

### STAYING ALIVE IN YOUR CAR

IF STRANDED IN YOUR VEHICLE, SIT TIGHT, DON'T MOVE, STAY WITH YOUR VEHICLE

### Check for Injuries and Treat:

- Move all survival equipment from trunk to passenger compartment.
- 2. Inventory all equipment.
- 3. Tie a signal flag to your antenna.
- 4.  $^{\star}$ Utilize all available clothing, maps, carpeting, paper, seat covers, etc. to help keep yourself warm.
- 5. Run engine: 5 min each 30 min, or 10 min each 60 min.
- 6.Clear obstructions from the end of cars exhaust pipe (mud or snow).
- 7. Run engine to coincide with radio news broadcast.
- 8. Light a candle or heating fuel such as Sterno in a safe container like a coffee can or glass jar as an emergency heat and light source. Ensure adequate ventilation.
- 9. \*If the car or exhaust system is completely covered with snow DO NOT run the engine as CARBON MONOXDIDE will pool under the car and seep into passenger compartment. CARBON MONOXIDE is a colorless, odorless, tasteless gas, known as "The Silent Killer". It is produced by burning material containing carbon (gasoline). Symptoms of poisoning are fatigue, headaches, nausea,. Will cause brain damage and could result in serious injury or death.
  10. If the car is covered with snow, cut a ventilation hole. Check ventilation hole each hour.
- 11. If you are tired, ensure adequate ventilation, then go to sleep.
- 12. DO NOT fall asleep with the engine running.
- 13. \*Melt snow for drinking water. DO NOT eat snow. Melt it first.
- 14. Prepare to survive for a minimum of 48 hours.
- 15. Eat available foods to help produce heat.
- 16. Keep a journal.
- 17. CONSERVE STRENGTH.
- 18. GO THROUGH THIS LIST ONCE EACH HOUR.

### (\* Most Important)

### Notification Statements / Actions For Personnel During Hazardous Weather Conditions

### I. Decision for Early Release:

- "EARLY RELEASE FOR NON-MISSION ESSENTIAL PERSONNEL WILL BE AT \* HRS."
- Classes continue as originally scheduled unless canceled by the DF, CW, AD.
- Close Community Center activities including BX, Commissary, and Service Station at \*\_\_\_\_\_ hrs. (Doors close at \*\_\_\_\_\_ hrs and employees can depart when released by their supervisors).
- Child Development and Youth Center begin to close, however, appropriate essential caregivers must remain until last child is picked up by parent/quardian.

### II. Decision for Late Reporting:

- "LATE REPORTING, is in effect. NON-MISSION ESSENTIAL PERSONNEL WILL REPORT TO THEIR DUTY SECTION AT \*\_\_\_\_HRS, NOT EARLIER THAN \*\_\_\_HRS."
- Classes will begin at \*\_\_\_\_hrs vs. \*\_\_\_\_hr
- DF, CW, AD reporting instructions will be modified so instructors and dining facility staff will report at proper times to meet mission needs.
- BX, Commissary, and Service Station will open at \*\_\_\_\_hrs.
- Child Development Center will open at normal time to accommodate mission essential personnel.

#### III. Decision for Base Closure:

- "THE ACADEMY IS CLOSED FOR NORMAL OPERATIONS. ONLY MISSION ESSENTIAL PERSONNEL REPORT TO DUTY SECTIONS."
- Classes are canceled.
- The Community Center is closed.
- (\* = All hours tied to early release / late reporting times).

# WHAT TO DO WHEN TRAPPED OUTDOORS

- 1. **DON'T PANIC** Build a fire, Sit Down, Stay Calm, THINK
- 2. MAINTAIN YOUR BODY TEMPERATURE.

Add layers of clothing, eat heat-producing foods (carbohydrates), find or build a shelter that will protect you from the rain and wind. Drink warm liquids.

- 3. **USE THE FIRE** to dry clothing, heat water, signal, and help maintain your morale.
- 4. **PREVENT DEHYDRATION** Drink water (3-4 quarts per day).

