

Warrior Overnight Training Planner

Date/Last Updated: 9 MAY

Prepared By: RICARDO

Trip Dates:

(what are the dates of the trip?)

☐ 20-23 MAY (FRI-MON)

Weekend Activity/Training Goal(s):

(what is the main effort of our training?)

☐ WARRIOR GAMES
2022

Activity/Training Location:

(where are we going & need a map?)

☐ OOKMIN, TLA-O-QUI-AHT

Link-up Time & Location:

(what time are we meeting and where?)

☐ 5:00, 6:30 & 8:00 PM
@ GRICE BAY

Terrain:

(what environments are we going into?)

☐ FOREST, OCEAN BAY

Mentors Attending:

(who is coming with us to teach?)

SEE MENTOR LIST

Weather	Day One <u>FRI</u>	Day Two <u>SAT</u>	Day Three <u>SUN</u>	Day Four <u>MON</u>
Temperature (High/Low in °C)	<u>11°/6°</u>	<u>9°/7°</u>	<u>16°/5°</u>	<u>13°/5°</u>
Chance of Rain (%)	<u>0%</u>	<u>25%</u>	<u>20%</u>	<u>20%</u>
Rain (mm)	<u>0.0</u>	<u>0.0</u>	<u>0.0</u>	<u>0.0</u>
Wind (km/hr & direction)	<u>15 WNW</u>	<u>15 NW</u>	<u>24 NW</u>	<u>24 NW</u>
Sunrise	<u>05:35</u>	<u>05:34</u>	<u>05:32</u>	<u>05:31</u>
Sunset	<u>21:06</u>	<u>21:07</u>	<u>21:09</u>	<u>21:10</u>

Tides	Day One <u>FRI</u>	Day Two <u>SAT</u>	Day Three <u>SUN</u>	Day Four <u>MON</u>
High (time/height in m)	<u>03:29/3.6</u>	<u>04:21/3.4</u>	<u>05:21/3.2</u>	<u>00:59/1.7</u>
Low (time/height in m)	<u>10:36/0.4</u>	<u>11:31/0.6</u>	<u>12:30/0.7</u>	<u>06:30/3.0</u>
High (time/height in m)	<u>17:02/3.1</u>	<u>18:03/3.0</u>	<u>19:08/3.1</u>	<u>13:30/0.8</u>
Low (time/height in m)	<u>22:34/1.8</u>	<u>23:40/1.8</u>	<u>—</u>	<u>20:08/3.2</u>

TIDES @ KENNEDY COVE STN

People Attending: (who is coming?)

Est. #

	Full Name	Called (Y/N)	Attending (Y/N)	Transport Req'd (Y/N)
1)	TLA-O-QUI-AHT	Y	10	N
2)	UCLUELET	Y	15	N
3)	TOQUAHT	Y	1	Y
4)	TSESHAHT	Y	10	Y
5)	DITIDAHT	Y	10	N
6)	HUU-AQ-AHT	Y	15	N
7)	KYUQUOT	Y	10	N
8)	MENTORS	Y	14	N
9)	GUESTS	N	10	N
10)	*SEE DETAILED ATTENDANCE LIST*			

Phase 1: Move In & Set-up Camp

- 5:00
6:30
8:00 am/pm and load gear.
by 8:00 am/pm (30-MIN RIDE)
by ASAP am/pm
by approx. 9:00
am/pm. WITH ALL TEAM TENTS SET-UP

Phase 2: Conduct Activities/Training

- SAT-PRACTICE ALL EVENTS
SUN-2/TM COMPETE IN EVENTS
—

Phase 3: Tear Down Camp & Return Home

- 9:00 AM
10:30 AM
12:00 am/pm
by 12:00 am/pm
by ASAP am/pm and unload gear.
by 9:30 am/pm
11:00 AM
12:30 PM

Team Tasks:	Day One: <u>FRI</u>	Day Two: <u>SAT/SUN</u>	Day Three: <u>MON</u>
Base	<input type="checkbox"/> Perimeter search <input type="checkbox"/> Establish internal & external comms. <input type="checkbox"/> Set up first aid area <input type="checkbox"/> Assign tents & sleeping areas <input type="checkbox"/> Present location safety brief & take head count	<input type="checkbox"/> CO-ORD <input type="checkbox"/> EVENTS <input type="checkbox"/> MAINTAIN <input type="checkbox"/> COMMS	<input type="checkbox"/> Take down personal sleeping set-up <input type="checkbox"/> Take down first aid area and comms.
Team 1 <u>TLA-O-QUI-AHT</u>	<input type="checkbox"/> Establish personal sleeping set-up in assigned area <input type="checkbox"/> Prepare wood & establish fire	<input type="checkbox"/> HOST <input type="checkbox"/> GUESTS <input type="checkbox"/> MAINTAIN <input type="checkbox"/> FIRE	<input type="checkbox"/> Take down personal sleeping set-up <input type="checkbox"/> Support vehicle/vessel loading
Team 2 <u>TSESHAHT/UCLUELET</u>	<input type="checkbox"/> Establish personal sleeping set-up in assigned area <input type="checkbox"/> Set up kitchen & unpack supplies & food	<input type="checkbox"/> SUPPORT <input type="checkbox"/> KITCHEN	<input type="checkbox"/> Take down personal sleeping set-up <input type="checkbox"/> Take down kitchen and repack supplies
Team 3 <u>HUU-A?-AHT</u>	<input type="checkbox"/> Establish personal sleeping set-up in assigned area <input type="checkbox"/> Set up high-line tarp / outdoor classroom	<input type="checkbox"/> FIRST <input type="checkbox"/> AID	<input type="checkbox"/> Take down personal sleeping set-up <input type="checkbox"/> Take down high-line tarp

