**Global Adventure Trip Proposal Summary and Risk Assessment**

*Nordic Ski the Lake Louise-Canmore Areas of British Columbia*

*February 2019*

Overview

A 7-night trip with stays in Canmore and Lake Louise and day skis on mostly groomed trails. Each day we will ski from a different trailhead and distances will be 8-16 miles, with elevation gains of 400’-800.’ Skiing level of difficulty will be advanced beginner to intermediate, so participants will be required to have intermediate level skills. Each day’s trail will be chosen based on current conditions and trails with known avalanche danger will not be used. All trails are well marked, mapped and well traveled, however it is not “front country” skiing (not patrolled areas) and the trails are in relatively easy backcountry terrain. A friend that lives in Canmore will be consulted regarding the best options each day. The leader has skied all the trails under consideration. Participants that need a rest day will be free to stay at the lodging or walk around the village.

Risk Assessment:

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| **CATEGORY** | **RISK ASSESSMENT** |
| **ACTIVITY-SPECIFIC RISK FACTORS** |
| **ACTIVITY** | *Moderate, as the hardest trails will be N3 (Intermediate)* |
| **ROUTE** | *Low – marked, groomed trails (in easy backcountry terrain)* |
| **LEADER EXPERIENCE ON ROUTE** | *Low – leader has skied all routes* |
| **DESTINATION-SPECIFIC RISK FACTORS**  |
| **ILLNESS POTENTIAL** | *Low*  |
| **OTHER ENVIRONMENTAL HAZARDS AT DESTINATION** | *Moderate – typical outdoor winter conditions.* |
| **TRANSPORTATION RISK** | *Moderate – combination of taxi and rental car transportation (Leader-Driver is familiar with the road). Excellent roads and plowing.* |
| **RISK OF TERRORISM/VIOLENCE AT DESTINATION** | *Low – developed first world country generally free of threats* |
| **CULTURAL CONCERNS/RISK FACTORS** | *Low* |
| **COMBINED ACTIVITY-DESTINATION RISK FACTORS** |
| **REMOTENESS, DISTANCE TO GOOD MEDICAL RESOURCES** | *Low – Canmore has a hospital and clinics with exceptionally good orthopedic care, and is roughly 1.25 hours from our furthest trailhead.* |
| **EMERGENCY COMMUNICATION AT DESTINATION** | *Low – communities have 911 service and good cell coverage* |

* *Rating using the criteria in the Global Adventures Risk Assessment Matrix*

**Leader Name(s):** Cindy Hoover

**Leader Qualifications:** Cindy has been a Mountaineer’s ski leader for approximately 18 years and has successfully led 2 previous Nordic Ski Global Adventures. She has instructed Nordic skiing for the Seattle Branch for approximately 10 years.

**Measures to be Taken to Minimize Injuries and Risk to the Mountaineers:**

* The leader will carefully screen participants for Intermediate ski skills and fitness, as well as check with participant’s trip leaders for appropriate group behavior.
* The leader will hold a briefing prior to each days ski (likely the night before) reviewing the route and any objective hazards, and emphasizing the importance of group cohesion. Participants will be provided with maps for each day’s ski and will also be required to carry the ten essentials.
* Regarding transportation, a rental van is being used so that there will be a vehicle at the trailhead each day. This will be supplemented by a taxi service to carry the balance of the group. Leader will be purchasing all available insurance from the rental company and will study road conditions when choosing the location of each day’s ski.
* Each participant will be expected to submit a medical information form and certify that they have no pre-existing conditions that put them at elevated risk on this itinerary.
* Each participant will be asked to initial and sign a trip agreement indicating that they understand and accept the primary hazards and risks on the trip and the expectations of participants. This will include ensuring that they understand that they are responsible for their own safety. In addition, each participant will be required to sign a Release of Liability form (hopefully one that we have updated to cover international travel) and will be required to hold medical and emergency evacuation insurance sufficient to transport them back to the US if needed.
* The itinerary is designed to participants to take a rest days when needed and stay at the lodging and walk around the village.
* Air transport is not included. The trip starts and ends at the Calgary airport.