Level: Easy for #9a, #9b loop hiking, 1.5 hours, 3.3 kms
Moderate for #9, #1 hiking or biking, 3 -4 hours, 9.6 kms
Moderate for #9, #9c hiking or biking, 3 -4 hours, 8.8 kms



Egress: Old Fort Point parking lot



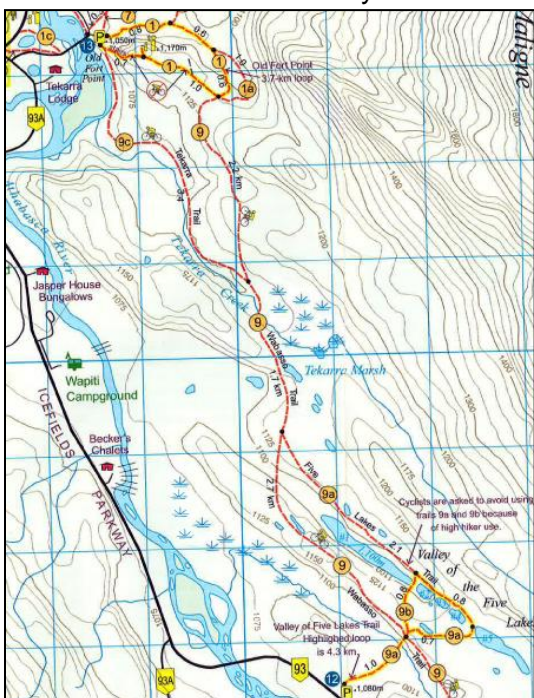
Egress: Old Fort Point parking lot.

Escape Route/Alternate exit: There are multiple combinations of the 9 trails, however the Old Fort Point and Valley of the Five exits are the only exits.

Safety considerations/Hazards: Cyclists are asked to avoid 9a and 9b because of high hiker use. There are sections of 9a along the lakes that fall steeply towards the lakes. 9c on the Tekarra trail is a shorter route but is very rooty and has some steep hills, harder for bikers. Trail #1 has a very steep section just after you reach it from the #9 trail. Bikers should get off and walk this section.

Ecological Integrity considerations: This trail is well used and hard packed with lots of other hikers/bikers. #9c has a tendency to be muddy and very rooty, susceptible to braiding.

Seasonal weather/ wildlife considerations: There are lots of black bears using this valley bottom in the summer and early fall as there are lots of buffalo berry bushes.



Driving directions:

To Valley of the Five:

From Palisades turn right on Hwy 16, then left at lights onto Hwy 93. Travel south for about 10 kms, just past the Athabasca River bridge. The Valley of the Five parking lot is on the left with the road closure gates just at its entrance. Driving time – 25 mins

To Old Fort Point:

From Palisades turn right on Hwy 16, then left at the 93A North crosswalk. Left again toward Old Fort Point. Parking lot is just after the bridge. Driving time – 20 mins

Travel time – approx 20 minutes

Location: Edith Cavell Meadows

Difficulty Level: Moderate 3.6km to viewpoint, 8 km round trip, 3-4 hrs (+45min for 2nd viewpoint)



Access and Egress: parking lot trail head.



Trail split: Only take the meadows trail, do not go to the lake.

Escape Route/Alternate exit: The quickest exit is to reverse the trail.

Safety considerations/Hazards: The Path of the Glacier trail is closed beyond the junction due to falling debris hazard as of 2013. **No PSEC groups will be brought down to the pond.** Beware of loose rock and steep drop offs.

Ecological Integrity considerations: The meadows are a fragile area in the alpine, stay on the trail to avoid damage.

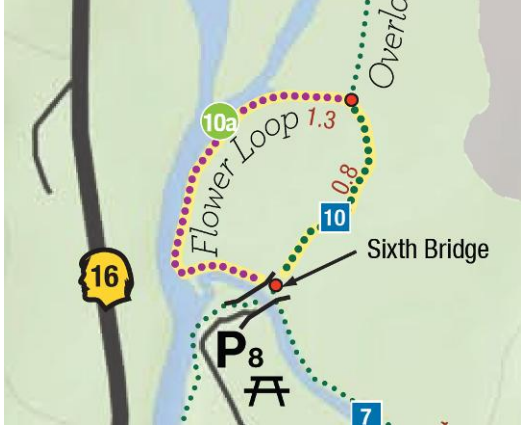
Seasonal weather/ wildlife considerations: This trail is only open later in summer when conditions are dry (late June to mid July). Alpine area weather can be unpredictable. Prepare for windy and cold conditions with a possibility of rain or snow at any time.



Driving directions: Turn West on Hwy 16. Take the exit for Marmot Basin and follow the 93A to the Edith Cavell turn off. Maximum vehicle length is 7m up this 14km steep and windy road.
Driving time: 1 hour.

Location : Trail 10a Flower Loop

Difficulty Level : Easy - short trail, good for land art



Access : Park at P8, 6th Bridge. Cross bridge. Trail starts immediately after bridge on left side. After 8m take the right hand trail.(see photo above) If you go straight the trail becomes undercut and dangerous.

Flower Loop connects with Overlander Trail (10). If you take the loop in a counter clockwise direction, take the Overlander trail for about 10-15 mins. The 10a jctn is on your left. From the junction you can see a bridge over a small stream.

Hazards: The trail goes beside Maligne and Athabasca Rivers. Be sure to take the correct path as there are some portions of older trail that are undercut. The trail is narrow and has some root and mud sections.

Ecological considerations: In spring and early summer there are many fragile flowers, including orchids, along this trail. Be mindful of where you group up. There are hardened areas about every 10- 15 mins along the trail (junctions or gravel bars) and these should be used instead of soft mossy places.

Seasonal/Wildlife considerations: The Maligne River is noisy so make noise animals to prevent surprising animals.

Land Art considerations : For most of the year there is a wide gravel and cobble bar just downstream of the confluence of the Maligne and Athabasca Rivers. This is a good site for land art. There is usually plenty of space and materials readily available. It is best to stay out of the forest area to prevent disturbance to flower habitat. The best way to do the loop, from a time management perspective, is in a counter clockwise direction. That way the land art site is 10mins from the parking lot.

SAFETY NOTE: The land art site may not be available during times of high water. Remember that students may not be closer than 3 m to moving water or else in water not more than 10 cm deep.

Timing: Drive from Palisades – 12 min. Trailhead to 10a/10 jctn – 10 mins. Junction to Land art site on shore of Athabasca River -15mins. Land art site to Trailhead- 10mins.

Location: Overlook Loop - Trail 2b Pyramid Lk. Overlook Loop

Difficulty Level: Moderate due to hill ascent

Distance: 5.4 km 100m elevation gain

Access: Park at P7, the parking lot at the end of Pyramid Lake Rd, Trail 2b starts on the SE side of the parking lot. This is a 20min drive from the Palisades.



Trailhead at Pyramid Lk (P7) Trail on RHS of photo



Alternate exit at Pyramid Resort. Short trail connects to Trail 2, behind resort.

Escape Route/Alternate exit:

The fastest way off the whaleback is back to the Fire Rd parking lot (P6). The loop can be shortened by finishing at the Pyramid Lk Resort, at a parking lot near the boat launch. This saves the traverse around to the Fire Rd parking lot.

Safety considerations/Hazards: The whaleback viewpoint is smooth rock and the slope toward the S side is steep. Manage the group directly and set clear boundaries. The trail itself is far back from the edge so you are never forced into anything exposed. There are roots and rocks that are tripping hazards. Trail is used by horses so proper trail etiquette must be used. There are numerous trails on the flats below the whaleback. Although they are well marked, it is easy to take the wrong one.