Key Timings: * FIRST LOAD TIMINGS BELOW

Activity / Event	Day/Date/Time (Friday 15 March @ 4:30pm)
Meet at <u>GRICE BAY</u>	<u>FRI 20 MAY @ 5:00PM</u>
Depart <u>GRICE BAY</u>	" @ 5:30PM
Arrival at <u>OOKMIN</u>	" @ 6:00 PM
Conduct Training Gathering #1 (See Activity Line-up)	<u>SAT -> SUN</u>
Depart <u>OOKMIN</u>	<u>MON 23 MAY @ 9:00AM</u>
Return to <u>GRICE BAY</u>	" @ 9:30AM
Depart for home / Pick-up	" @ 10:00AM

* SECOND LOAD -> ADD 1.5 HRS
 * THIRD LOAD -> ADD 3.0 HRS

Land Transportation:

(which cars will we use & vehicle capacity?)

- ☐ CARS & BUSES
☒ *SEE ATTACHED
☐ VEHICLE MANIFEST*

Water Transportation:

(which boats will we use & vessel capacity?)

- ☐ NATIVE SUNRISE (11)
☐ LANDING CRAFT (11)
☐ _____

Safety Vehicle/Boat(s):

(which vehicle/boat will be used to evacuate?)

- ☐ LAPRAS (3)
☐ _____

Car/Boat (i.e. Jessica's Car)	People in Vehicle/Vessel (i.e. Andrea, Aaron)
1) <u>5:00 PM</u>	<u>TLA-O-QUI-AHT, TOQUAHT</u>
2)	<u>& UCLUELET</u>
3) <u>6:30 PM</u>	<u>HUU-A? -AHT, DITIDAHT</u>
4)	<u>& TSESHAHT</u>
5) <u>8:00 PM</u>	<u>K?JQUOT & ALL</u>
6)	<u>FAR TRAVELLERS</u>

Special Equipment or Gear Required (i.e. first aid kit, bear spray, back-up toilet paper, radios?)

Coordinator 1 / Mentor (_____)	Coordinator 2 / Mentor (_____)
<input type="checkbox"/> <u>*SEE ATTACHED</u>	<input type="checkbox"/>
<input type="checkbox"/> <u>SPECIAL EQMT</u>	<input type="checkbox"/>
<input type="checkbox"/> <u>LIST *</u>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Water Resupply Method:

(how will we resupply drinking water?)

- ☐ RESUPPLY BY LAND
ON SATURDAY NIGHT
☐ 30 GALLONS / 2 DAYS

Water Required:

(how much should we bring?)

- estimate 1L per person/active hour

Meals & Snacks: (what are we eating?)

*** Check for Allergies ***	Breakfast	Lunch	Dinner	Snacks
Day One: <u>FRI</u>	—	—	INDIAN TACOS	✓
Day Two: <u>SAT</u>	PANCAKES	SANDWICHES	CHICKEN STEW	✓
Day Three: <u>SUN</u>	FRENCH TOAST	FAJITAS	BURGERS	✓

MON PANCAKES — N/A
☐ Selected Meal Plan Options and Food Calculator:

Shelter/Accommodation:

(Select from options or create additional)

☐ Bush Bag sleep set-up — (# _____)

☒ 6-Person Tents (# ALL)

☒ Cabin (COOKS & ELDER)

☒ PERSONAL TENTS

Medical Facility:

(Address & phone for nearest facility)

☐ TOFINO GENERAL
261 NEILL ST.
250-725-4010

Transport to Medical Facility:

(What is the fastest way to get there?)

☐ EVACUATION BOAT
TO GRICE BAY
& LINK-UP W EMS

Poo Plan:

(Circle selected option or create additional)

① Toilet is already built will be identified upon arrival.

2. Portable toilet will be used.

3. Toilet will be created upon arrival and identified once established.

④ 3 BLUE ROCKETS
@ BERRYMAN
POINT

Group Evacuation Response:

(How do we evacuate as a group?)

☐ FOLLOW EVAC.
ROUTE TO LOGGING
ROAD & REASSESS

First Aider & Qualification:

1. HARRY B - OFA 3
 2. MONIQUE C - AWFA

Personal Gear Required: (what does each participant need to bring?)

☒ Rain gear

☐ Snow gear

☐ Hiking gear

☒ Swim gear

☒ Spare clothes

☒ Bug Spray

☐ Sun-screen

☒ Whistle

☒ Knife

☒ Head lamp/Flashlight

☒ Personal Toilet Paper

☒ DRUM

☐ _____

☐ _____

☐ _____

Communications (PACE Plan)

P - Primary (name & cell number)	VHF - EMERGENCY CH 16 VHF - OPERATING CH 8
A - Alternate (VHF radio channel)	INREACH [REDACTED]
C - Contingency (satellite phone number)	BOAT TO CELL RANGE (TIM) [REDACTED]
E - Emergency (Garmin inReach/runner/driver)	VEHICLE TO CELL RANGE (RICARDO) [REDACTED]

Emergency Services Numbers:

- EMS/RCMP: 911
- Health Line: 811
- Poison Control: 1-800-567-8911

Contact for Questions:

1) RICARDO

Cell: [REDACTED]

Planning Notes, Diagrams & Drawings:

