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Safety first when in nature

Whether you're just taking a walk in the woods admir- ing nature, camping, hunt- ing or fishing this summer,

you might want to brush up on a few basic safety tips suggested by Emergency Preparedness Canada and Parks Canada.

• **Travel plans** – always tell someone where and when you are going, and return date.

• **Equipment** – make sure all your equipment is in good working order and that you know how to use it.

• **Make sure your clothing and footwear** are appropriate for the terrain and weather conditions. Always wear or carry headgear (a neckerchief can serve as both a hat and a sling).

• **"Footprint" children's** camping shoes by having them step on a sheet of tin foil placed over soft material such as a towel and then label the footprints. This procedure will help searchers identify the tracks and possibly the direction of travel of a lost child.

• **Avoid wild animals** that come too close or seem too friendly.

• **Fear and panic** are the worst enemies of someone lost in the woods and, in the majority of cases, it is far safer to stay in one place and wait to be rescued than trying to walk to safety. Teaching a child to stay near a tree, particularly near a clearing, portrays trees as friends during times of panic and also encourages a lost child to stay in one place, perhaps avoiding fatigue.

• **Pin a whistle** to children's shirts (hang it around their necks); three signals, whether blasts on a whistle or shouts, are universally recognized as a distress call.

• **The best way** to attract the attention of a search plane is to lie down in a clearing wearing a brightly jacket, vest or garbage bag.



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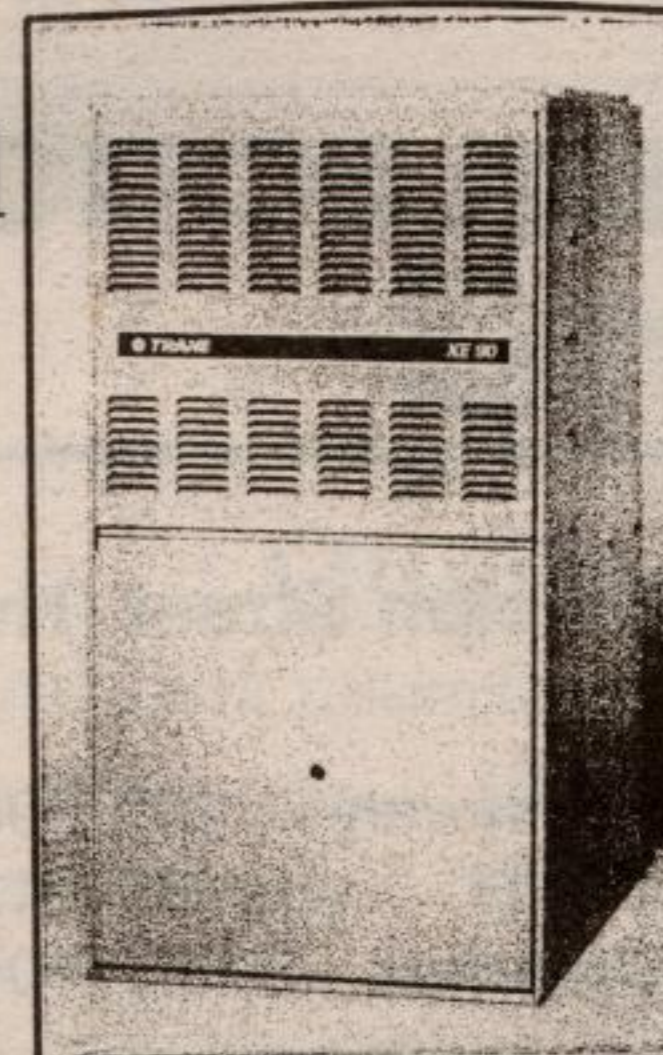
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