Cell phone coverage is spotty on the bench but good on the Overlook itself.

Ecological Integrity considerations: Early in spring the trail is soft and poorly drained. Avoid braiding the trail.

Seasonal weather/ wildlife considerations:

The whaleback is a highpoint which may be a concern for lightening. A wolf pack uses the area adjacent to the whaleback. There is an open meadow that may have elk in it, extra caution required in spring and fall.



Location: Wilcox Pass

Difficulty Level: Difficult – 11 kms, 4-5 hours



Access: South end trailhead – Wilcox campground

Egress: North end trailhead – Tangle Falls

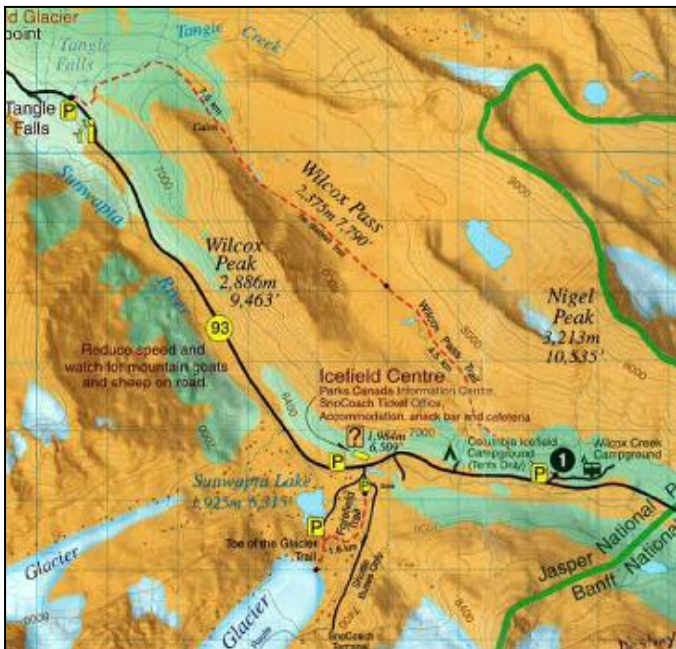
Escape Route/Alternate exit: This is a one way trail with no alternate exits besides going back the way you came. There is less elevation gain if starting at the south end. Vehicles will need to be left at the north trailhead for pickup. Information and help can be found at the Icefields Center, PC Tangle Service Centre, or the Sunwapta Public Safety Office.

Safety considerations/Hazards: This is an alpine trail that is undefined at times. A group well versed in compass travel should only undertake it. Crossing the highway at the Tangle Falls trailhead should be supervised.

Ecological Integrity considerations: **Lots of braiding on the trail, so keep group on main trail.**

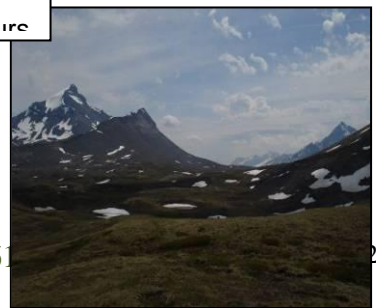
Seasonal weather/ wildlife considerations: This is caribou habitat and care should be made to avoid disturbing them. There are also grizzly bears that frequent the area. This trail should only be hiked in late spring to early fall, to avoid snowstorms and extreme weather conditions

Interpretive opportunities: There is an old cabin on the trail, 0.5 km from the north trailhead that is assumed to have been used by Bill Peyto as a poaching cabin. Mary Schaeffer's camp can be seen on the parking lot side of the road. Kids can run through the culvert under the highway at low water.



Driving directions:
From Palisades turn right on Hwy 16, then left at lights onto Hwy 93. Travel south for 96 kms to Tangle Falls and leave a vehicle. Travel 10 more kms past the Icefields Centre to Wilcox campground. Start at trailhead
Travel time – approx 1.5 hours

Typical alpine terrain with no distinct trail for the majority of the hike. Both ends are in the subalpine trees for 2-3 kms.



Location: Sulphur Skyline

Difficulty Level: Moderate 4 km to top, 8 km round trip, 3.5 hours



Access and Egress: upper parking lot at hot springs.

View from the top looking toward the hot springs

Escape Route/Alternate exit: This trail is not a loop. Mystery Lake trail which comes off at 2.2 kms will take you out of the park so is not advised.

Safety considerations/Hazards: Shortcutting switchbacks could lead to some injury in steep sections. The top has steep drop offs and horsing around could lead to falls. Rock fall from uphill hikers could cause injury.

Ecological Integrity considerations: Shortcutting switchbacks will lead to trail degradation. Long hike with no washrooms, encourage students to use the ones at the bottom.

Seasonal weather/ wildlife considerations: This area is usually VERY windy. Big horn sheep frequent the parking lot and should not be fed or approached.



Driving directions: Turn east on Hwy 16. Travel to Pochontas and turn right to hot springs. Drive to the end of the road. Trailhead is nearest to the hot springs.
Driving time: 1 hour.

Location: Morrow Peak

Difficulty Level: Difficult hike – (Grade 10+ only). 600 m elevation gain, 1.5 km hike, 2 hours



Access/Egress - Pull off on east side of Hwy 16, just past 12 Mile bridge.

Morro Peak - 1,675 m

Escape Route/Alternate exit: This trail goes and comes back from the parking lot. This is not a well defined trail and not signed. Stay left at the Y junction near the bottom, but do not go far left and over a rocky band. The trail continues uphill and may have orange flagging on parts of it. It follows the west side of the peak and wraps back to reach the peak from the south.

Safety considerations/Hazards: Sharp rock and scree is the norm for the top of this trail, as well as steep drop offs. Groups have been split up before due to branching trails and not keeping together. Keep a whistle of verbal contact at all times.

Ecological Integrity considerations: There is a tendency to “scree ski” down the trail. Try to avoid this practice, as it uproots small plants and makes the trail even harder to follow.

Seasonal weather/ wildlife considerations: Morro Peak may get early snow.



Driving directions: Turn north on Hwy 16 and travel 10 kms to pullout on right just past the 12 mile bridge.
Driving time : 10 mins

Location: Bald Hills Hike / Ski tour

Difficulty Level: Moderate to Difficult.

Simple terrain to hitching rail, Challenging terrain past hitching rail.

Grade – fire road. 5.2 kms, 480 m elevation gain, 4-5 hours round trip



Jack Shack – overnight accommodation for 12 people, 200 m from the trailhead.



Access/Egress – Bald Hills trailhead at end of Maligne Road.

Escape Route/Alternate exit: Maligne visitor safety station near parking lot has radio and shelter. The fire road winds its way into the alpine. There is a shortcut through the trees on the left side that quickens the trip into the alpine.

Safety considerations/Hazards: ALWAYS check avalanche and weather reports before skiing in the backcountry. There is a map at the trailhead of avalanche areas to avoid. Custodial groups can only go into challenging terrain with an ACMG guide.

Ecological Integrity considerations: This is critical woodland caribou habitat and people should avoid disturbing any caribou they see in the area. No dogs allowed in this area. Maligne road closures may apply in the future.

Seasonal weather/ wildlife considerations: This is high alpine and is subject to storms and whiteouts. Map navigation is essential. Caribou habitat.



