

Runners Checklist

Purpose is to send runners for help as part of a two stage communication system in an emergency situation. The Runner's Checklist is stored in the Trip Leader's Packet as laminated card.

- ☐ **Initial response conducted** and first aid has been administered.
- ☐ Situation is "under control" and the remaining group is organized.
- ☐ At least 2 and preferably 3 runners depending on "local conditions" will be sent (except in unusual circumstances this would include a staff member).

- ☐ **Runners have written information** to pass on to rescuers and/or administration including: (who to call – what to relay)
 - Who to contact, phone numbers, and location to make call.
 - A clear summary of the situation for 911 dispatcher).
 - Specific requests for personnel and equipment for 911 dispatcher).
 - Full name of the subject/s and field incident commander.
 - An outline of the intended plan and contingency plans.
 - Location of subject/s marked on a map.
 - Rendezvous location if different than incident site. Time of rendezvous. Runner's route. Evacuation route.
 - Type and seriousness of injuries.
 - First aid conducted at the scene.
 - Weather conditions.
 - A list of people and resources at the scene.
 - Description of terrain and difficulty of evacuation.

- ☐ **Runners should:**
 - Have adequate supplies – food, water, clothing, bivy gear, headlamps.
 - Have marked maps (see above), compass, car keys, phones.
 - Travel efficiently, avoid risks (i.e., no second crisis). Do not split up.
 - If the patient's location is difficult to find:
 - runners should constantly observe the terrain behind (i.e., toward the patient).
 - if necessary, mark the route (flagging tape/rock cairns.).