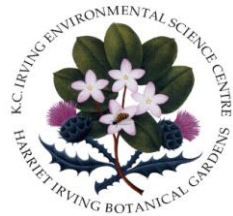




Acadia Lifelong Learning Expedition 2009 Handbook



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Table of Contents

First aid Reminders and Information.....	2-6
Itinerary.....	7-9
Directions.....	10-13
Emergency Contacts.....	14
Trail Safety and Etiquette.....	15

First Aid and CPR

Primary Survey:

Things to remember when you are encountered with an incident where first aid and/or CPR is needed.

- = Take control. Make the area safe for yourself and others (traffic control, move objects, etc). Put on your gloves!
- = Ask what happened.
- = Call for help if injuries are serious or casualty is unconscious. Get a bystander to make a 911 call and report back, or (if alone) make the call yourself if you can do so in 3 minutes or less.
- = Identify yourself as a first aider and get permission from the casualty to help them. Unconscious casualties give automatic consent.
- = **Do your ABC's:**
 - A-** Airway. Ensure the airway is open by tilting the head.
 - B-** Breathing. Ensure the casualty is breathing effectively by assessing rate and quality. If breathing is absent, now is the time for CPR.
 - C-** Circulation. Do a rapid body survey to check for severe bleeding. Check skin for signs of shock (pale, cool, clammy, grayish). Now is the time to treat severe bleeding!

Secondary Survey:

These are a couple of very helpful questions to ask when you are placed in a first aid incident. It does not matter if you ask them in order but they will help you make sense of the situation for you and the victim. This is important if you have extra time before help arrives or if you are transporting the casualty yourself.

SAMPLE

S: Symptoms/Signs

A: Allergies

M: Medication

P: Past history

L: Last Meal

E: Events leading up to the incident

Tips for any first aid situation:
Stay calm. Get help. Talk to your casualty. If in doubt, ask your casualty.

	Signs/Symptoms	Treatment
ALLERGIC REACTIONS (Anaphylaxis) Can be mistaken for an Asthma attack.	<ul style="list-style-type: none"> - Hives or rash - Difficulty breathing - Tight feeling in airway - History of allergies - Swelling in lips, neck, face, or contacted area 	<ul style="list-style-type: none"> - ABC's - Ice on front and back of the neck - Closely monitor breathing - Medic Alert - check for medications
ASTHMA	<ul style="list-style-type: none"> - loud breathing, - Wheezing - labored Breathing - cyanotic-blue lips, fingers and toes - Medic Alert 	<ul style="list-style-type: none"> - ABC's - Closely monitor breathing - Medic Alert- check for medications
BLEEDING	<ul style="list-style-type: none"> - Bright red from arteries and spurting - Dark red oozing blood from veins - Head injuries have a lot of blood 	<ul style="list-style-type: none"> -ABC's -R.E.D (Rest/Elevate/Direct Pressure) If bandages become soaked through, do not remove them, rather put a new bandage over the soaked bandages.
Diabetic Related Illnesses HYPOGLYCEMIA (Insulin Shock)- Not enough blood sugar	<ul style="list-style-type: none"> - Symptoms similar to shock - May appear to be intoxicated - Pale sweating skin - Shallow breathing - Head ache - Confusion 	<ul style="list-style-type: none"> - ABC's - Give Sugar, such as sweetened drink or candy (only if conscious) - If unconscious activate EMS - If situations doesn't improve after giving sugar activate EMS
Diabetic Related Illnesses HYPERGLYCEMIA (Diabetic Coma)- not enough insulin. Blood sugar is high	<ul style="list-style-type: none"> - Deep sighing breathing (air hungry) - Red, dry skin - Gradual change in level of consciousness - Sweet smelling breath 	<ul style="list-style-type: none"> - ABC's - Victim needs insulin; you may have to help administer insulin. - Keep comfortable
Note: With Diabetic situations often the victim will know what is wrong and what to do to make it better.		