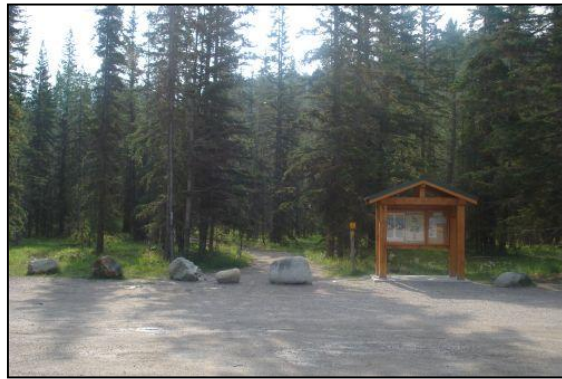
Driving directions: Turn right at Hwy 16 and travel 13 kms to a left turn onto the Maligne road. Travel 44 kms to the end of the last parking lot at Maligne Lake. Trailhead is on the opposite side of the road .
Driving time: 45 minutes

Location: Trail 7 loop

Difficulty Level: Moderate to difficult depending on length of loop – biking
18 kms for full loop – full day 5 – 6 hours



Old Fort Point parking lot – start of west side of loop (river trail)



Old Fort Point parking lot – start of east side of loop (behind gold course)



Access to Malign road short cut to 5th Bridge



Trail 7 turn off at 6th bridge.

Escape Route/Alternate exit: This loop could be as short or as long as the group can handle. There are multiple trails that will take the group out at Jasper Park Lodge, Malign Lake Road or Lake Edith and Annette.

Safety considerations/Hazards: Some of the trail is quite rocky and/or muddy depending on the season. Be careful when crossing roads in large groups.

Location: Fire road loop- with upper section of the Sawridge switchbacks

Difficulty Level: Easy, moderate, difficult

The trails are # 2 looping with trail 8c, 8, 8b and 3g and 2b



Trailhead: Cottonwood Slough parking lot, about 2 km up Pyramid Lake road

Escape Route/Alternate exit: Many trails lead back to Pyramid Lake road, the fastest and safest way back down.

Safety considerations/Hazards: It is a fairly steep first section.

Ecological Integrity considerations: Well used mostly hard packed, Avoid trail braiding when wet.

Seasonal weather/ wildlife considerations:
Often elk and bear along the trails, make noise, keep group close together.



Driving directions: From the Palisades, turn right on Hwy 16. Turn right into Jasper townsite and right on Cedar Ave. JAC Centre parking lot is at junction of Bonhomme St and Pyramid Lake road. Continue up Pyramid Lake road until the parking lot on your left.
Driving time: 20 mins

Location: Overlander trail

Difficulty Level: Difficult on bicycle, moderate hike – 15.5 kms, 4 hours hike, 3 hours bike



Access or Egress: Hwy 16, south side, east of 12 Mile bridge. Official trailhead is one pullout farther east.

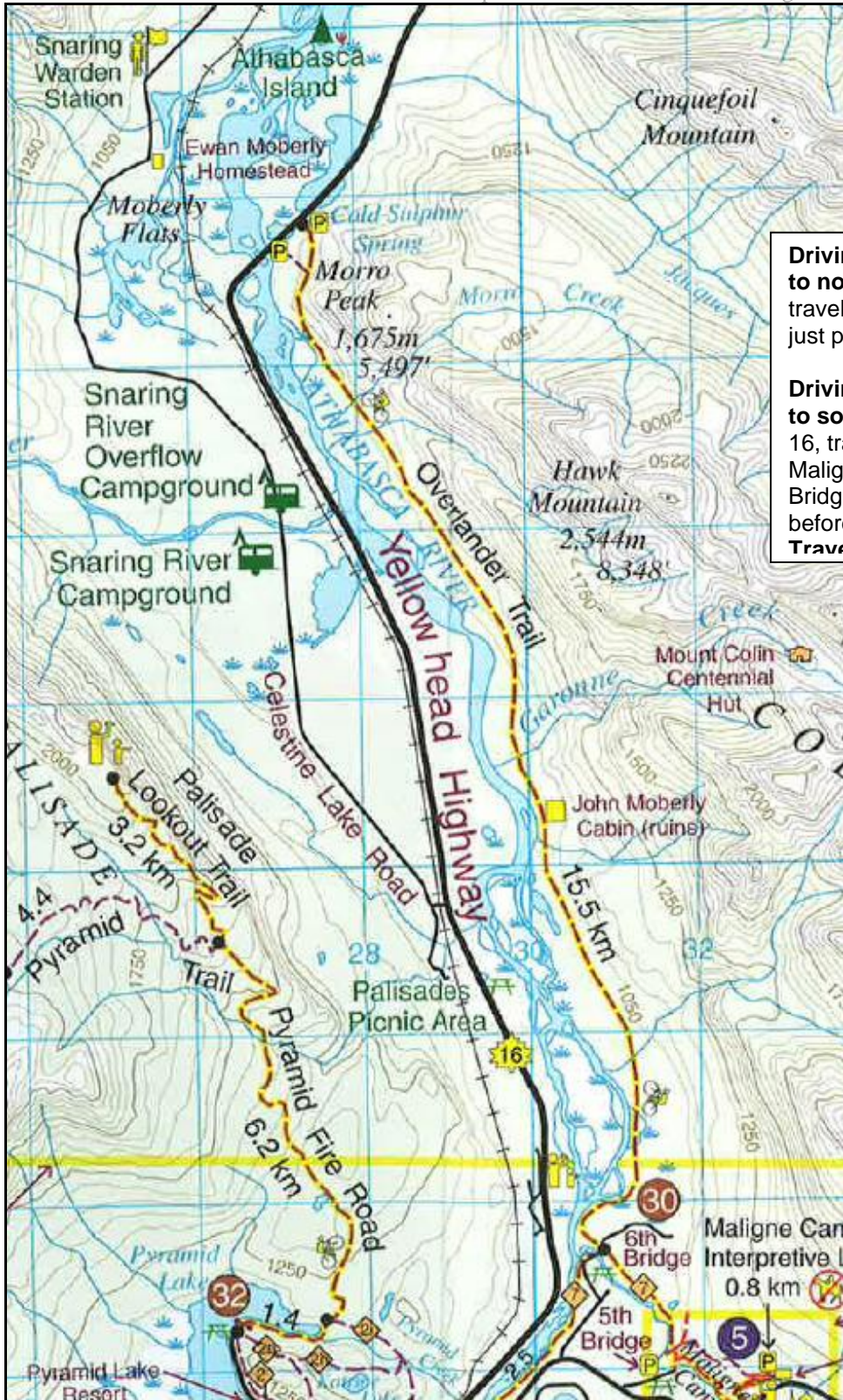
Access or Egress: Sixth bridge on Maligne road. Park at bridge and continue down Maligne Range road until this turnoff.

Escape Route/Alternate exit: This trail is on the opposite side of the Athabasca river from the road, therefore there is no alternate exit. Maligne Range is at the end of the sixth bridge road. They have a phone and shelter.

Safety considerations/Hazards: There are steep sections on the trail near the north end, with rocky drop offs. Make sure all bikers get off and walk these sections. The access from Hwy 16 is hard to manoeuvre a bike up this section. Best for bikers to go to official trailhead located 100 m east of pull out.

Ecological Integrity considerations: There are wet areas near the 6th Bridge end of the trail, try not to braid the trail too much.

Seasonal weather/ wildlife considerations: Snow leaves this trail early in the spring and it is dry late into October. This is a montane area with lots of buffalo berry and risk of black bears. Make lots of noise.



Driving directions from Palisades to north end – Turn north on Hwy 16, travel 10 kms and park at trailhead just past 12 Mile bridge.

Driving directions from Palisades to south end – Turn south on Hwy 16, travel 10 kms, turn left onto Maligne Road. Turn left onto 6th Bridge road. Park at picnic area before 6th bridge.

