

Safety Management Plan

Global Adventures¹

One of the roles of the trip leader listed in Mountaineering, The Freedom of the Hills 8th edition is Guardian of Safety. "The paramount concern of any party is safety, starting in the planning stage. A leader should ensure that everyone has appropriate equipment, experience and stamina and that the route chosen is reasonable for the party and in safe condition."

Trip Name:	Picos de Europa	
Trip Dates:	03-16 May 2024	
	Leader #1	Leader #2
Name:	Roseanne Lorenzana	Elizabeth Nakashima
Home address:	3660 24 th Ave S, Seattle 98144	6851 38th Ave NE, Seattle 98115
Home phone:	206-261-3501	(206) 524-4603
Cell phone:	206-261-3501	(206) 601-8268
Email address:	roseanne@net-venture.com	enakashima@comcast.net
	Emergency Contact #1	
Name:	Albert Lorenzana	Deanna Nakashima
Home address:	6700 Roosevelt Way NE, #309	4447 335 th Ct SE, Fall City, WA
Home phone:	206-856-6344	425-765-0430
Cell phone:	206-856-6344	425-765-0430
Relationship to you:	son	sister
	Emergency Contact #2	
Name:	Jade Elizabeth Lowry	Ken Nakashima
Home address:	2315 SW Edmunds St	25054 SE Mirrormont Way, Issaquah, WA
Home phone:	410-274-2018	425-391-8200
Cell phone:	410-274-2018	425-606-8055
Relationship to you:	Friend (Health Care Power of Attorney)	brother

Where to keep your Safety Management Plan

- Leader's daypack
- Daypack of assistant leader or daypack of trusted/valued trip member (only to be accessed if needed)

¹ Just before leaving for your trip

- Post your emergency response plan on the Global Adventures website including all emergency contact information for trip members and services by day.

Trip-Specific Hazards and Remedies (add rows as needed)

Potential Hazard	Leader steps to prevent problems
1. Slip, trip, fall on the trail	<ol style="list-style-type: none"> 1. Screen and select participants for adequate physical fitness and demonstrated safe, previous experiences on similar trails 2. Selected participants agree to pre-trip fitness program 3. Before a hike, leader will review the stats and conditions for that hike. Best effort will be made to provide a map or digital route for each hike. 4. During trip: <ol style="list-style-type: none"> a. use of appropriate footwear, hiking poles and, as needed, gear appropriate for weather conditions b. participants will have the option of staying back at the accommodations if they are feeling ill, injured or exhausted. c. the group will stay together. Even if participants decide to spread out, the lead person must have visual contact with the sweep and/or each person can see the person behind. d. If conditions on the planned route become unsafe or exceed the hike rating, the hike will be terminated and the shortest, safest return route will be taken. e. If an accident or adverse health condition occurs during a hike, hike leader will assure that appropriate aid and support is obtained. Once on-site care is provided, leader will evaluate the situation to determine how the hike should proceed for the rest of the group.
2. Domestic and wild animal encounters	<ol style="list-style-type: none"> 1. Participants will be instructed to avoid domestic animals, especially dogs guarding domestic herds 2. Provide instructions about how to avoid snake bites

Daily itinerary with contact information to reach the group each day (add rows as needed)

Trip Day	Trip Date (check-in)	Trip Date (check-out)	Location	Contact information
0	5/2/2024	5/3/2024	Holiday Inn Express Bilbao Zarandoa Kalea 5 Derio Spain 48160	Hotel Front Desk: +34 944868240 Email: res@hiebilbao.com If dialing Spain from the US, first dial 011, the U.S. exit code. Next dial 34, the country code for Spain and finally the phone number (9 digits)
1 - 6	5/3/2024	5/9/2024	Hotel Torrecerredo Barrio de Vega S/N, Arenas De Cabrales, Asturias, 33554 España	Hotel Torrecerredo Jim Thompson https://hoteltorrecerredo.com/ +34 985 846 640 hotel phone +34 661 910 351 WhatsApp
7 - 8	5/9/2024	5/11/2024	Villa de Cabrales General Highway SN. Sands of Cabrales. Asturias. 33554 - Cabrales	Villa de Cabrales https://www.hotelvilladecabrales.com/ +34 985846719
9 - 11	5/11/2024	5/14/2024	Casa Cayo C. Cántabra, 6, 39570 Potes, Cantabria, Spain	Casa Cayo https://casacayo.com/ Tel: +34 942 730 119 E-mail: informacion@casacayo.com

12 - 13	5/14/2024	5/16/2024	Caserio Urikosolo (Urikosolo Farmhouse) Carretera Artxanda-Santo Domingo Errepidea, 24, 48015 Bilbo, Bizkaia	Antonia García Torres (owner/manager) https://alojamientobilbao.wordpress.com/ +34 609358935
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Daily list of service providers you plan to use (add rows as needed)

(Include contact information for all concessionaires, guides, drivers, etc.)

