



EMERGENCY PREPAREDNESS

Information Needed in an Emergency

Are you carrying identification, current emergency contact information, and pertinent medical information when you are cycling? If not, you should be. This information is vital for emergency personnel to locate your emergency contact information (friend or family member) on your behalf if you become unconscious or incapacitated. For people with pre-existing medical conditions and allergies, in particular, keeping your emergency contact and medical information close at hand could help save your life!

Your information can be displayed in many ways - stickers on inside/outside helmets, wrist or ankle bracelets, 'dog' tags, etc. Products are available at bike shops, Mountain Equipment Co-op, or online. Depending on the nature of the injury, it may not be safe to remove the cyclist's helmet; therefore, emergency contact and medical information should also be located in your wallet or bike bag, on the outside of your helmet, or in your cell phone. Store emergency contact information in your cell phone under the name of ICE (In Case of Emergency). For more than one contact, enter ICE1, ICE2, etc.

How to Identify Your Location in a Medical Emergency

Always carry your cell phone when you are cycling. If a medical emergency occurs, call 9-1-1 to:

- identify your closest intersection; or
- give a house or business address that is nearby; or
- identify a landmark.

If you are cycling on the Greater Niagara Circle Route, call 9-1-1 and provide:

- access point used to enter the route;
- estimated distance from the access point; and
- GPS coordinates (longitude & latitude) from your cell phone (see below).

If you are cycling in a group, one rider can ride out to the access point to direct the emergency services crew.

Obtain GPS Coordinates from your Cell Phone

If you have a mapping APP on your phone that you are familiar with, you can obtain GPS coordinates (longitude & latitude).

Cell Phones without Built-in GPS

When 9-1-1 is called using an older cell phone without built-in GPS, cell towers use a combination of technology to triangulate your location in relation to a cell tower. Dispatch centres have a GIS (Geographic Information System) map system that will translate the GPS coordinates into a usable location.

Website: thefreewheelers.com