Travel time – 10 -15 mins

Location: Trail 2 loop

Difficulty Level: Moderate, 5 kms one way, 10 kms loop, biking – 2 hrs, hiking - 3 hrs.



Egress: At Pyramid Lake lodge parking lot, south end near washrooms.

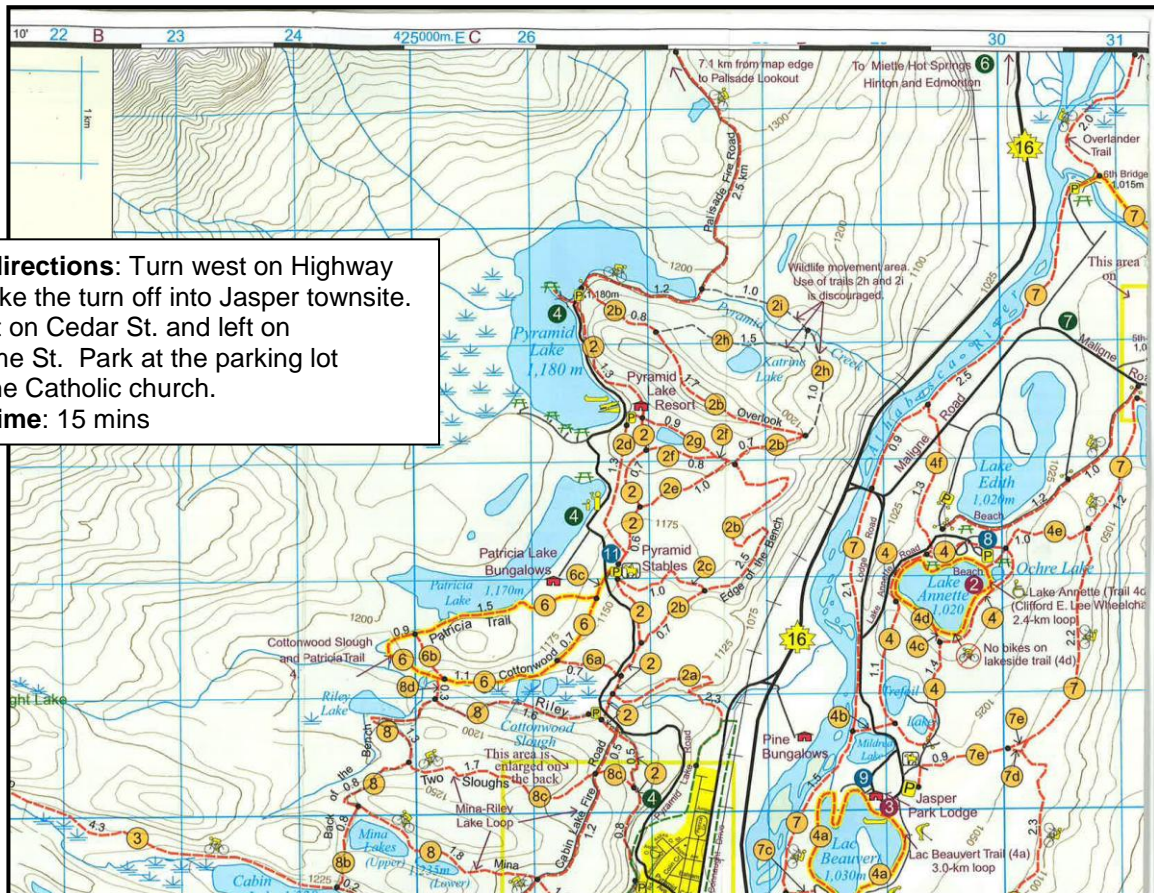
Egress: At Pyramid Lake lodge parking lot, south end near washrooms.

Escape Route/Alternate exit: There are multiple exits from Trail 2 onto the Pyramid Lake road, and then into town.

Safety considerations/Hazards: Pyramid Lake road is a busy road in the summer with many bear jams. Keep cyclists and hikers on the trail. Hikers and cyclists are mixed on the trail, go slowly around corners and announce your presence.

Ecological Integrity considerations: Stay on the main trail, there are many side trails that should not be used.

Seasonal weather/ wildlife considerations: There are often black bears and elk along the road. Make sure that groups are loud and vociferous. Bring whistles and bear bangers.



Location: Lake Edith

Difficulty Level: Easy - small lake for canoeing/kayaking



Access #1: Dog walking beach. On north end of lake



Access #2: Scuba beach on south end of lake

Escape Route/Alternate exit: Depending on winds either access is may be sheltered. Large buses cannot get into Access #1. There are lots of cottages at Lake Edith with phones and or shelter in case of injury.

Safety considerations/Hazards: Scuba groups often use Access #2. Call dispatch to find out and to alert them that you will be there. Always lock gate at access #2 behind you and make sure the gate key is with the group behind the gate. The bus can park at the day use area, the canoe trailer can be driven to the shore. There is some glass at both beaches, encourage students to keep shoes on. Large buses are not allowed on the Lake Annette road as it is winding and narrow. In the off season you can call dispatch and inform them that you will be on the road. A full size bus can turn around in the day use area.

Ecological Integrity considerations: No washrooms at Access #1, students must be bused back to outhouses at first turnoff. This area has a tendency to be overused. Try to keep bank integrity by staying on the beach or using trails.

Seasonal weather/ wildlife considerations: This lake does not freeze early so it can be used later into the fall. Nesting loons may be disturbed, encourage students to keep a safe viewing distance. Elk are also seen wading in the lake. Keep 3 bus lengths away.



Driving directions: From Palisades, turn west onto hwy 16. Turn left onto Malign Lake road and cross over the bridge.

Access #1 Turn left towards Malign Lake and right onto Lake Edith road (unsigned). Take two lefts until you reach a wide dirt road on your right. See photos.

Access #2 Turn right towards Jasper Park Lodge. Turn left onto Annette lake road. Gated road on the left is where the boats can go. The next parking lot on the left is where the bus can park.

Driving time: 15 mins

Location: Lake Annette

Difficulty Level: Easy - small lake for canoeing/kayaking

Easy hiking, 2 kms, ½ hour



Access: Canoes can be put in at day use area or boat launch, depending on number of cars/people at either.

Escape Route/Alternate exit: Canoes can be hand lined around the lake if there is too much wind. Depending on direction of wind, either the boat launch dock or the day use area can be accessed for calm canoeing. Groups can access Lake Annette road from the trail for a portion of the trip around the lake.

Safety considerations/Hazards: There is a lot of glass at the public beach, encourage students to keep shoes on. This is not a good lake to use in summer as it is often too busy. Use Lake Edith as much as possible. Large buses are not allowed on the Lake Annette road as it is winding and narrow. The trail around the lake is paved and quite popular. Be aware of others.

Ecological Integrity considerations: This area has a tendency to be overused. Try to keep bank integrity by staying on the beach or using trails.

Seasonal weather/ wildlife considerations: This lake does not freeze early so it can be used later into the fall. Nesting loons may be disturbed, encourage students to keep a safe viewing distance.



Driving directions: From Palisades, turn west onto hwy 16. Turn left onto Malign Lake road, over the bridge and right towards Jasper Park Lodge. Turn left onto Annette lake road. Boat launch is first parking area on right, Day use area is your first right.
Driving time: 15 mins

Location: Pyramid Lake and Pyramid Island

Difficulty Level: Easy paddling lake.



Access #1 – boat launch in front of Pyramid Lake Lodge

Access #2 – boat launch at day use areas

Escape Route/Alternate exit: No alternate exits. Trail on the island is one way.

Safety considerations/Hazards: There is current flowing around the island and under the bridge that leaves this area open in winter.