Trip Day (s)	Trip Date (s)	Service provider	Contact information
1 - 12	03-14 May 2024	Hotel Torrecerredo Barrio de Vega S/N, Arenas De Cabrales, Asturias, 33554	Jim Thompson hoteltorrecerredo@gmail.com https://hoteltorrecerredo.com/ +34 985 846 640
13	15 May 2024	Gaztelugatxe, Gernika, and Mundaka Group Tour	Get Your Guide +34 644 97 92 89

Daily Emergency Evacuation Details (add rows as needed)

Date	Description of Trip Leg (start, stop, miles, elevation gain/loss)	Exit point (miles & elevation gain/loss)	Means of extraction (walking, pack animal, land vehicle, helicopter, etc.)	Hours/Days to Care	Cell Phone Dial 112 (Y/N)
5/4/2024	Walking trip within Las Arenas. 5mi, 450' gain	Hotel Torrecerredo	Motor vehicle from hotel	0.75-1 hr to major hospital; 15' to urgent care clinic	Y
5/5/2024	Foothills of Arenas. 11mi, 2395' gain	Hotel Torrecerredo	Vehicle pickup almost anywhere on this route. Or, walk 2.5 miles to road for vehicle/ambulance.	1 hr to major hospital	Y
5/6/2024	Lagos de Covadonga, Pandescura Pk & pasture area. 10mi, 1400' gain.	Covadonga or Canales, max 5 mi	Walk with support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
5/8/2024	Cares Gorge hike from Poncebos to Cain, 7 mi, 2900' gain	Poncebos TH or Cain TH, max 3.5 mi	Helicopter evac or walk to TH for cell reception (1.5 hr) to call 112.	1.5-2 hr to major hospital	Y
5/9/2024	Summit of Mancondiu. 7mi, ~2400' gain	Sotres TH, max 3.5 mi	Walk with support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
5/10/2024	Collado Vallejo via Refugio Terenosa ~8mi, ~2500' gain	Sotres TH, max 4 mi	Walk with support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
5/12/2024	Subalpine area hike to Horcados Rojos, 7 mi, 2500' gain.	Upper station cable car, max 3.5 mi.	Walk with support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y

5/13/2024	Subalpine, pasture and forest area from upper station of cable car to Mogrovejo. 9mi, 1315' gain	Upper station of cable car, lower station of cable car or Mogrovejo village, max 5mi	Walk with support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
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Participant Emergency Contacts At Home

Member Name	Emergency Contact Name	Relationship to Member	Numbers
Annette Oh	Sebastian Engberg	son	(253) 961-8376
Becky Chan	Peter Chan	brother	(469) 371-3553
Elizabeth Nakashima	Deanna Nakashima	sister	425-765-0430
Lynn Plummer	Blayne Plummer	husband	(425) 445-1354
Maribeth Spencer	Jordan Spencer	son	(425) 223-2191
Rachelle Meenach-Ligrano	Selena Ligrano	daughter	509-432-9270
Roseanne Lorenzana	Albert Lorenzana	son	206-856-6344

Plan for Communication with At-Home Contact During the Trip

Trip Segment - Dates	Segment Risk Level*	At-Home Contact Name/Phone*	Check-In Schedule
03May-06May	Low	Albert Lorenzana Deanna Nakashima ⁽¹⁾	06 May call, email, text or WhatsApp
06May-13May	Low	Albert Lorenzana Deanna Nakashima ⁽¹⁾	13 May call, email, text or WhatsApp
14May-16May	Low	Albert Lorenzana Deanna Nakashima ⁽¹⁾	16 May call, email, text or WhatsApp

- For trip segments rated low risk, recommend a periodic check-in at pre-agreed dates & times, every 4-5 days. List check-in dates & times in the table.
- For any incidents involving SAR, hospitalization or significant medical treatment, fatalities, or if the group has missed two successive check-ins, the group leader or the at-home contact will call the Mountaineers at (206) 521- 6030 to communicate the situation and, as appropriate, initiate the crisis response plan. The group leader will make this call unless communications have been disrupted and calls are not getting through.

(1) At-Home Contact in the event that trip leadership has been transferred to Backup Leader, Elizabeth Nakashima.