

## REMINDER

Sépaq would like to remind you that some of the activities offered in the network require that you be physically fit and have specific skills as well as specialized equipment. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them.

### AirMédic

airmedic.net | 1 877 999-3322

### Aventure Écotourisme Québec

aventure-ecotourisme.qc.ca | 1 866 278-5923

### Bureau de la sécurité nautique

tc.gc.ca | 1 800 267-6687

### Camping Québec

campingquebec.com | 1 800 363-0457

### Fédération québécoise des chasseurs et pêcheurs

fedecp.qc.ca | 1 888 523-2863

### Fédération québécoise de la marche

fqmarche.qc.ca | 1 866 252-2065

### Fédération québécoise de la montagne et de l'escalade

fqme.qc.ca | 1 866 204-3763

### Fédération québécoise du canot et du kayak

canot-kayak.qc.ca | 514 252-3001

### Ski de fond Québec

skidefondquebec.ca | 450 744-0858

### Sopfeu

sopfeu.qc.ca | 1 800 463-3389

### Vélo Québec

velo.qc.ca | 1 800 567-8356

The information contained in this brochure is also available on our Web site at the following address:

[sepaq.com/securite](http://sepaq.com/securite)

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## IN CASE OF EMERGENCY 911

### SÛRETÉ DU QUÉBEC

310-4141 (general number)

\*4141 (for cell phones)

Where cell phone networks are available.

# PLAY IT SAFE

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SEPAQ.COM  
1 800 665-6527

RECONNECT WITH  
QUÉBEC'S NATURE





To help you incorporate safety into your plans, we suggest that you read the section called "Your Safety: Your Responsibility" at [sepaq.com](http://sepaq.com).

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## YOUR SAFETY: YOUR RESPONSIBILITY

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**Outdoor activities may entail certain risks. You must always make sure that you have the ability and special skills required for your chosen activity. It is very important to know your physical ability and limits.**

For several years now, Sépaq has ensured the greatest possible access to Québec's most beautiful natural treasures. An essential part of this mission is our concern for visitor safety.

**Sépaq hopes that your outdoor experience will be memorable and urges you to Play it Safe!**

All visitors remain responsible for their own safety, with risk management being an integral part of the outdoor experience. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

We invite you to consult our safety guides for Sépaq activities on our Web site [sepaq.com/securite](http://sepaq.com/securite).

**The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.**

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## A FEW REMINDERS FOR A BETTER OUTDOOR EXPERIENCE

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### Before you leave home

- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate footwear.
- Pack extra clothing (raincoat, warmer clothes, etc.).
- Make sure that the equipment you will be using during the activity is in good condition.
- Bring a whistle, a flashlight, a first-aid kit, etc.
- Let somebody know the exact location of your destination and the date you plan to return home, with instructions to contact emergency services (911) if you do not return.
- Inform the persons accompanying you of the inherent risks of the chosen activity.

### Once you are on site

- Do not count on your cell phone: in most areas, you will be unable to get a signal.
- Obtain a map of the area.
- Check how much time it will take to complete your activity.
- Follow the instructions that apply to each activity.
- Obey signs and notices, including bans on open fires.
- Never leave children unsupervised.
- Boil or treat (filter, chlorine or iodine) water from rivers and streams before drinking.
- When camping, pack your food in airtight containers and keep it out of reach of animals.
- Should you find that a piece of equipment or an accessory is missing or defective, stop using it and inform the staff on site of the situation as soon as possible.

### When you get back

- Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