Ecological Integrity considerations: The north and west side of the lake are a wildlife corridor and students should not get out and walk around on that side of the lake.

Seasonal weather/ wildlife considerations: There is a loon nest at the east end that is buoyed. Make sure no boats go near any loons or chicks. Depending on weather one or the other end of the lake will be sheltered. This is a major wildlife corridor and black and grizzly bears frequent the area on the northwest side of the lake.



Driving directions: From the Palisades, turn right on Hwy 16. Turn right into Jasper townsite and right on Cedar Ave. Continue up the Pyramid Lake road (5 kms) until either the day use area or Pyramid Lake Lodge access points.

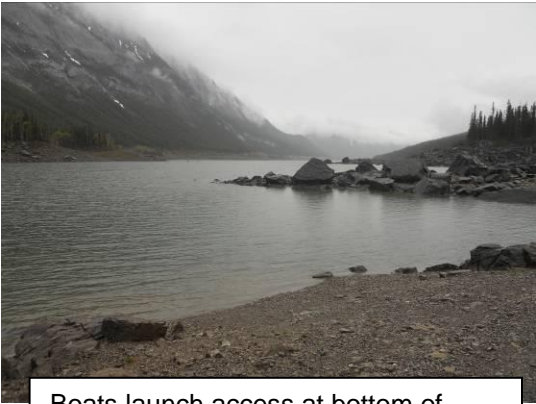
Driving time: 20 mins

Location: Medicine Lake

Difficulty Level: Easy/Moderate canoeing/kayaking: 3-4 hours



Access/Egress: Parking lot and bathroom. First pullouts before you reach Medicine Lake.



Boats launch access at bottom of road.

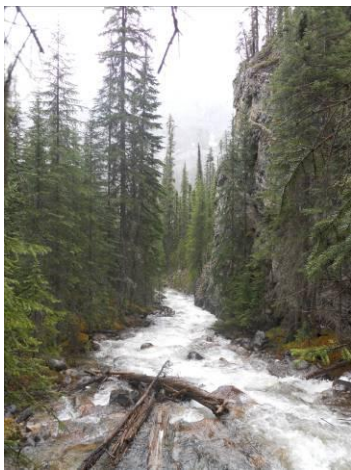
Escape Route/Alternate exit: The North shore offers easy access uphill to the Maligne Lake Road.

Safety considerations/Hazards: There is no outflow to Medicine Lake so there is no danger of students accidentally getting swept down the river. However, with lake paddling certifications PSEC staff are not qualified to take students up river into the inflow river. The lake temperature is very cold even in summer. The boulders around the shore can be slippery. If going on the Watchtower creek trail, stay as far from the creek as you can.

Ecological Integrity considerations: Watchtower Creek is an unofficial, undefined trail and very rooty and rocky. Try to remain on hard packed surfaces.

Seasonal weather/wildlife considerations: There is an eagle nest that often has a closure on the north side of the lake. Keep your distance but bring binoculars. Bears may frequent the Watchtower creek area and there have been reports of wolves denning in the area. Keep bear spray available and make lots of noise. Do not go looking for the den.

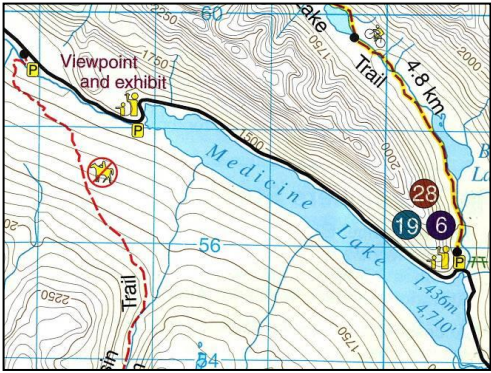
Points of Interest: There is a trail along the south shore of the lake that starts at the far end of the parking lot. This is the access trail for climbers going to the Watchtower Creek climbing area. If approaching from the lake the trail is on the west side of the alluvial fan, whereas the creek comes out on the right side. The trail has a large wooden barge, once used for freighting across the river and a metal pail to identify the access trail. Watchtower Creek is very high in the spring and **SHOULD NOT** be crossed. 10 mins hiking up the trail will get you into the climbing cliffs. Take special caution around the shore of the creek as it can be slippery and near fast moving water. Do not take students past snow line. For more climbing info about the area check out www.summitpost.org



Watchtower Creek – trail on left, cliffs on right



Barge and pail at trail access on west side of fan.



Driving directions: From Palisades Centre turn right onto Hwy 16 and travel 13km to a left turn onto the Maligne road. Travel 24km to the parking lot on the right side of the road immediately before the lake (before the sharp left turn).
Driving time: 30 minutes.

Location: Maligne Lake - Home Bay to Fisherman's bay campground,

Difficulty level: moderate, 13km south of boat launch



Home Bay public boat launch: reverse trailer from car



Fisherman's dock:
East shore of Maligne lake



Escape route/ Alternate exit: Many protected bays, beaches and picnic areas along the way, especially on the west side of the lake. The only road exit is the main boat launch at the north end, 13 km away. Travelling on the west shore can take 30 minutes more than on the east side.

Safety considerations/Hazards: Challenging part of the lake is at Samson Narrows, where for about 2 kms the wind changes direction and waves are often bigger than anywhere else. It is usually calmer on the west shore except at the Narrows where it is better to travel on the east shore. Don't travel in the middle of the lake as motorized boats use the lake daily.

Ecological integrity considerations: Many wildlife trails around the site. Main trails are obvious. Follow directions for waste and food storage.

Seasonal weather/wildlife considerations: Put food and cooking gear in food lockers. The camp is at high elevation so it is always colder, might be snow or rain; bring rain gear and warm layers. In case of stormy weather, get sheltered on shore and wait until it gets better as the weather tends to change quickly in that valley.

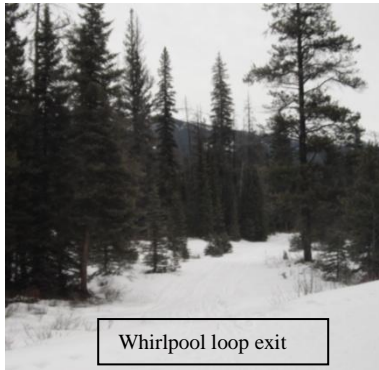
Driving directions from Palisades:
Turn right on Hwy 16 then left onto Maligne Lake road. Drive 45 km, until the end of the road (over the bridge). The last parking lot on the left is where the boat launch is located.

Location: Meeting of the Waters/Whirlpool Campground

Difficulty Level: Easy cross country ski. 5km loop (2hours)



Parking area: end of 93A



Whirlpool loop exit



Whirlpool loop main entrance

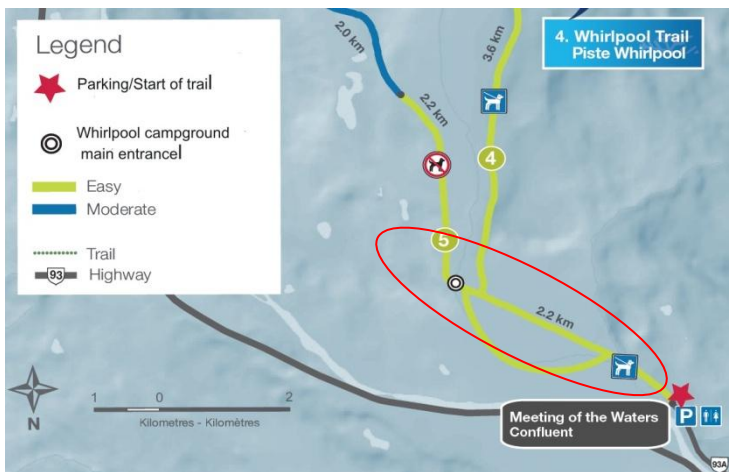
Access/Egress: Parking at the end of 93A at Meeting of the Waters. There is an outhouse. The Whirlpool loop can be skied in either direction and joins back with the tracks on 93A.

Escape Route/Alternate exit: None. There is a covered picnic shelter at Whirlpool campground.

Safety considerations/Hazards: The ski trail passes near the Whirlpool River. The frozen edge of the river can be unstable. Stay off the ice.

Ecological Integrity considerations: stay on the tracks

Seasonal weather/wildlife considerations: 93A is often snow-covered and icy in the winter. Snow tires are recommended.



Driving directions: From Palisades Centre turn right onto Hwy 16 and drive 14km to the junction with the Icefields Parkway. Turn left and drive 7km to the junction with 93A. Exit right and drive 10 km to the gate at the end of 93A.
Driving time: 40 minutes.

Location: Wabasso Campground

Difficulty Level: Easy cross country ski. The outer loop is 3.6km. (2 hours)



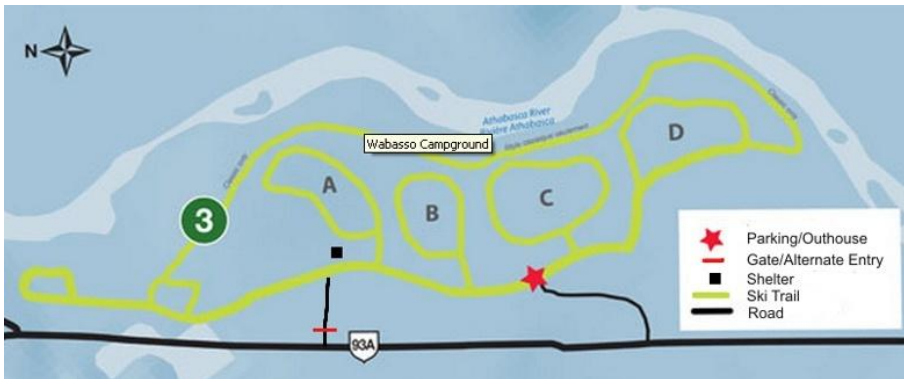
Access/Egress: There are 2 possible entrance and exit areas. First encountered along 93A is the gated service entrance that leads to the shelter. Park at the gate and ski in. Second is the campground entrance which leads to the kiosk and has a larger parking area and outhouse.

Escape Route/Alternate exit: There are 2 access roads with parking.

Safety considerations/Hazards: The ski trail passes near the Athabasca River. The frozen edge of the river can be unstable. Stay off the ice.

Ecological Integrity considerations: stay out of tree groves, wolf scat in the area may present wildlife learning activity.

Seasonal weather/wildlife considerations: 93A is often snow-covered and icy in the winter. Snow tires are recommended. Elk may be present at the campground.



Driving directions: From Palisades Centre turn right onto Hwy 16 and drive 14km to the junction with the Icefields Parkway. Turn left and drive 7km to the junction with 93A. Exit right and drive 8 km to the entrance of Wabasso Campground on the left.
Driving time: 30 minutes.

Location: Moose Lake loop

Difficulty level: easy-moderate 2.6Km 60m elevation change, 1-2 hours round trip



Access/Egress – Bald Hills trailhead at end of Maligne Road.



Look for informal trail markers at intersections

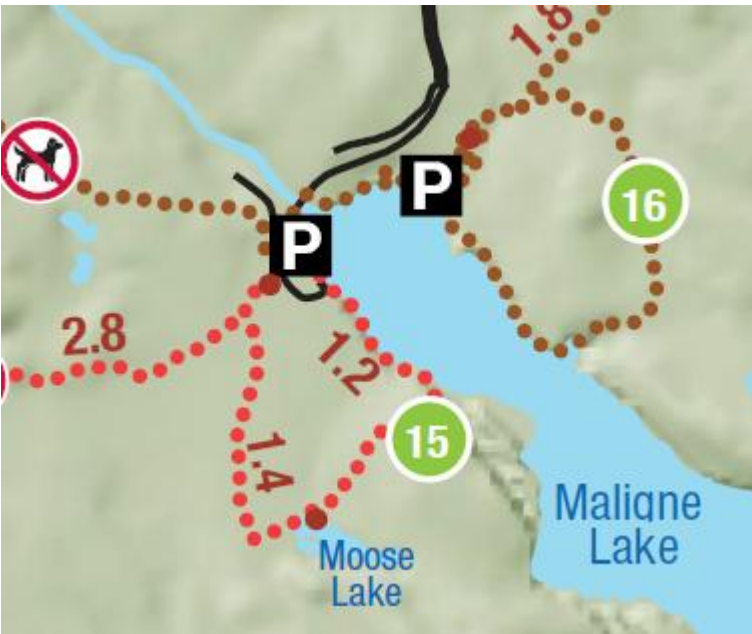
Access from the bald Hills tail head, after about 500 meters you will see the trail turn to the left and cross the creek. This trail stays mostly in the woods, but the landscape is interesting with little hills and hollows. After passing Moose lake (on your right) the trail descends to Maligne Lake where you follow the shore back to the car park.

Escape route/Alternate exit: This is a loop before the trail intersection at 1.3km reversing the trail is the quickest route back to the car park.

Safety considerations/Hazards: This trail has less visitors than those close to the town site, so greater chance of wildlife, when snow shoeing in early season be extra cautious of ice instability.

Ecological integrity considerations: This is critical woodland caribou habitat and people should avoid disturbing any caribou they see in the area, especially in winter. No dogs allowed in this area. Maligne road closure can apply.

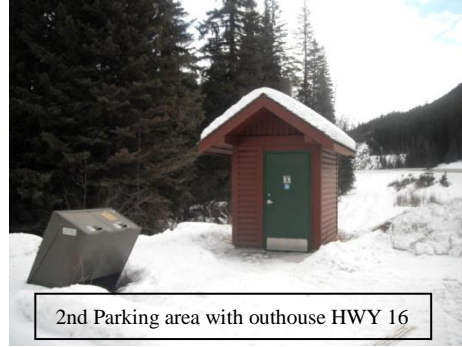
Seasonal weather/wildlife considerations: This trail is around 600m higher than Jasper town site and as such is generally cooler, and a popular place for wildlife spotting.



Driving directions: Turn right at Hwy 16 and travel 13 kms to a left turn onto the Maligne road. Travel 44 kms to the end of the last parking lot at Maligne Lake. Trailhead is on the opposite side of the road .
Driving time: 45 minutes

Location: Pipeline

Difficulty Level: Intermediate cross country ski. 5.1 km trail one way (2 hours).



Access/Egress: Parking and access at 2 locations along Hwy 16. There is an outhouse at the parking area to the west.

Escape Route/Alternate exit: The trail passes close to Hwy 16 at several points.

Safety considerations/Hazards: The ski trail passes near the Miette River. The frozen edge of the river can be unstable. Stay off the ice.

Ecological Integrity considerations: stay on the tracks

Seasonal weather/wildlife considerations: The pipeline trail is in the shade and often a few degrees colder than other areas.



Driving directions: From Palisades Centre turn right onto Hwy 16 and drive 14km to the junction with the Icefields Parkway. Continue straight through on Hwy 16 for 4km to the parking area on the right the second parking area is a further 5km up the road.
Driving time: 20 minutes.

