



Geocaching Outdoor Safety FUNdamentals



presented by
Scott Aleckson
([SSO JOAT](#))



Anchorage with Fairbanks and
the Rest of the World via WebEx
21 February 2013

Sourdough Members!

It's Time to Renew your membership for the
2013 caching year!

Go online to our website to access the
PayPal renewal process or download and
mail a membership form with your payment.

Remember, new Sourdough Members will
receive a trackable nametag to wear at
events and travel on your adventures!

21 February 2013 Outdoor Safety FUNdamentals 2

Tonight's Topics:

- ▶ Safety Mindset
- ▶ Trip Planning
- ▶ Communications
- ▶ Equipment
- ▶ First Aid
- ▶ Wild Animals
- ▶ Firearms



21 February 2013 Outdoor Safety FUNdamentals 3

Safety Mindset



- ❖ Situational Awareness
- ❖ Stop. Think. Assess the safety of your situation prior to starting the activity. What can go wrong?
- ❖ Ask yourself if you have the skills and all the equipment to accomplish the given task safely.
- ❖ It is always better to avoid an accident or bad situation instead of reacting to things going wrong in the middle.
- ❖ Is going after that cache or taking that route really the best option at this time?
- ❖ If you don't have the skill, equipment, and help to do it safely, then just put it on your "to do" list for later.

21 February 2013 Outdoor Safety FUNDamentals 4

Safety Mindset



Situational Awareness?



21 February 2013 Outdoor Safety FUNDamentals 5

Safety Mindset



Carefully consider this action. What can go wrong here?



21 February 2013 Outdoor Safety FUNDamentals 6

Trip Planning



- Gather info about where you're going and look at maps and online reviews for details
- Put together all the equipment that you will need to bring with you to cover any situation
- Should you bring a friend or two along?
- Tell someone where you're going, how you'll get there and when you'll be back

Download this [Trip Plan](#) from the AK State Troopers to leave with a trustworthy person (or two) when you go

Communications



- Be able to call for help if you get into trouble
- Cell phones are easy, but coverage is limited
- Satellite phones are very expensive, but you can use them nearly anywhere you go
- Consider a satellite phone rental for extended "off the grid" expeditions into the backcountry
- Messenger devices bridge the gap with lower cost and the coverage of a satellite phone
- These include [SPOT](#) and [inReach](#) text devices

Communications



- The SPOT satellite messenger has a built-in GPS that will find your current position and send that as a text message or email for you
- Near real time Tracking is also available
- It also has Help and SOS message functions
- You pre-set the actual messages for the Check In and Help functions as well as who gets them
- The SOS function goes to a response center
- The SPOT Connect couples to a smart phone
- The inReach device couples with a DeLorme GPS and allows real time messaging
- All of these use satellite communications

Equipment

- ✘ Shelter
- ✘ Clothing
- ✘ Fire
- ✘ Water
- ✘ Food
- ✘ Signal
- ✘ Light
- ✘ First Aid



21 February 2013

Outdoor Safety FUNdamentals

10

First Aid

- ❖ Always carry at least a basic first aid kit
- ❖ Keep a good first aid kit in your vehicle
- ❖ The most important things are to be able to control bleeding and stabilize joints
- ❖ Outdoors injuries are usually trauma with bleeding, joint injuries, or bone injuries
- ❖ The goal is to stop bleeding and be able to stabilize and move the victim if needed



21 February 2013

Outdoor Safety FUNdamentals

11

First Aid

- ❖ Consider the medical needs of everyone in your group and carry appropriate items
- ❖ For example, if someone is allergic to bee stings, then carry a bee sting kit with an epinephrine auto injector and Benadryl
- ❖ Diabetics should have a meter with some glucose, insulin, and maybe Glucagon inj.
- ❖ Someone with asthma needs an inhaler



21 February 2013

Outdoor Safety FUNdamentals

12

First Aid



- ❖ A basic first aid kit should include band aids, gauze pads, gauze wrap, medical tape, Coban (Vet) wrap, shears, triangular bandages, combo trauma dressings or military battle dressing and a tourniquet
- ❖ Contents should be packed in a sturdy waterproof container that is light and easy to carry or pack into your gear

21 February 2013 Outdoor Safety FUNDamentals 13

First Aid



- ❖ Take CPR and First Aid classes through various public sources at least every other year to keep up to date on procedures
- ❖ Check the contents of your first aid kits prior to every trip and at least annually
- ❖ When traveling with a group, everyone should go through the kits together



21 February 2013 Outdoor Safety FUNDamentals 14

First Aid



- ❖ The first steps during an emergency are to assess the victim to determine the extent of the injuries and call for help
- ❖ Make sure they are breathing adequately
- ❖ Quickly apply a dressing and direct pressure to any bleeding wounds
- ❖ If bleeding cannot be controlled with direct pressure, consider a tourniquet right away

21 February 2013 Outdoor Safety FUNDamentals 15

Wild Animals



- We're in Alaska; wild animals are a given
- Situational awareness is your best defense against an animal encounter
- Keep your head up and looking around, be prepared to abandon your route and leave
- Travel in small groups and making human noises (talking) will scare off most critters before you accidentally surprise them

21 February 2013

Outdoor Safety FUNDamentals

16

Wild Animals



Pop quiz... Which one of these is the most dangerous?