<p>Epileptic Seizure This is a disease that affects the nervous system. There are 2 main types of epileptic seizures: Absence (or petit-mal) or Tonic-Clonic (or grand-mal).</p>	<p><u>PETIT MAL</u></p> <ul style="list-style-type: none"> - May go unnoticed - Victim goes pale - Interruption of activity for up to 30 seconds -Confusion -Fainting -May not remember seizure 	<p><u>PETIT MAL</u></p> <ul style="list-style-type: none"> -ABC's - treat for shock -Rest -Advise to see doctor -Medic alert
	<p><u>GRAND-MAL</u></p> <ul style="list-style-type: none"> - Sudden loss of consciousness - Cyanosis - Jerking or flailing of arms and legs (convulsions) - Teeth clenching or grinding - Noisy breathing - Saliva from the mouth and/or involuntary urination - Lasts often around 3 minutes - After seizure victim is confused and unaware of what happened, sleepy and dazed 	<p><u>GRAND-MAL</u></p> <ul style="list-style-type: none"> - DO NOT restrict victims movement - DO NOT place anything in victims mouth - Remove anything that victim could harm themselves on - Place padding between unmovable objects and victim i.e. blanket, coat etc. - When seizure ends ensure clear airways (ABC's) - Stay with the victim - Activate EMS - Medic-Alert
<p>Note: This is a type of situation where it is best to ask what the victim normally does when they have a seizure. Some people have a number of seizures a week or day and they do not go the hospital for every seizure. BUT! When in doubt it is best to call EMS.</p>		

<p>HEAT CRAMPS</p>	<ul style="list-style-type: none"> - Sweating - High physical activity - Pain (Cramp) 	<ul style="list-style-type: none"> - Remove from hot area -Bring to room temperature, room temp. water, shower, etc. - Massage cramped muscle
<p>HEAT EXHAUSTION</p>	<ul style="list-style-type: none"> - Pale, cool clammy skin - Tiredness - SWEATING - Dizziness 	<ul style="list-style-type: none"> - Remove from hot area - Bring body to room temperature (slowly) - Drink Water if not feeling sick - Remove tight clothing
<p>HEAT STROKE</p>	<ul style="list-style-type: none"> - Head Ache - Vomiting - Hot, red, dry skin - Convulsions - Loss of Consciousness 	<ul style="list-style-type: none"> - ABC's - Remove from hot area - Pack ice in hot spots: groin, arm pits, back of neck, chest - Do not give casualty water

<p>HYPERVENTILATION (Over Breathing)</p>	<ul style="list-style-type: none"> - tingling or numbness in limbs - rapid, gasping breathing - pain in chest 	<ul style="list-style-type: none"> -ABC's -breathing into hands - breathe with victim - remove from cause - if doesn't stop activate EMS
<p>SHOCK Treatment for shock should be done in every emergency!</p>	<ul style="list-style-type: none"> -Weakness -Nausea -Anxiety -Severe Thirst -Confusion -Restlessness -Slow and unresponsive -unconsciousness -blue tinge to lips - pale, cool, clammy skin -grayish skin 	<ul style="list-style-type: none"> -ABC's -Continue talking to the victim and reassure them - keep casualty warm; place in recovery position if unconscious, or laying down with feet elevated if conscious -The best way to treat for shock is to treat the injury that caused it!
<p>SPRAIN, STRAIN, DISLOCATIONS</p>	<ul style="list-style-type: none"> - Pain - Bruising - Paralysis - Blood - Disfigurement 	<ul style="list-style-type: none"> - Rest - Immobilize: above and below the break - Cold: Never put ice directly on area - Elevate: If there is pain from elevating do not elevate Based on victims mobility ambulance may be needed to transport victim to hospital
<p>SUN BURN Often first degree burns</p>	<ul style="list-style-type: none"> - Pain - Redness - Swelling 	<ul style="list-style-type: none"> - Flush with cool clean water, bring to room temperature. - Remove from Hot area
<p>HEART ATTACK</p>	<ul style="list-style-type: none"> -chest pain or pressure, heaviness on the chest -pain in arms, shoulders, or back -dizziness or weakness -sweating or fainting -shortness of breath -nausea or indigestion 	<ul style="list-style-type: none"> -activate EMS -have the casualty rest (semi-sitting is often comfortable with the arm elevated) -give the casualty aspirin (check first for allergies) -ask casualty if they have medication, assist them in taking it -stay with casualty and monitor ABC's -if time permits, get SAMPLE

CPR

- If a casualty's airway is blocked or they are not breathing, begin CPR immediately followed by an AED (automatic external defibrillator) as soon as possible. Use a face mask for CPR whenever possible to protect yourself.

Two Breaths, 30 compressions

Do 4 sets

Reassess the victim.

Continue with the two breaths and 30 compressions until help arrives. Note that using an AED greatly increases the chance for survival. If one is available, use it. Just follow the voice prompts.

Activating EMS:

If possible do not leave the victim alone.

Bystanders can also make an EMS call, so that you can provide care for the victim.

Information to provide when calling EMS:

Your name

Victims location

The number of victims

Phone number where you can be contacted

Type of injury

Ask them for their estimated time of arrival

Let the operator hang up first

If a bystander makes the call, ensure they report back to you.

It is important to get victim history in any first aid situation from the victim or a bystander.**Important questions to ask are:**

Anyone with you?

