In case of severe medical emergency or life threatening situation, dial 911

Then, contact the La Foret Manager on Duty at (719) 495-2743

After Office Hours: (719) 208-6999

For all other medical emergencies, groups will provide their own transportation.

TURN TO THE NEXT PAGE FOR QUICK REFERENCING OF THE

SAFETY AND EMERGENCY

PROCEDURES FOR LA FORET

# IN CASE OF AN EMERGENCY

# DIAL 911

Stay on the phone with the emergency response operator until you are told to hang up

Contact the La Foret Manager on Duty at 719-495-2743
After Office Hours: (719) 208-6999

## In case of severe medical emergency use the following numbers.

Ambulance: for emergency only 911

Fire and Rescue: 911

Emergency Medical Services: 911

Police and Sheriff: 911

##### Local Doctor: Urgent and After Hours Care

#####  Briargate Medical Campus

#####  8890 N. Union Blvd. Colorado Springs

#####  719/365-2888

#####  Drop-ins are accepted; but appointments are recommended

#####  11:00 AM – 10:30 PM daily

##### Hospital: See next page for listing and information

##### Poison Control: 1-800-222-1222

### Emergency Repairs: Contact Manager on Duty – 719/495-2743

DIRECTIONS TO THE SITE

**Address – 6145 Shoup Rd. between CO-83 and Black Forest Rd.**

Take Interquest Parkway exit off of I-25 (#153); merge onto Interquest Parkway, which will become CO-83; follow CO-83 until Shoup Rd.; turn right onto Shoup Rd. After several miles, La Foret is located on the right and is clearly marked.

**LOCAL HOSPITALS/DOCTOR**

**Penrose-St. Francis Hospital**

6001 E. Woodmen Rd.

Colorado Springs, CO 80923

Patient Information: 719/571-1000

**DIRECTIONS:**

* Turn right onto Shoup Rd. as you leave La Foret toward Black Forest Rd.
* Turn right onto Black Forest Rd.
* Turn right onto E. Woodman Rd.
* End at 6001 E. Woodmen Rd.
* Travel distance –- 6.33 miles; Travel time – 10 minutes

**Memorial Hospital North**

5040 Briargate Pkwy.

Colorado Springs, CO 80920

Patient Information: 719/364-5000

**DIRECTIONS:**

* Turn left onto Shoup Rd.
* Turn left onto Milam Rd.
* Milam will turn into Old Ranch Rd. as the road takes a curve to the right.
* Take a left on N. Powers Blvd
* Take a right onto N. Union Blvd.
* Take a left onto Briargate Pkwy.
* Travel distance –- 6.94 miles; Travel time – 12 minutes

**Integrity Urgent Care**

13445 Voyager Pkwy.

Colorado Springs, CO 80921

Patient Information: 719/219-0333

**DIRECTIONS:**

* Turn right onto Shoup Rd. (3.6 miles)
* Turn right CO-83 N. (1.4 miles)
* Turn left onto North Gate Blvd. (2.0 miles)
* Turn left onto Grey Hawk Dr. (.2 miles)
* At roundabout - take first exit onto Spectrum Loop (.2miles)
* Turn right onto Voyager Pkwy. (396 feet)
* Travel distance – 7.3 miles; Travel time – 12 minutes

**INFIRMARY AND THE HEALTH CARE PROVIDER**

**For programs staying over 72 hours with youth 16 years of age and under and who are in the absence of their parents**

The Colorado Department of Human Services requires that a qualified Health Care Provider be present at each camp that meets the above criteria. Qualified is defined as:

* a licensed physician
* a registered nurse or a licensed practical nurse
* a licensed physician’s assistant
* a person holding a current American Red Cross Emergency Response Certificate
* a licensed EMT
* a person holding a 43-52 Hour First Aid/CPR Advanced Course

The Health Care Provider will provide to the Guest Services Associate a copy of his/her current certification. Also, the Guest Services Associate will schedule orientation time with the Health Care Provider to review the infirmary and health care procedures for La Foret.

The Health Care Provider will remain at camp 24 hours per day for each day campers are in residence and will insure that the following procedures are in place and enforced:

**HEALTH SCREENING AND MEDICATIONS**

1. The Health Care Provider will collect all medications and health forms for each camper at time of registration. He/she will make copies of the camper health forms and provide them to the Guest Services Associate, per state regulation.

2. The Health Care Provider will review the camper’s health history form at the time of registration and discuss any special problems with the camper and/or parents. No camper may remain at camp without the health form.

3. The Health Care Provider shall meet with campers, upon arrival at camp, who have special medications or treatment procedures, or dietetic restrictions, or known allergic reactions, or any known physical limitations.

4. Within the first 24 hours of camp, the Health Care Provider will observe each camper to identify noticeable evidence of any illness, communicable disease, or signs of abuse.

5. The Health Care Provider shall log all medications, both prescription and non-prescription, brought from home by each camper per the instructions in the La Foret Medications Log. The Health Care Provider shall record all medications dispensed to campers in the Medications Log kept in the La Foret infirmary. The Health Care Provider may make a copy of the log entries for the specified camp session in the La Foret office if so desired.

6. Medications will either be locked in the infirmary or kept in the possession of the Health Care Provider at all times. The Health Care Provider may make certain exceptions to this rule in the case of inhalers, bee-sting kits, etc. Prescription drugs will be dispensed by the Health Care Provider at meals and other prescribed times. All drugs must be kept in their original pharmacy containers.

7. Medications will be returned to parents/guardians or their designated

 representatives as shown on the camper departure card at the end of the camp session. Youth 16 and older may collect their medications at the end of camp. Uncollected medications will be retained for one week only by the Health Care Provider and then discarded.

8. If campers or staff members are too ill to participate in camp activities, the Health Care Provider shall determine if/when to contact the parent/guardian; and, if/when the ill camper should be sent home.

**MEDICAL EMERGENCIES AND ACCIDENTS**

1. In the case of illness or minor injury, the person should report to the infirmary. No camper should go to the infirmary unless accompanied by a counselor or the counselor’s designated representative.
2. In case of a more serious illness or injury, send someone to get the Health Care Provider. If the Health Care Provider is not at the infirmary, his or her location will be posted on the door. If you cannot find the Health Care Provider right away, notify any program person or La Foret staff member. Do not leave the ill or injured person alone, and do not attempt to move any injured person before the Health Care Provider or other professional emergency assistance arrives.
3. The Health Care Provider will assess the situation and take the necessary action.
4. All aquatic accidents, illnesses and injuries in the pool area will be managed by the Lifeguard on duty. If the accident, illness or injury is non-aquatic in nature, the camper will be sent to the infirmary escorted by a program staff person.
5. The Health Care Provider will record all incidents of treatment in the medical log kept in the infirmary. In addition, for those incidents that require either emergency response or off-site medical assistance, the Health Care Provider will complete a La Foret Incident Report. This form is kept in the infirmary and a completed copy needs to be provided to the Guest Services Associate

**TRANSPORTATION AND INSURANCE**

1. If an individual needs to be transported for medical attention, notify the Health Care Provider. The Health Care Provider will assign a program staff person to accompany the person to medical services. Group Leaders and Health Care Providers are expected to remain at the camp.
2. La Foret does not provide transportation for programs in residence.
3. Health, insurance and liability forms that are in the possession of the Health Care Provider should accompany the individual to medical services.
4. Insurance procedures assume that the individual will be cared for under his or her family health insurance or that the family will assume financial responsibility.

**GASTROINTESTINAL ILLNESS IN CHILDREN’S RESIDENT CAMPS**

Camps can be especially vulnerable to GI illness outbreaks. The following outbreak prevention and control measures are practices that need to be followed.

**Handwashing is the single most effective means of controlling the spread of communicable diseases.**

* Upon arrival at camp, all campers will be screened for recent or current symptoms of illness, such as fever, vomiting and diarrhea. Campers with symptoms of a communicable illness, especially GI related, shall be excluded from well campers until they can be assessed by a health care professional.
* If a person becomes ill with vomiting or diarrhea during in a cabin or yurt, isolate the person in the infirmary under medical care. Thoroughly clean the cabin or yurt after the illness accident.
* If a person becomes ill in another public area (bathrooms, dining hall, etc.) isolate the person in the infirmary and perform environmental cleaning of the affected area.
* Handle linens, sleeping bags, and clothing soiled with vomit or feces as little as possible.
* If camper/counselor illness involving vomiting or diarrhea occurs during business hours (8AM – 6PM) please contact La Foret staff (in office or kitchen). La Foret staff will assist in cleaning and disinfecting the building area.
* If the illness occurs during off hours or overnight, adult should clean any illness accident. Report illness to La Foret staff the following morning.

