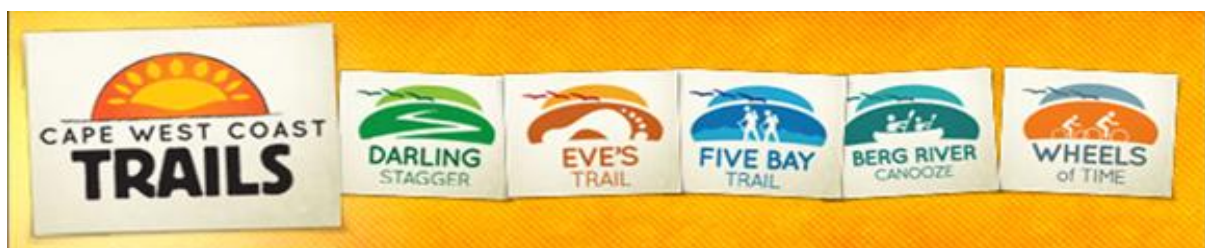




Emergency Response Plan



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Introduction to Trail routes.

Darling Stagger:

The Darling stagger trail gives you a taste of the wine and cultural life in the west coast. This is a 25km hiking experience, conducted over 2 days' time period. The trail routes connect Darling in the interior with Yzerfontein on the coast, via cycles or hiking.

DAY 1

- 9h00 – Meet your guide over a welcome drink at !Khwa ttu, followed by San guided tour
- Short transfer down to Tygerfontein across the R27, where you will commence your walk
- After your walk get transferred to Alexanderfontein for a enchanting olive tasting
- Your next stop will be Ormonde wine estate for a marvellous wine tasting and lunch
- Transfer to your guesthouse to for a comfortable stay in the heart of Darling, to spend a lovely evening.
- Stroll down to Aunty Ivy or Evita se Perron for some local Entertainment and delicious food

DAY 2

- 08h00- A delicious breakfast served at the guesthouse
- Transfer to !Khwa Ttu and start your walk to Darling
- Follow a path across the fields and along farm tracks up into the Darling hills.
- After lunch among the vineyards and olive groves, a short stroll (1 hour) brings you back to Darling and the end of the trail. (Weather dependent)

Wheels of Time:

This ride through time is not aimed at adrenalin junkies or epic trainees, but rather recreational cyclists who are keen to experience the back roads and beauty of the west coast, from the seat of your bicycle. The trail is more or less 100km in total, following existing gravel roads and tracks with a support vehicle that provides you with food and refreshments; you can also hop aboard anytime you feel like taking it easy.

Day 1 is a 45km cycle from Mamre Mission Station to eclectic Darling, finishing off with dinner and a show with Tannie Ivy or Tannie Evita. The "Fossil to Footprint" leg on Day 2 begins with a 40km wilderness cycle through the West Coast National Park. The final "Eve to San" leg is a 16km cycle from Yzerfontein, along the coast and through the strandveld via the Tygerfontein farm road to !Khwa ttu – a place of gathering and learning for San from across Southern Africa.



The Five Bay Trail:

The five bays is a two day, 28km hiking experience, on sandy beaches all along the west coast, through the strand veld vegetation along the route. The route follows the beach and existing tracks adjoining a series of five scenic bays between Paternoster and Jacobsbaai.

DAY 1

- 10h00- Meet your guide over a welcome snack at your guesthouse
- Choose your lunch from the delicious display of home-made pate, salad, cheese and bread on offer. Pack your lunch into one of the containers provided and carry it with you.
- Wander through Paternoster and along the beaches and rocky shoreline to Cape Columbine Nature Reserve, stopping for a mid-morning break along the way.
- Hugging the coast, continue along the coast through Cape Columbine to Varswaterbaai, stopping for lunch and a refreshing dip along the way.
- Follow the wild beaches of Noord-Wesbaai to the Trekoskraal headland.
- Transfer back to Paternoster for some leisure time before a delicious dinner.

