

# Standard Operating Procedures

## #AU 0011 Hiking

### **Materials:**

Hiking Boots  
Warm Clothing  
Water and Snacks  
GPS/Compass  
Maps  
Two-way radio/Cell-phone  
Whistle

### **Prevention/Precaution:**

Always carry the required materials with you when hiking in the event that you should become lost (see SOP #AU0012) or should be injured. When hiking and working in the field you should always wear proper footwear that will provide support, keep you dry and provide sufficient warmth for the season. Proper footwear will minimize the risk of injury. When hiking in the field, be aware of your surroundings and the ground on which you are walking. If you are performing an activity that requires looking up, like following a bird with or without binoculars or observing the canopy. Always move slowly when doing so and scan the ground frequently to avoid objects in the environment which may present a trip and fall risk.

### **Procedure:**

If you should trip or fall while you are working in the field, first of all remain calm and do not get up quickly. Take time to address the seriousness of your injuries before moving. If you are free of injury from a minor trip/fall, you may continue to work in the field. If you have sustained any injury including a scrape, bruise or light strain, you should stop working in the field, administer minor first aid if necessary and go home in order to be sure you do not overdo it and end up with a more serious injury (e.g. slightly sore or bruised ankle should be rested even if you can walk). For any injury, you should notify your buddy and you must both leave the field together. If the injury is more serious and you cannot get up, call your buddy using whistle/radio/cellphone. If you can get up with help, your buddy will assist you to the vehicle and you will both leave the field. If you are unable to move with help or have broken a bone/seriously sprained a muscle then you should call an ambulance to get you out of the field and to a hospital. The Principal Investigator should be notified of all injuries that occur in the field, even minor ones. Critical injuries will necessitate the completion of the Algoma University Accident/Injury Report within 24 hours.

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