**If more than three people at once become ill with vomiting or diarrhea, contact La Foret staff immediately at the office at 719-495-2743 or using the on-call number 719-208-6999 regardless of the time of the incident.**

Specific outbreak control measures should be implemented as soon as an increase in the number of cases of GI illness is recognized. Additional measures may be implemented with guidance from the public health officials in order to prevent further spread of the illness.

# IN CASE OF FIRE

Do not attempt to put out the fire.

1. Get everyone out of the building and away from all hazards.

2. Activate the camp fire alarm located on the tower behind the dining hall.

3. Dial 911.

4. Immediately contact the Guest Services Associate, who will act as the lead contact until the fire department arrives.

5. In case of a wild-land fire, the Guest Services Associate will notify you and your group on the action to be taken.

6. All participants, staff and guests, should gather in the meadow in front of the dining hall. Do not allow anyone to go back into the building to gather belongings.

7. Group leaders will take a head count to make sure all participants and program staff are accounted for.

8. Guest Services Associate will take a head count to account for all La Foret staff.

1. Guest Services Associate **will** give directions, coordinate with fire-fighting crews and lead evacuation as necessary.

Inglis Hall has pull stations located around the building for use in the event of a fire in Inglis Hall. The fire department will automatically receive notification of the fire. The alarm company will contact the Guest Services Associate and the Executive Director. Guests should exit the building and follow points 6-9 from the above list.

Fire drills will be conducted for programs staying over 72 hours involving youth 16 years of age and under, and who are in the absence of their parents. The drill will be conducted within the first 24 hours. The exact time will be coordinated with the group leader but will not be disclosed to the other camp staff or to the campers. When the alarm sounds, all persons in camp are to assemble in the meadow in front of the dining hall for head count and further instructions. When everyone has been accounted for, the alarm will sound again to signal all clear. These drills will be logged by the Guest Services Associate.

**PROCEDURES FOR CAMPFIRE USE**

**Conditions are extremely dry and flammable in the Black Forest area and being fire safe is very important. Below is information for a safe camp fire program.**

* Camp Fires at La Foret are regulated by a combination of the county health department and the local fire department.
* Guest Services Associate will provide clearance for your camp fire program. Factors that affect use of camp fires are a burn ban, air quality and winds.
* Guest Services Associate will ask for a beginning and an ending time for your camp fire program to report to the regulatory departments.
* Guest Services Associate will ask that you designate one person who will assume responsibility for safe camp fire practices as listed below:
	+ No smoking or alcohol at camp fires
	+ Be sure to take flashlights to the camp fire
	+ Since fires need to be 100% extinguished before leaving the camp fire, please make a small fire with flames no more than 2 feet high
	+ Please burn only wood provided at the camp fire; using the camp fire to burn other items, including to cook food, is not permitted
	+ Be in attendance at the fire at all times
	+ To extinguish the fire, follow the guidelines below
		- Use the shovel and rake provided to break up the coals and to spread them around inside the fire pit; do not move any coals outside of the fire pit
		- Use water provided in the extinguisher cans to put the fire out, stirring the coals around so as to hit all hot spots
		- Do not use dirt as a means to extinguish the fire
		- Use the back of your hand to test the ashes to make sure that the fire is out
			* If a campfire gets out of control, make sure that the campers are led to safety; immediately call 911 and explain your location (fire circle near Blue Spruce, Inglis Hall or Ben Smith); call the Guest Services Associate
			* If you should lose control of a camp fire, you can be held financially responsible for any damage done by the fire, the costs of extinguishment, and any fines assessed by the El Paso County Fire Marshal.