DAY 2

- Breakfast Paternoster Style
- 08:30 – Transfer to Trekoskraal and start your walk to Jacobsbaai
- Walk south around the headland of Trekoskraal, following the wild beaches and dunes adjoining Wesbaai to tiny Hospitaal Baai
- Continue on to Jacobsbaai for a beach picnic (weather providing)
- Transfer back to Klein Paternoster
- 16h00 – return safely home

The Berg river canoe Trail:

The berg river trail is one of the CWCBR unique trails. It's suitable for the entire family, and an exiting way to enjoy the scenic beauty and incredible birdlife of the west coast. The 24km experience of kayaking down the Berg River is conducted over a two day period. This trail is sure to open up a whole new world of exploration.

Five million years ago short-necked giraffe and other fascinating creatures washed down the Berg River and landed up at the West Coast Fossil Park, where you begin your journey. Enjoy a tranquil 6km afternoon paddle



along the Berg River. Finish the day dining with your host at historic Kersefontein- / Doornfontein- Guest Farm on its banks. Day2 a 12km paddle from Kersefontein Guest Farm to Doornfontein Guest Farm, where a delicious lunch awaits. After lunch, embark on a gentle 10km paddle from Melkplaas in and around small islands to Bokkomlaan, disembarking at the Riviera Hotel in Velddrif to be shuttled back to where you started.

Eve's Trail:

The Eves trail is conducted in the West Coast National park where you can walk amidst beautiful scenery in the footsteps of Eve, from whom is suggested that all human life –well before the emergence of Homo sapiens- is thought to have descended. The trail offers you 2days of hiking (15km a day) through the Renoster-veld and Strandveld vegetation with beautiful birdlife and wildlife in the surroundings. The trail route follows exiting path connecting Duinepost in the interior of the park with Atlantic Ocean, langebaan lagoon, and Seeberg, the highest point in the park.

The first leg on Day 1 is a gentle walk from Duinepos to the Fossil Dunes and Geelbek Manor before returning to Duinepos for dinner. The second leg on Day 2 is a 14km hike along the eastern shore of Langebaan Lagoon and up to Seeberg, the highest point in the Park.



Identification of possible hazards along the CWCBR Trails:

- **Snake Bites**-In cases of snake bites victim/injured party should try to remain calm to minimize the rate of venom-transport as soon as the guide is informed of the incident. Hikers should keep in mind to-always try to ID futures of the snake-as this will be vital information for the doctor to be able to prescribe the appropriate anti venom.
- **ALLERGIES**-The Guide will be carrying elegiacs tablets in cases of allergies attacks but is unable to prescribe it to anyone. However if the patient would like to have some of the tablets the guide will be more than pleased to give them some, whiles contacting applicable authorities in severe cases.
- **Drowning and Hypothermia**-Guides are trained to react to hypothermia as follows: CPR and other preventative measures like keeping the person warm and stabilized until medical help arrives.
- **Fainting**- If the patients feels unsteady, let the patient sit down and help him/her to lean forward with the head between the knees and advise him/her to take deep breaths. The guide will advise the patient to flex he's/her leg muscles and toes to aid circulation.
- **Heart attack**- if patient is conscious, gently support and place the patient in a half-sitting position with head and shoulders supported and knees bent. Loosen any constricting clothing around neck, chest and waist. If patient becomes unconscious but is still breathing normally, place in recovery position. If breathing and heartbeat stop, begin resuscitation immediately. Check breathing rate and pulse and level of responsiveness at 10min intervals. Alert emergency response team ASAP.
- **Road traffic Accident**- in cases of an accident, immediate actions need to be taken. Firstly inform applicable authorities then identify any indications of possible dangerous substances or hazards being present before assisting anyone. However do not pull casualty from the vehicle this could result in further injuries.
- **Encounter with a wild animal**- All wild animals are potentially dangerous. To avoid a dangerous encounter with wildlife stay alert and keep these points in mind: Keep children close to you, if you encounter a predator, face the animal and retreat slowly, giving them an avenue of escape.

