

Pincher Creek Search & Rescue
Fitness and Well-Being Policy

PCSAR Doc-114

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In a search who is most important?

1. You
2. Your Team
3. Potential Survivor

Things you must consider before becoming involved in a search:

Today, am I physically capable of going into the field and searching? You do not want to jeopardize your own safety or your teams' safety. If there is any doubt, do not go into the field.

Today, am I mentally capable to be a searcher? If your mind is clogged with something else (trouble at work, home, run down by sickness, or lack of sleep), do you think you could effectively search? Do you think you could effectively work the IC?

“Your team is only as strong as its weakest member”