# EVACUATION PLAN

# NATURAL DISASTERS AND EMERGENCIES

1. At the sound of the alarm everyone will gather at the meadow in front of the dining hall, as long as it is safe to do so. Be aware of the hazards presented by the natural disaster.
2. The Guest Services Associate will contact 911. County and local authorities are made aware of each event occurring at La Foret in advance.

3. Group Leaders will take a head count to make sure all participants and staff are accounted for.

4. The Operations Manager/ Guest Services Associate will take a head count to make sure all La Foret operations staff are accounted for.

5. The Executive Director and Operations Manager will make the decision to evacuate based on the specifics of emergency and on instruction from appropriate authorities where possible.

6. The Guest Services will forward the office phone to a cell phone and take messages. This person may speak to parents and other concerned family members only to assure them that their children are safe. No other information is to be given out except by the Executive Director or Operations Manager. Only the Executive Director will speak with the media. The Guest Services Associate will keep a record of what happens, and the appropriate reports will be made when the emergency is over.

7. An Emergency Evacuation plan has been coordinated with the District 20 Bus Barn. They will provide two buses to transport campers to Pine Creek High School. Local and County Authorities will be notified of the evacuation plan and buses will be escorted onto the property. In the event that time does not allow for buses to gain entrance to the property, evacuation will begin immediately using all accessible vehicles onsite with additional assistance of local authorities. Upon reaching the off-site destination, Guest Services will conduct a head count and then work with the Camp Directors to notify parents/ guardians.

8. Evacuees will be instructed to take jackets, shoes, sleeping bags, water and money, only if time allows.

9. Group Leaders must bring participants and program staff roster with health records and home phone numbers.

10. The Guest Services Associate will bring food, water, emergency information and provide security and communications at site.

# LOST OR MISSING PERSONS

When a Group Leader concludes that a participant or staff member is lost or missing, follow these steps:

1. Note the time.

2. Question those who saw the person last and determine how long he/she has been unaccounted for; where the missing person was last seen; what his/her mood and intentions were; and, what style and color clothing missing person was wearing. If applicable, check parking lot for missing person's vehicle.

3. Create a limited search team, and then search the area where the missing person was last seen, check the restrooms, infirmary and living units.

4. If the person is not found within 15 minutes, notify the Guest Services Associate.

5. Calmly and quietly alert all program staff to the problem, taking precaution not to disrupt programs in progress or cause panic. Notify staff that a practice fire drill will be held in five minutes.

6. Guest Services Associate will activate the alarm. When the group has gathered, the Guest Services Associate and Group Leader will take head counts respectively.

7. The Guest Services Associate will organize search parties in groups of two to thoroughly search all buildings and the immediate grounds. To ensure that no one else becomes lost, only site operations staff will search areas outside the immediate buildings and grounds. This search will take no more than 30 minutes.

1. 8. The search will be conducted in the following manner:
* No one will search alone.
* All pairs of searchers will carry a watch and an air horn that will be blown if the person is found. Synchronize watches.
* The total time for search will not exceed one hour. After one hour, all search party members will return to the meadow outside the dining hall.

 9. If the efforts of the search party do not locate the missing person in the allotted time, the Guest Services Associate will call 911.

INCIDENT OF CHILD ABUSE OR MOLESTATION

Under the “Child Protection Act of 1987” (CRS 19-3-301) in the Colorado Children’s Code, child care center workers are required to report suspected child abuse or neglect. The act 19-3-304 states that if a child care worker has “reasonable cause to know or suspect that a child has been subjected to abuse or neglect or who has observed the child being subjected to circumstances or conditions which would reasonably result in abuse or neglect shall immediately report or cause a report to be made of such fact to the county department or local law enforcement agency.”

A child care worker who fails to report suspected child abuse or neglect commits a

class 3 misdemeanor and will be punished as provided in section 19-1-103(1) (A), CRS.

**1. Who must report:** Those who by nature of their employment have contact with children are mandated reporters. These people include those who serve in either a paid or non-paid capacity at children’s camps.