Injured hikers should not be abandoned to wait for assistance on their own.

If you are seriously injured it may be necessary to evacuate using a helicopter.

MINOR COMPLAINTS SUCH AS BLISTERS, SORE FEET AND FATIGUE DO NOT WARRANT EVACUATION.



Emergency Numbers and contact procedures:

In cases of emergencies the guide may ask one of the clients to contact applicable Service: When you call for assistance, please provide the following information:

- **The location (address) of the incident/accident or potential patient. Provide landmarks.**
- **The nature of the medical problem/incident. Speak clearly and calmly to the call taker and ensure that it is a real emergency as the tying up of resources could lead to the prolonged suffering or death of someone else.**
- **Give a contact person's name and cell phone number to the call taker. Ensure that the telephone line is available until the help arrives.**

Cape West Coast Biosphere Reserve office:

060 365 5604 / 076 699 5354

West Coast National park:

022 772 2144

Vredenburg hospital/Ambulance:

022 709 7200

Paternoster ambulance service:

(022) 713 4590 /10177

Darling police Station:

+27(0)22 409 1300

Paternoster police station:

(022) 703 6440/10111

Saldanha police station:

(022) 714 1414/ 4314



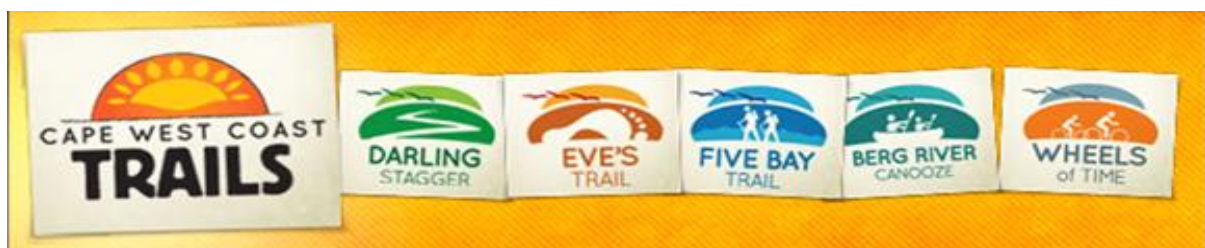
National Sea Rescue Institute (NSRI):

082 990 5966

Rescue Service:

022 714 1726

Emergency number for fire and medical Service within the West Coast District: 10177(022)433 8700



Preventative Measures

These preventative measures are strictly put in place to ensure the enjoyment of all our clients on the CWCBR trails. We strongly support the “prevention is better than cure” basis.

- **Guide Equipment**-All our guides is qualified first aiders and snake handlers. And is equipped with a full stocked first aid kit, drinking water, GPS and snake handling stick in summer, encases of snake encounters.
- **Client Equipment**-all clients should be properly equipped for the hike with adequate footwear, sun block, hat, sunglasses and prescribed medicine (if applicable).
- **Trail Briefing**: Before departing on your firs walk the guide will give you a thorough briefing of the trail experience. During the briefing the guide sets basic rules of conduct, ask if anyone has a medical condition in the group that the guide should be aware of and warn clients of possible hazards along the trail. On route follow the instructions given by the guide.
- **Escape Routes**-Our Guides carry maps and knows the routes well. If necessary the guide will indicate nearest escape routes.
- **Contacting fire, medical or police services**: EMS and rescue, police and fire services are always on standby in cases of emergencies. The guide will be carrying a list of emergency numbers in he’s or her backpack. The guide might ask one of the clients to assist with contacting applicable services while performing first aid duties in cases of emergencies.



Reference:

<http://www.amazon.com/The-South-African-First-Manual/dp/1868720519>

Johan Fourie, *An Introduction to Nature Guiding*, The nature College (31 May 2008)