Location: Summit Lakes

Difficulty Level: Moderate, 4.8 kms to first Summit lake, 9.6 return trip



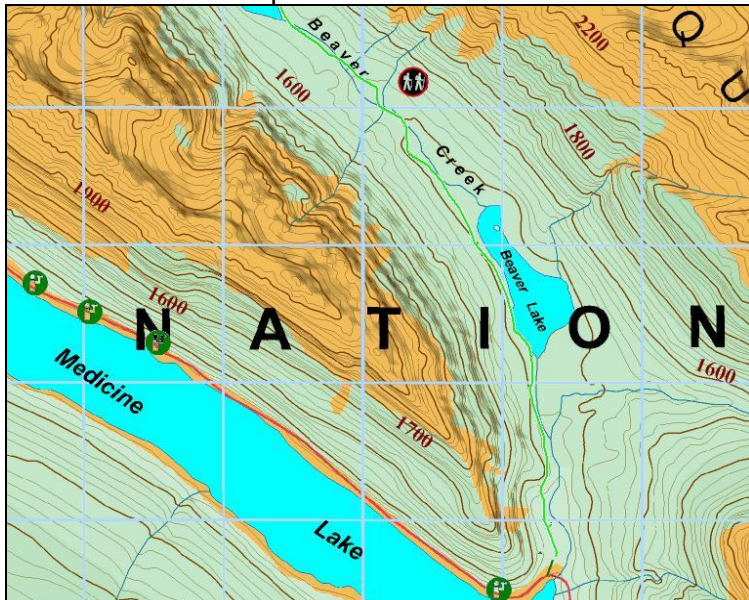
Access/Egress:
South Boundary trail head, turn left off Malign Lake road after Medicine Lake.

Escape Route/Alternate exit: This trail is not a loop. Beaver cabin at the trailhead can be used for emergency heat or shelter. Jacques Lake cabin is located 12 kms along the trail and can also be used in emergencies.

Safety considerations/Hazards: If travelling on Beaver, Summit or Jacques Lakes in the winter be aware of ice conditions. There are avalanche paths that cross the trail, be aware in avalanche terrain and take proper gear.

Ecological Integrity considerations: Starting to get into caribou country so be aware in the alpine and do not disturb wildlife.

Seasonal weather/ wildlife considerations: This trail is higher up than the valley trails, so be aware of colder temperatures and other winter conditions.



Location: Whistler Creek / Marmot Meadows

Difficulty Level: Moderate

Simple terrain in forest to open meadow and slough.

Grade – flat trail 200m. 10m elevation gain, 10mins to south end of open meadow



View downhill from 3rd parking lot entrance.

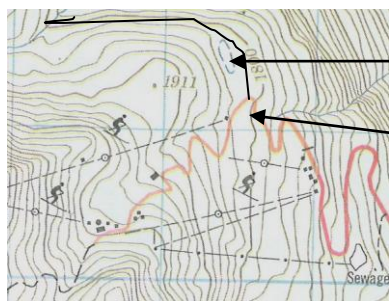
Access/Egress – Unmarked trailhead just uphill of turn in road

Escape Route/Alternate exit: The winter trail follows a direct line from the trailhead to the east or downhill side of the meadow. By mid winter there is usually a cross country ski trail that goes right through the open meadow. It meets the Marmot parking lot road at approximately the same place as the regular trailhead. Occasionally Marmot patrollers take sleds on the regular ski trail so it is the wider and more packed route and provides easier travel for beginners.

Safety considerations/Hazards: The parking lot and road may be slippery. Watch for cars on the road. There is a shallow pond at the far end of the meadow. The ice is often thin well into the winter so take care when setting scenarios in this area. The water is not deep, but wet boots and snowshoes are inconvenient and uncomfortable

Ecological Integrity considerations: Woodland caribou are occasionally found in the subalpine region near Marmot. Avoid disturbing any caribou in the area. Avoid bushwhacking through birch and willow shrubs around the margin of the meadow.

Seasonal weather/ wildlife considerations: In early winter this area loses the sun by early afternoon.



Driving directions: Turn right at Hwy 16 and travel to the Hwy 93 Jctn. Turn left on to the Icefields Parkway. Just past the park gate turn right on Hwy 93A. Turn right on to the Marmot Basin access road and go to the ski hill. Park at the entrance end of the 3rd parking lot. Trailhead is on the opposite side of the road and downhill about 40m.
Driving time: 45 minutes

Location: Medicine Lake shore.

Difficulty Level: Easy Hike/Easy to Moderate Snowshoe: 1-2 hours



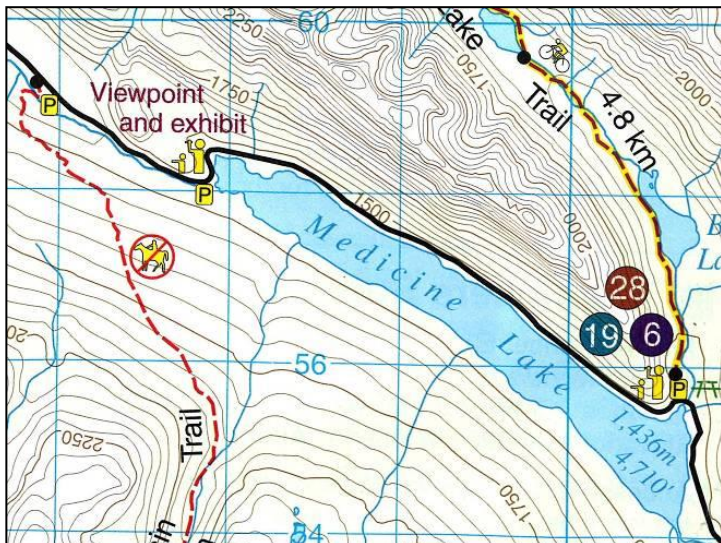
Access/Egress: Parking lot and bathroom.

Escape Route/Alternate exit: The North shore offers easy access uphill to the Maligne Lake Road.

Safety considerations/Hazards: The Lake is very cold even in summer. The boulders around the shore can be slippery. Check the avalanche bulletin and road report in winter as the road is subject to closure. Although the lake dries up in winter, there is still a deep channel in the middle to avoid.

Ecological Integrity considerations: Undefined trail, try to minimise impact to higher use areas.

Seasonal weather/wildlife considerations: The Maligne lake road is often snow-covered and icy in the winter. Snow tires and emergency supplies are recommended.



Driving directions: From Palisades Centre turn right onto Hwy 16 and travel 13km to a left turn onto the Maligne road. Travel 24km to the parking lot on the right side of the road immediately before the lake (before the sharp left turn).
Driving time: 30 minutes.

Course Start Briefing

When a new group arrives at the Palisades, it is important to do a course start briefing. In addition to regular facility information (such as mealtimes) the following topics should be covered

- **Mindfulness.** You are in the wilderness and it's very different than the city! It is essential to be mindful and aware at all times whether you are on site or off.
- **Whistles.** Whistles should be issued to students and emergency signals should be explained (three blasts). Stress that all whistle blasts will be treated as an emergency and may result in the emergency services being called. Students should keep their whistles with them at all times while at Palisades (spot check recommended early in program – make it fun)
- **Lost and Alone.** If a participant gets lost, (e.g. during a hike or while returning from an on-site activity) they should stay where they are (find a large tree) and use their whistle to call for assistance.
- **Travel in pairs.** Participants should be instructed not to go walking (or jogging) around alone while at the Palisades Centre. Students should travel at least in pairs and must let a staff member know.
- **Bear Aware.** Stress prevention. No bear attractants left outside. Explain to participant's what to do if they see a bear. Practice a couple of scenarios (e.g. bear by the buildings, bear on trail).
- **Fire hazard.** Explain danger of forest fire, and responsibility of whole group to keep ourselves safe. Clearly define smoking areas (if allowed by visiting groups supervisor). What to do if you see a fire. Location of alarms and extinguishers.
- **Health.** Identify designated first aid person.
- **Out of bound areas.** Clearly identify any areas where students are not permitted unaccompanied. The boundaries are, The Snaring Field, The West Coral, The train tracks and the incline to the north, unless led by PSEC Ed. Team staff.
- **Site evacuation** (fire, gas leak etc)

Separate to the whole group briefing PSEC Ed Team staff must review the 'Teacher Chaperone Responsibilities' with supervising adults.