**2. When to report:** A report is required when a person has knowledge of or observes a child in his or her professional capacity and reasonably suspects the child to be a victim of:

# Abuse, neglect, and/or abandonment

## Deliberate physical injury of a child

# Sexual molestation

* Causing or allowing great bodily harm, death, unjustifiable physical pain or mental suffering, or danger to health

## Exploitation, child pornography and child prostitution

**3. How to report:**

* Report any observations, knowledge of abuse or reasonable suspicions of abuse immediately to the Group Leader and to the Guest Services Associate.
* Within 24 hours of observation, either the Group Leader or the Guest Services Associate will contact the El Paso County Department of Social Services or Human Services at 719/444-5700 on weekdays and 719/475-9593 at night and on weekends.

STRANGER ON SITE

**Drop-in visitors are not encouraged when program is in session;**

**and, all visitors are requested to register at the office.**

**Guidelines for reporting a stranger at the site**

1. The group leader should notify the Guest Services Associate immediately. Tell your observations of the person - what time did you first see the person, any conversations you had with the person, what type of behavior did the person exhibit (mellow, sneaky, erratic), etc.
2. The Guest Services Associate will politely ask the person to identify themselves and their reason for being on site.
3. The Guest Services Associate will tell the person that they are at a conference/camp site and that they should leave.
4. The Guest Services Associate will watch as the person leaves to make sure that the person leaves the facility.
5. If the person does not promptly leave the site, the Guest Services Associate will call 911.
6. The Guest Services Associate will make the program leaders aware of the person by providing a description and ask that the program leaders contact them if the person is seen again at the site.
7. Group leaders shall be encouraged to ask that the participants use the buddy system when walking around the facility.

SAFETY REGULATIONS FOR

VEHICLE USE ON SITE

1. Please drive slowly and carefully through this facility – the speed limit is 5 MPH.
2. Whenever possible, please walk from location to location at La Foret.
3. Please allow pedestrians the right of way as they cross the roadways.
4. Parking is located directly in front of your lodging accommodations or in the lots provided near the meeting spaces. There is also a large parking lot on the hill behind the dining hall.
5. Please do not park in undesignated areas. We are trying to restore the vegetation along the roadways.
6. Participants are to be transported only in vehicles designed for passengers and to obey Colorado Motor Vehicle Code.
7. No one is allowed to ride in the bed of trucks or in trailers.
8. La Foret vehicles may only transport La Foret employees.

**DISCIPLINARY PROTOCOL**

While staying at La Foret, group leaders are primarily responsible for the discipline and supervision of their campers and youth.

Adult group leaders and counselors must remember the importance of supervising their campers at all times. This includes:

* Supervision in the Dining Hall
* Pool time/usage- 1 adult is required for every 10 campers in the pool
* Camper free time
* Any time campers are occupying a cabin, yurt, or other building

La Foret does not permit any form of physical punishment, verbal abuse, or violence of any kind as form of reprimand.

**AQUATIC SAFETY AND POOL RULES**

1. Swim ONLY when a lifeguard is on duty. The lifeguard will supervise all activities in the pool area, including providing orientation to adult spotters and swim tests to children/youth.

2. NO DIVING!

3. Obey lifeguard at all times.

4. To swim in the deep end, each child/youth will need to demonstrate their swimming skills to the lifeguard.

5. One lifeguard for every 25 persons in the pool area will be provided by La Foret. Pool is limited to 25 participants.

6. One adult spotter for every 10 children/youth will be provided by the group. The spotter’s role will be to watch the children/youth at all times to ensure their safety.

7. Shoes should be off when on the pool deck.

8. NO FOOD, DRINK or GLASS CONTAINERS in the pool area.

9. Play safely: no running, shoving, dunking or horseplay.

 10. People in wheelchairs in the pool enclosure are required to

remove seatbelts and ties that might secure them to the wheelchair.

11. In case of thunder and lightning, the pool will be cleared immediately. A 30 minute timespan, free of thunder and lightning, must occur before swimming can resume.