### DON'T EAT SNOW! Melt it first.

- 5. **PREVENT HYPOTHERMIA** Watch out for cold/wet/ windy conditions that cause massive heat loss.
- 6. **DO NOT TRAVEL** Stay put and wait for rescue forces to find you.
- 7. **SIGNAL** Use signal mirror, whistle, or flares to attract attention to yourself.
- 8. **DO NOT GIVE UP HOPE** Rescuers WILL FIND YOU!

## Radio and Television Stations Giving Hazardous Weather Announcements by USAFA/PA.

AM CTATIONS

FINI STA	IIONS	AW STATIONS
KBIQ 102	.7 KKMG 98.9	KOA 850
KCCY 96.	.9 KRDO 95.1	KRDO 1240
KILO 94.3	8 KVUU 99.9	KVOR 740
KKCS 10°	1.9 KKLI 106.3	KKCS 1460
KKFM 98.	.1 KSPZ 92.9	
KAFA 97.	7	

EM CTATIONS

### TV STATIONS / COLORADO SPRINGS

KOAA Ch 5/30 NBC KKTV Ch 11 CBS KRDO Ch 13 ABC

### TV STATIONS / DENVER

KCNC Ch 4 CBS KMGH Ch 7 ABC KUSA Ch 9 NBC

### COMMAND CENTER AUTOMATED NOTIFICATION SYSTEM 333-6249

### **ACADEMY ROAD CONDITIONS 333-2800**

REFERENCE USAFA PLAN 32-1002

http://www.usafa.edu/10abw/10msg/ce/ceo/ http://www.usafa.edu/tu/306ftg/oss/weather/sevenday.cfm

# VEHICLE SURVIVAL KIT (Mandatory Survival Items)

- 1. Blankets (wool preferred) or sleeping bags.
- 2. Heat source (candle, sterno, non-propane backpacker stove).
- 3. Matches and lighter.
- 4. Food high carbohydrates, candy bars, raisins, dried fruit, peanut butter, peanuts, etc.
- 5. Extra clothing wool gloves, hat, coat, pants, scarf.
- 6. Flashlight with extra batteries.
- 7. Large plastic garbage bags.
- 8. Red or Orange material for antenna signal.
- 9. Coffee can for all small items and to melt snow for water.

### **VEHICLE EQUIPMENT**

Sunglasses Tool Kit Ice Scraper Tow Strap Jumper Cables Personal Medications Brightly Colored Tarp Tire Chains that fit Come-Along Winch Emergency Road Flares Shovel (entrenching tool)
Reflective Triangles
Carbon Monoxide Detector
Sand or Gravel for traction

Keep This in Your Car and/or Wallet at All Times

## SNOW ROUTES & WINTER SURVIVAL

UNITED STATES AIR FORCE ACADEMY



USAFA VA 32-1, Oct 09 Supersedes Nov 07 Per USAFA Plan 32-1002

OPR: 10CES/CEO

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	Wind Speed (mph)											
50	45	40	35	30	25	20	15	10	5	Calm		
23	24	25	25	26	27	28	30	32	35	40		
16	17	17	18	19	20	22	23	25	29	35		
9	9	10	11	12	13	15	17	19	23	30		
1	2	ω	4	5	7	8	10	13	17	25		
-6	-5	-4	-53	-2	0	1	ω	6	11	20		
-13	-12	-11	-10	-9	-7	-5	-3	0	5	15		
-21	-20	-19	-17	-16	-14	-12	-10	-7	-1	10	Tei	
-28	-27	-26	-24	-23	-21	-19	-16	-13	-8	5	Tem perature	
-36	-34	-33	-32	-30	-28	-26	-23	-19	-14	0	ture (ºF)	
-43	-42	-40	-39	-37	-35	-33	-30	-26	-20	-5	-)	
-50	-49	-48	-46	-44	-42	-39	-36	-32	-26	-10		9
-58	-56	-55	-53	-51	-49	-46	-43	-39	-32	-15		1
-65	-64	-62	-60	-58	-56	-53	-50	-45	-38	-20		1014/
-72	-71	-69	-67	-65	-63	-60	-56	-51	-44	-25		
-80	-78	-76	-74	-72	-70	-67	-63	-58	-50	-30		
-87	-86	-84	-82	-79	-77	-73	-69	-64	-56	-35		
-95	-93	-91	-89	-86	-84	-80	-76	-71	-62	-40		

Chill in Fahrenheit and MPH