Swallow any water? (For aquatic emergencies)

Allergies?

Medication?

Prior illnesses?

Last meal?

Events Prior?

Do you hurt anywhere else?

Certified First-Aiders:

Peter Romkey

Harold Forsyth

Jennie Pick

Itinerary

July 27th

8:00AM: Meet at Acadia University Arena
 (upon reaching Amherst, one car stops for groceries)
 12:00PM: Arrive at Camp Beaubassin, have lunch
 1:30PM: Explore the site/collect plants
 4:30PM: prepare for supper
 5:00PM: supper
 7:00PM: presentation to Tantramar
 8:00PM: finish pressing plants for remainder of evening, make lunches for next day

July 28th

6:00AM: wake up call, breakfast, clean up, and dress
 7:00AM: on the road
 12:00PM: stop in Lubec, get groceries
 1:00PM: arrive at Campobello
 1:30PM: explore the island, check out theatre for presentation
 5:00PM: supper
 6:00PM: set up for presentation
 7:00PM: presentation

July 29th and 30th

Plant collecting days along the St. Croix River! *

July 31st

6:00AM: wake up call, breakfast, clean up, pack up, and dress
 7:30AM: on the road, stop for groceries on way in Danforth or Lincoln
 10:30AM: arrive at Paradise Cabins, make lunch, pack, decide on course of action
 12:00PM: collect around cabins, or hike at Baxter State Park
 5:00PM: eat supper
 6:00PM: press plants, relax, shop, etc

August 1st and 2nd

Plant collecting days! *

August 3rd

6:00AM: wake up call, breakfast, clean up, pack up, and dress
 7:30 AM: on the road
 11:30AM: arrive at Doaktown, find Calvin for water and propane, get groceries
 12:30PM: arrive at Irving camps, make lunch
 1:30PM: collect plants and explore
 5:00PM: make supper
 6:00PM: pressing plants, filling experience into presentation

August 4th and 5th

Plant collecting days! *

7:00PM: on August 4th, presentation, someone should set up beforehand

August 6th

6:00AM: wake up call, breakfast, get dressed, pack up and clean up

7:30AM: on the road

10:00AM: arrive at Aulac, decide whether to stay or head home

*see attached page “a typical day” for events of the day

A Typical Day – (based on the experiences of last year’s expedition)

- Wake around 6:30 AM (unless there is a special early start due to a long hike or drive to the collection site. That could mean getting up as early as 5:00).
- Make breakfast and eat together – a variety of foods would be available.
- Go over the plans for the day – look at maps, books, lists, plant samples.
- Make your own lunches to pack for the day.
- Prepare gear for the day – both personal stuff and collecting/expedition equipment. Bots, raingear, bug protection, swim gear, etc.
- Travel to the collecting site by vehicles or on foot or both depending on locations to be explored. Getting away early to accomplish a full day is usually important.
- Spend the day collecting plants, information, photos, sketches and recording data, talking to locals. There will be rest stops, refreshment and lunch breaks and opportunities to listen and learn from the scientists and specialists on the trip.
- Return to base camp (usually around 5:00 PM), process and store collected specimens, clean up gear, take opportunity to shower or swim or bath in nearby streams, lakes or ocean.
- Prepare the evening meal and eat together. There may be special cooking assignments depending on how many people are there and what preparation is necessary. Everyone will be expected to help either cooking or washing up.
- Evenings are spent planning the details for the next day, writing up accounts of the day, finishing drawings or paintings, chatting about experiences, listening to any special talks that might be arranged, reading and generally socializing.
- Most head for tents and beds early, but there are always some that continue on into the night with stories possibly around an outdoor fire – if the bugs are not bad.
- There is generally a relaxed atmosphere where one can do one’s own thing, but the purpose of the trip is primarily to learn, to collect and preserve botanical material and to share the experience with others locally and at home. Everyone will be expected to contribute to an expedition “story” which will be adapted for presentation in schools and communities as part of the project.

Directions

From Wolfville to Camp Beaubassin:

1. Merge onto Highway 101 heading towards Halifax, Windsor
2. Take exit 1 G & H on the left toward Halifax/Bedford/1/102
3. Merge onto Bedford Hwy
4. Merge onto Hwy 102 N via the ramp to Truro
5. Take exit 15W for Transcanada Hwy/NS-104 toward Amherst/New Brunswick
6. Merge onto HWY-104 W, Partial Toll Road, Entering New Brunswick
7. Take exit 513A toward Aulac
8. Merge onto Route 16
9. Turn left at Aulac Road, arrive at Aulac Big Stop
10. Head south past Big Stop to the very end of the Old Trans Canada Highway (dirt road, dead end sign)
11. At the very end, there will be a dirt driveway on the right, with a white house at the end.