12. If a camper becomes ill or requires general first aid, the camper will be taken to the infirmary for treatment.

VIOLATION OF THESE RULES MAY CAUSE

LOSS OF SWIMMING PRIVILEGES

**EMERGENCY PLAN FOR POOL AREA**

**In the event of an aquatics emergency, follow the guidelines listed below:**

* The Lifeguard on Duty is the authority and decision maker at the pool until an authority of a higher level arrives. Persons in authority in an emergency situation shall follow the following progression:
	+ Lifeguard on Duty
	+ Executive Director
	+ Guest Services Associate
	+ Emergency Medical Technician
	+ Local Fire/Rescue Personnel
	+ Law Enforcement Officials
* During all pool area activities, the Lifeguard will have a La Foret cell phone in their possession, fully charged and turned on.

* The Program Health Care Provider will be on-site during all pool area activities.
* In case of a pool side emergency, the Lifeguard will immediately respond. The second Lifeguard or a Spotter will blow the whistle, three (3) blasts and clear the pool, then:
	+ All campers and spotters will proceed outside of the fence area and wait at that area until released by appropriate authorities
	+ La Foret staff and program group leaders will remain inside the fenced area until the emergency is over
* If necessary, 911 will be called.
* Guest Services Associate will be called in any emergency circumstance that causes the pool to be cleared.
* Appropriate documentation of the incident will be completed by the Lifeguard.

POOL FECAL CONTAMINATION PROCEDURE

Immediately upon identifying feces in the pool, the Lifeguard will:

* Close the pool to all campers for a minimum of two hours; or, if the fecal matter is in the form of diarrhea, the pool will remain closed for 24 hours.
* In either case, the pool will be treated per Colorado Department of Health requirements.
* Incident will be reported to the Guest Services Associate, who will contact the Buildings and Grounds Director.
* The Buildings and Grounds Director will give the “all-clear” before campers are allowed to resume their pool program.

# HAZARDS

There is a higher risk of injury associated with each of the following hazards than with other elements of our environment. Please avoid these whenever possible.

**SITE HAZARDS**

Areas off limits to campers

* Ropes course elements
* Any fenced area
* Maintenance areas
* Old concrete foundations and boarded up buildings
* Water tanks
* Staff housing
* Camp vehicles and equipment
* Arroyo behind the Chapel
* The Chapel walls
* Roofs of buildings

**NATURAL HAZARDS**

La Foret is located on 430 acres of beautiful and natural forest where you will find some natural hazards, such as steep hillsides, uneven grounds and fallen branches. Please stay on marked trails and roadways for the best footing.

**HIGH ALTITUDE PRECAUTIONS**

**Hydration**

La Foret is at an altitude of 7,300 feet. At this elevation, it is very important to drink plenty of water, especially if you are accustomed to lower altitudes. There are a variety of hazards associated with increases in altitude. The best prevention begins with increasing your fluid intake. It is recommended to drink two to three times more water than usual when experiencing higher altitudes. Limiting alcohol consumption and minimizing caffeine intake will also help.

**Sun Protection**

At high altitude the ultraviolet rays from the sun are more intense and therefore more damaging. Even when it’s cloudy, the risk of sunburn is extreme. Before going out for the day, protect yourself and your group from the sun’s ultraviolet (UV) rays/ It is recommended to use a SPF 30 or higher sunscreen. Be sure to reapply it at least every four hours. If you’re perspiring or getting wet from the snow or water, apply it more frequently. Parents/group leaders should be especially careful with young children, and apply a generous amount of sunscreen to both you and your children prior to any outdoor activities. Proper eyewear is important as well. Be sure to wear sunglasses or goggles to protect your eyes from the UV rays.

**SEVERE WEATHER**

La Foret is situated just east of the Front Range at 7,300 feet. Consequently, the weather is unpredictable. The general summer weather pattern brings mild, sunny mornings and early afternoons with thundercloud build-up in the late afternoons to early evenings. Thunderstorms, which are frequent, can bring rain, hail, lightening, and tornados. Of these threats, lightning and tornados present the greatest danger.

**Tornado or Severe Thunderstorm Warning**

In the event of a tornado or severe thunderstorm warning, the alarm will sound. All persons in camp should proceed to the lower dining hall for a head count and further instructions. If the storm noise is so great that the alarm cannot be easily heard, the Guest Services Associate may designate program staff and employees to check each cabin and meeting space.