Emergency Procedures

Urgent evacuation is required if the situation requires immediate, outside medical assistance. This could include a fracture or a deep cut where the bleeding has been controlled. Such situations include unstable head, neck or back injuries, severe burns, large fractures (e.g. pelvis or femur), acute abdominal cases, cardiac or respiratory distress, severe bleeding, anaphylactic shock.

Non-urgent evacuation is required if a participant has an illness or injury that negatively impacts their outdoor experience, that will not improve on its own or that may deteriorate (such as toothache).

In the event of an injury or illness requiring urgent or semi-urgent evacuation:

- Ensure the safety of yourself and the rest of the group
- Assess and stabilize the injured or ill person(s)
- Notify Public Safety Specialists through Parks Dispatch (780 852 6155) or radio
- Notify Palisades Education Director
- See radio channels on the page 3 of this document

Refer to first aid training if moving the casualty will cause further damage (e.g. possible spinal injury) stabilize them in position. Use the cell phone/satellite phone/radio to call Jasper Park Dispatch (780 852 6155). Be ready to answer the following questions:

- **Your name**
- **Your exact location**
- **Your phone number**
- **The number of casualties, the nature of their injuries/illness, their precise locations.**
- **The type of assistance required.**

Dispatch will ask these questions initially and then pass you to a Public Safety Specialist who may ask you additional questions.

If the phone/radio does not work, write all this information down, and send the most responsible person available (with at least one other) to use the nearest telephone. Stress the importance to themselves and the casualty of calm and careful travel. Tell them what they are to do after they have called (e.g. return to Palisades Centre or wait in place to direct an emergency team to the site).

Points to remember:

Evacuations in alpine areas of the Park are generally carried out by helicopter using heli-sling techniques. Ensure that the group is together and that all loose equipment is safely stowed.

The staff member with the highest level of first aid training should remain with the casualty.

Ensure that other participants are properly supervised and kept busy.

Stay focused and maintain a positive attitude. Don't try and second guess yourself ("*what if...*" "*if only...*").

Limit communication to JNP dispatch, Visitor Safety staff and Emergency Services only. No exceptions. Palisades Centre supervisors will notify families if necessary. Refer all external enquiries, to the JNP Media relations Officer (780 852 6109).

Stay calm

Missing Person

If you have a missing participant, remain calm, it is important to think clearly. A participant may be missing because:

- They have intentionally left (e.g. run away, got a ride to town etc.).
- They are intentionally staying away (e.g. may be upset or hiding out).
- They are trying to return but are lost (e.g. after going for a walk).
- They are unable to return (asleep, unconscious, injured etc.).

The following procedures apply:

- 1. Determine that the person is actually missing.**
 - a. Check that they are not asleep.
 - b. Gather everyone together and ask "*has anyone seen...*"
 - c. If they have failed to return from an activity site, send a staff person to quickly check that they are not still there.

- 2. If they are missing, CALL DISPATCH, gather information. Write it down.**
 - a. Where and when were they last seen?
 - b. Is there a likely explanation for their disappearance?
 - c. Do they have any possible motives for leaving?
 - d. Is their pack or equipment missing?
 - e. Did they mention their plans to someone else?
 - f. Do they know the area?

- 3. If it is evident that a participant has left the Palisades Centre or activity site and does not intend to return notify emergency services through Park Dispatch (780 852 6155) or radio.**

- 4. When the participant is found, complete an incident report form.**

Fatality

In the event of a fatality, your main responsibility is to ensure the mental, emotional and physical well-being of the remaining participants. Take the following steps:

- Remain calm. Call for assistance (JNP Parks Dispatch). Stick to the facts only.
- Ensure the safety of yourself and the other participants.
- Do not disturb the scene of the incident or move the body. Cover the body and leave someone in the general area. If this is not possible for risk management reasons, secure and cover the body and carefully mark the location. If possible take photographs of the scene. Wait for legal authorities before moving body.
- Notify the Education Director.
- As soon as possible after the incident, ask participants to write down their own account of what happened, and to sign and date the paper. Ask them to give a factual account (e.g. "*We were walking along the trail when...*") from their perspective, and to avoid second guessing ("*If only we had not...*"). Keep these statements in your possession and pass them onto the Education Director. Instructors should also make a complete written statement as soon as possible after the incident.
- The experience will be very traumatic for the remaining participants. If you are waiting (for rescuers, daylight) consider an activity to bring the group together (such as a vigil fire).
- Do not communicate the situation (or permit any other staff or participant to do so) to anyone other than emergency services or Education Director. This is very important as it will limit the possible spread of misinformation and ensure that the next of kin are notified in an appropriate manner. Refer all media enquiries to the JNP Media relations Officer.

Calling Jasper Park Dispatch

When calling Jasper Dispatch to request emergency assistance, the following information (adapted from ACMG newsletter, Winter 2009, Aaron Beardmore) may be helpful.

Instructor: Jasper Dispatch from Palisades Instructor “your name here”

Jasper Dispatch: Palisades Instructor, go ahead

Instructor: I have an emergency at ‘*your location here*’

Jasper Dispatch: What is the location of the emergency? (Dispatch requires a confirmation of location)

After this exchange follow prompts from Dispatch. Take some time to think about what you are going to say to Dispatch before actually doing it. Also, answer the dispatcher’s prompts in short, well thought out answers, and nothing more. Do not bombard the dispatcher with information that you think is important, this will only prolong the initial contact and make the rescue response to your accident longer.

After the initial information has been collected, the dispatcher will connect you with the rescue leader who will ask some specific questions about your situation. The Rescue Leader has only received a short briefing from the dispatcher and needs to confirm what the situation is.

Likely questions from the Rescue Leader may include:

- Can we land nearby?
- How many involved/injured?
- What is the overhead clearance like?
- Hazards/terrain?
- Wind speed, direction, and visibility?
- How steep and/or loose is the terrain that you are in?
- What is your position, UTM or latitude and longitude?

Once again please answer the questions in short, concise answers, and do not provide additional information unless asked.

Medical Protocols

When practically possible instructors working for the Palisades Centre will use Jasper EMS services and Parks Visitor Safety Team.

PSEC Staff should follow the direction as defined by their level of first aid training or the specific instruction from a member or the Visitor Safety Team.

IN ALL cases anything beyond minor cuts and scrapes must be reported immediately by radio or phone to JNP Dispatch.

The JNP Public Safety team will determine if an emergency evacuation is appropriate.

Palisades Medication Administration

Students may frequently be taking medications when they come on Palisades courses. It is recommended that the following procedures be followed:

1. Instructors and course coordinator review medical forms. Education team staff should understand what medication is being taken and schedule plus possible side-effects relevant to Palisades program.
2. The course coordinator (or designate) checks in with the student upon arrival.
3. PSEC staff **do not administer medication.**
4. During out trip programs at the appropriate times, the instructor should remind the youth about his/her medication and watch they take it.