21 February 2013

Outdoor Safety FUNDamentals

17

Wild Animals



- Moose are amongst the most dangerous of our Alaskan Big Game animals
- They are generally not afraid of people and they'll allow you to get far too close
- If they feel threatened, they will charge, knock you over and stomp on you
- Give a cow with calves a very wide berth
- They don't maneuver quickly; use a tree

21 February 2013

Outdoor Safety FUNDamentals

18

Wild Animals



- Black bears are generally skittish and will usually avoid people or run away
- A black bear following or attacking a person is hunting you for food and would be the most dangerous of encounters
- In a black bear attack, stand your ground, yell, wave your arms and fight back
- Forget the trees; they are great climbers

21 February 2013 Outdoor Safety FUNDamentals 19

Wild Animals



- Brown bears typically look at people with curiosity, but usually not as prey
- Brown bear attacks are generally defensive when you invade their space
- In most brown bear attacks, your best action is to lower your profile and back away; if knocked down, "play dead"
- If possible, climb a tree to get out of reach

21 February 2013 Outdoor Safety FUNDamentals 20

Wild Animals



- Your best defense is avoiding encounters
- Travel in groups of 3 or more will usually keep bears at bay; make noise as you go
- Pepper spray is a good defense against most bears. Wait until they are within 10-15 feet and spray directly into their face
- Immediately leave as the scent of the pepper spray is actually a bear attractant

21 February 2013 Outdoor Safety FUNDamentals 21

Wild Animals



➤ A curious bear will quickly leave when hit with pepper spray in the face; however an aggressive and charging bear might not



21 February 2013 Outdoor Safety FUNDamentals 22

Firearms



- When considering a firearm to defend your life, you must first practice to proficiency
- You must select the right tool for the job
- The ammunition must perform the required task
- You must be able to quickly and under enormous stress, draw, aim, and accurately shoot at a moving target's vital zone
- You must understand what the bullets will do and where they must hit the given threat
- Are you ready to take on these responsibilities?

21 February 2013 Outdoor Safety FUNDamentals 23

Firearms



- If you choose to carry a firearm, you **MUST** adhere to the **Safety Rules:**
- 1 – All guns are always loaded
- 2 – Do not let the muzzle cover anything you are not willing to destroy
- 3 – Keep your finger off the trigger until your sights are on target and you're ready to fire
- 4 – Be sure of your target, as well as its surroundings and beyond

21 February 2013 Outdoor Safety FUNDamentals 24

Firearms



- The right tools!
- Most DLP bear shootings are with a handgun
- The revolver offers 5 or 6 trouble free shots with very few things that can malfunction
- A semi-auto pistol offers more ammo, but with safeties and many moving parts, they can fail, especially when the fight “goes to the ground”
- Big bore pistols have more power, but they are heavy, recoil more, and harder to get a 2nd shot
- Consider calibers from .357 Magnum and up

21 February 2013

Outdoor Safety FUNdamentals

25

Firearms



- Shotguns are often carried as bear guns
- A pump shotgun can hold 4 to 8 rounds of ammo
- Various types of ammo are available, but bear defense should always be with hard-cast slugs
- A short, or pistol grip stock coupled with a short barrel is more manageable than a rifle
- For bear defense, use only 10 or 12 gauge



21 February 2013

Outdoor Safety FUNdamentals

26

Firearms



- Rifles offer the most effective bullet delivery
- Ammunition performance is far better
- The disadvantage is that they are larger, slower to bring into action and awkward to carry
- A lever action is more compact, easy to use, and carries more ammunition than a bolt action
- Open sights beat optics for “panic shooting”



21 February 2013

Outdoor Safety FUNdamentals

27

Firearms



- Shot placement is the key!
- If you shoot a bear, you **MUST** kill it! It can be worse to wound a bear and have it run off
- Do not shoot at a charging bear's head as it is armored
- You need to hit the heart and lungs by shooting at the chest
- A charging bear is a very small target. Shoot below the head.



21 February 2013

Outdoor Safety FUNdamentals

28

Firearms



- While the state allows for you to defend your Life or Property from bears, you must immediately report a DLP shooting to the State Troopers
- You must skin the bear and deliver the hide and usually the skull to the Troopers
- You will be required to complete reports and be investigated by the Troopers to verify the DLP
- You run the risk of being charged with Poaching
- Therefore, carrying a firearm for personal defense should never be taken lightly

21 February 2013

Outdoor Safety FUNdamentals

29

Resources



- GS Knowledge Books: support.groundspeak.com
- GeocacheAlaska! Forums: geocachealaska.proboards.com
- GeocacheAlaska! Website: www.geocachealaska.org
- AK Fish & Game: www.adfg.alaska.gov
- Bear Smart website: www.bearsmart.com
- Gun Safety: en.wikipedia.org/wiki/Gun_safety
- Join or Renew GeocacheAlaska! Sourdough Membership: www.geocachealaska.org/join_geocachealaska.htm

21 February 2013

Outdoor Safety FUNdamentals

30