**Thunder and Lightning**

Thunder and lightning storms are frequent in late afternoon. If you should hear the sound of thunder or see lightning, follow the precautions listed below:

* Clear the pool area immediately and return to your cabin, meeting space or other safe place determined by the Group Leader and Guest Services Associate.
* Discontinue field games and return to your cabin, meeting space or other safe place determined by the Group Leader and Guest Services Associate.
* If lightning is striking near and you do not have time to seek safety, it is important to do the following:
	+ Drop down quickly, bend forward, feet together, hands on knees
	+ Keep your feet planted on the ground with your hands in your lap
	+ Do not lie flat: you want to make yourself as small as possible with minimal contact with the ground
	+ Electricity travels through the point of ground contact. It is preferred to have the electrical current enter a body through the feet versus the hands, which could force the current through the heart and other vital organs
		- In the event of a medical emergency, follow the guidelines for In Case of an Emergency in this guide.

**ANIMAL AND BUG LIFE**

La Foret is home to many wild animals and bugs. Some we are fortunate enough to see such as the squirrels, deer, birds, fox, etc. Some we wish we didn’t see such as mosquitoes, ticks, rodents, etc. All animals should be avoided and left alone. It is not healthy for the animals to become dependent on either human food or human contact.

Following is further information about specific animals and bugs.

**Black Bears**

Colorado has always been home to bears. Although bears have made infrequent appearances at La Foret over the years, there have been instances of bears coming to camp. Since bears will eat almost anything, human food and garbage are attractants. So, keep all snacks and garbage inside your cabins or meeting spaces and keep your doors closed.

In most cases the bear will detect you first and will leave the area. Should you come into contact with a bear that has not had a chance to leave the area, follow these suggestions:

* Back away slowly while facing the bear
* Avoid eye contact and give the bear plenty of room for escape
* If on a trail, step off the trail on the downhill side and slowly leave the area
* Don’t run or make any sudden movements
* Do not attempt to climb a tree
* Stand your ground
* Speak softly and try not to show fear
* Fight back if attacked
* Always use a buddy system when hiking

**Mountain Lions**

Mountain Lions are a natural part of this region’s environment but are rarely seen. Adult lions are afraid of people and generally go to extremes to avoid contact. Should you come into contact with a lion, follow these suggestions:

* Do not approach the lion
* Do not run from the lion
* Face the lion, wave your arms slowly and speak in a loud voice
* Do not crouch down or bend over
* Do all you can to appear larger
* Back away slowly, giving the lion an opportunity to escape
* Fight back if attacked
* Always use a buddy system when hiking

**Mosquitoes**

Mosquitoes can be annoying and cause itchy bites that can become sore and infected. In addition, they carry West Nile Virus, a viral disease. The mosquito carrying this virus has been found in El Paso County. This species of mosquito most often bites in the hours around dawn and dusk, remaining quiet during the remainder of the day.

To minimize exposure, follow these precautions:

* Limit outside activity around dusk and dawn
* Wear protective clothing when mosquitoes are present
* Wear insect repellant appropriate to your age
* Keep your doors and unscreened windows closed

**Ticks**

The risk of contracting disease from the bite of a tick in this wilderness area is low. Taking personal protective measures will ensure your risk of contact with this tick and possible infection will be minimal.

Key Preventative Measures:

* Stay on trails when hiking
* Avoid brush and grassy areas particularly in the early morning and late afternoon
* Check clothing and body often for ticks
* Carefully remove attached ticks immediately with tweezers
* Tuck pants into boots or socks and shirt into pants, and wear light colored clothing
* Have the attached tick removed

**Rodents and Hantavirus**

Hantavirus is a serious but rare respiratory disease transported by deer mice to humans. This disease is transmitted through inhalation of aerosols contaminated by deer mouse excretions containing the Hantavirus. Activities that pose a significant risk are occupying or cleaning rodent-infested barns, cabins, sheds, storage, sheds and garages.

To minimize the risk for Hantavirus infections, follow these precautions:

* Check for rodent droppings before activities at remote sites
* Do not clean up rodent droppings, contact the Guest Services Associate
* Do not disturb rodents, burrows or dens
* Store food in rodent-proof containers and remove garbage often

**Bats**

Bats and bat droppings can also carry diseases and should be avoided.