From Camp Beaubassin to Campobello Island:

1. Take the TC-2 ramp to Moncton/Sackville
2. Merge onto Route 2 W

3. Slight left at Route 1 W (signs for Sussex/St John/1/Petitcodiac) Partial Toll Road
4. At the roundabout, take the 2nd exit onto King St
5. Turn right at Milltown Blvd
6. Turn left at Main St (Enter United States)
7. Continue on River Rd./US-1, Continue to follow US-1
8. Turn left at ME-189
9. Turn right at ME-189/Washington St (enter Canada)
10. Continue on Route 774
11. Drive up the hill and start down the long straight stretch beyond the top of the hill. The Mathews House is on the left, behind a row of what look to be dying pines. It's also the only house along the straight stretch of road.

Directions from Campobello Island to Paradise Cabins:

1. Continue on F D R Memorial Bridge/ME-189, Continue to follow ME-189
2. Turn left at ME-189/Washington St
3. Turn left at Main St/ME-189, Continue to follow ME-189
4. Turn right at US-1
5. Turn left at ME-214

6. Turn right at Main St/ME-191
7. Turn left at US-1
8. In Danforth, turn left past Post Office, onto Danforth Road
9. Turn right onto Hinch Road (dirt), farm house by sign (you've gone too far if you go across the open bridge). Cabins are a mile down the road on the left.

From Paradise Cabins to Doaktown, NB:

1. Return to downtown Danforth
2. Head north on US-1 toward Springer Rd
3. Turn right at Military St/US-2, continue to follow US-2
4. Turn left at Airport Rd/US-2
5. Turn right to merge onto I-95 N, Enter Canada
6. Continue on Route 95
7. Take the TC-2 exit toward Fredericton
8. Merge onto Route 2 E
9. Slight left at NB-8 N/Route 8 N (sign for Fredericton/NB-8/Miramichi)
10. Exit onto Riverside Dr
11. Turn right at Barkers Point Bypass

12. Continue on Marysville Bypass
13. Marysville Bypass turns slightly left and becomes Bridge St
14. Turn right at Canada St
15. Continue on Route 8
16. Turn right to stay on Route 8

From Doaktown to Camp Beaubassin (Aulac):

1. Head southwest on Main St. toward South Rd.
2. Sharp left at South Rd.
3. Turn right at Route 123
4. Continue on Youngs Cove
5. Continue on Route 10
6. Slight left to stay on Route 10
7. Turn left to stay on Route 10
8. Turn left onto the TC-2 ramp to Moncton
9. Merge onto Route 2 E
10. Take exit 513A toward Aulac
11. Merge onto Route 16

Emergency Contact Information

Sherri Carter and Jennie Pick: 902-698-3119

Peter Romkey: 902-670-4547

Camp Beaubassin: Aulac, New Brunswick

Contact: Claire McIntyre or Cassandra Fraser

Phone Number: 506-536-1991

Dates: July 27th, August 6th

Matthew's House: Roosevelt International Park, Campobello Island, New Brunswick

Dates: July 28th-30th

Contact: Harold Bailey (employee of Roosevelt Park)

Phone Number: 506-752-2922

Paradise Cabins: Bancroft, Maine

Dates: July 31st-August 2nd

Contact: Janis Hanington

Phone Number: 207-448-2078

Irving Camps: Doaktown, New Brunswick

Dates: August 3rd-5th

Contact: Calvin O'Donnell (Manager of these Irving Camps)

Phone Number: 506-365-0197

Hiking Etiquette and Safety

- ✓ Start as a group, end as a group.
- ✓ You're only as fast as your slowest walker, so choose a comfortable pace for the group.
- ✓ Carry out what you carried in.
- ✓ If you need a rest, let the group know.
- ✓ Watch your footing.
- ✓ To minimize impact, try to stay in single file.
- ✓ Drink plenty of water.
- ✓ Keep a safe distance from the person in front of you (2-3 feet) to avoid swinging branches.
- ✓ Inform the person behind you if you spot any dangers (I.e. loose footing, slippery rocks).
- ✓ Keep your eyes open for interesting plants!
- ✓ Be prepared! Wear sturdy but comfortable weather appropriate attire.
- ✓ If you become separated from the group, stay in one place and blow your whistle.
- ✓ If you notice someone is separated from the group, notify the leader immediately. Stay together in one place. Contact other group.
- ✓ Know who the certified first-aider within the group is; do not hesitate to ask for first aid when needed.
- ✓ If a victim needs to get to a hospital, a first-aider and driver will go. The group leader will have maps to the nearest hospital. Notify other group immediately.