

**Rideau Lakes Cycle Tour - 2013
Emergency Action Plan & Contact Numbers**

EMERGENCIES

Simple Fatigue (or mechanical issues)

1. Advise SAG or Mechanic van of location of cyclist requiring assistance. Advise cyclist to stay at that location.

Minor Injury (road rash, superficial cuts)

1. Advise SAG van of location of cyclist requiring assistance. Remain with cyclist until help arrives.

Major Injury (unconsciousness, broken bones, deep cuts, head injuries, vision problems)

1. **Call 911** to request ambulance, and police if warranted.
2. Advise Ian Gillis at RLCT Emergency Number, or Tom Stratton at backup emergency number.
3. Make rider as comfortable as possible until help arrives. If in doubt, do not move injured cyclist.
4. Take all pertinent details, including names and phone numbers of witnesses.

Fatality

1. **Call 911** to request police and ambulance.
2. Advise Ian Gillis at RLCT Emergency Number, or Tom Stratton at backup emergency number.
3. Take all pertinent details, including names and phone numbers of witnesses.
4. Remain at the scene until help arrives.

EMERGENCY CONTACT NUMBERS

Ambulance / Police:	911		
RLCT Emergency Number:	613 293-1634		
Tom Stratton (Chair):	613 266 7724	R	
Ian Gillis (Route Manager):	613 293-1634	R	First Aid Kit
Markus Conway (SAG 1):	613 804-2856	R	First Aid Kit
Doug Cooper (SAG 2):	613 614-8079	R	First Aid Kit
Justin Kirkup (Repair 1):	613-799-9133	R	First Aid Kit
Mike Plummer (Repair 2):	613 292-3129	R*	First Aid Kit
Lauren Goodhew (Repair 3):	613 294-2751		First Aid Kit

R - Amateur Radio Communications

R* - Radio Scanner (receive only)

HOSPITALS

Ottawa	Queensway - Carleton	3045 Baseline Road	613 721-4710
Ottawa	Civic Hospital	1053 Carling Avenue	613 798-5555 ext 19002
Perth	Great War Memorial	33 Drummond Street W	613 267-1500 ext 4367
Smith Falls	Smith Falls North Unit	60 Cornelia Street	613 283-2330 ext 1101
Carleton Place	District Memorial	211 Lake Avenue E	613 257-2200
Kingston	Kingston General	76 Stuart Street	613 548-2333

ARES

Amateur Radio Emergency Service (ARES) members provide end-to-end radio communications along the Classic Route and at the Perth Curling Club. They are located at static locations along the route and will also have members in the vehicles of most route officials.

OPP

Three OPP officers will accompany riders on the Classic Route on motorcycles. They can be contacted through Ian Gillis (613 293-1634). In emergencies requiring OPP assistance, call 911.

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NON-EMERGENCY CONTACT INFORMATION

ARES Co-ordinator Rick Furniss	613 299 5660
Volunteer Co-ordinator Gail Tannenbaum	613 298 6201
Route-Sign Uppers Phil Houstoun Isaac Harris	613 282-6537
Route-Sign Downers Hélène Leroux Daniel Wilson	613 277-4925 613 203-5704
Algonquin College Andrew Hind (RLCT Registrar)	613 875-4775
Perth Gail Tannenbaum (RLCT Registrar) Serge Boudreau (Juice Table)	613 298 6201 613 314-6741
Queen's University Lesley Cassidy (RLCT Registrar)	613 878-0370
Queen's First Aid Randy Brown	613 296-1618
Greyhound Bus Kingston Terminal 1175 John Counter Blvd. Kingston, ON K7K6C7	613 547-4916
VIA Rail Kingston Train Station 1800 John Counter Blvd Kingston, ON K7M 7H3	888 842-7245
Trentway-Wagar Coach Canada (Emergency Bus Charter) Chris McBride	800 461-7661
OPP (Non-emergency)	888 310-1122