



EMERGENCY CRISIS PLAN

July 25, 2020, Revision 0

THE CHURCH OF THE EAGLE AND THE CONDOR



PURPOSE

The Emergency and Crisis Plan (The Plan) guides our actions and response to atypical and emergency situations that may arise around the normal activity of Church events, ceremonies and gatherings.

Due to the nature of certain ceremonial gatherings that The Church of the Eagle and the Condor (CEC) coordinate, facilitate, or sponsors it is imperative that all Medicine Carriers and Facilitators be familiar with the contents of the Emergency and Crisis Plan. Whenever there is loss of consciousness or a life-threatening event the Emergency Crisis Plan will be activated, and Auxiliary assistance contacted. Emergency numbers are available and posted prior to the beginning of any ceremonial gathering. The Facilitator or Medicine Carrier should be communicating with Auxiliary assistance when an emergency call is made.

The two most likely scenarios where supportive assistance may be required during a CEC ceremonial gathering are within the contexts of a Tachééh (Sweat Lodge) or an Ayahuasca Ceremony.

OBJECTIVES

The primary objective of the Emergency Crisis Plan is to establish, promote, implement and maintain good safety practices for the members of the church, and guests.

Secondary objectives of the Plan include:

- Support the implementation of safety procedures.
- Provide effective programs for the purpose of assuring safety and awareness.
- Conduct periodic review of the Plan to identify gaps and implement solutions

ROLES AND RESPONSIBILTIES

- **Auxiliary Assistance** – includes fire department personnel and health care professionals. These individuals will provide first aid and medical services as appropriate.

- **Medicine Carriers and Facilitator** - is responsible for following these procedures and notifying the participants of the procedures prior to ceremony. In addition, will complete the Emergency contact information found in Appendix A and post it in an area that visible for all.

SUPPLIES

At a minimum the following should be readily available:

- standard first aid kit
- portable fire extinguisher (for the Tachééh Ceremony)

PROCEDURE

At a minimum following shall be performed:

1. Complete and post the Emergency Contact flyer in a visible location and make others aware of it and its purpose.
2. Ensure that the first aid kit and fire extinguisher are available, as appropriate
3. The Medicine Carrier or Facilitator shall inform the participants in the ceremony the actions to take in case of an emergency.

POTENTIAL CEREMONIAL HAZARDS

As the COEC performs ceremonies there are potential hazards that Medicine Carriers, Facilitators and participants should be made aware of. The Plan provides an overview of the ceremonies and the potential hazards associated with them. Refer to the following documents for additional information.

TACHÉÉH (SWEAT LODGE) CEREMONY

The Ceremony is a traditional purification ceremony and is representation of entering the women of Mother Earth. It is led by a trained Medicine Carrier. The Lodge is the structure and a sacred place for healing. It is used to ask for forgiveness, hopes, vision, and to give gratitude for prayers answered. Lava stones (Grandfathers) are heated in a fireplace and place into the Lodge, water with herbs are then poured over the rocks as prayer and each participant expressed themselves, until everyone has an opportunity.

Potential Hazards

Smoke Irritation

A participant may be expose to smoke as the heated stones are brought into the Lodge and a sacred herb is placed on the stone as an offering. Should this occur the following actions can remedy the situation:

- Use a smaller amount of the herb
- Open the bottom flap of the lodge covering until the smoke has dissipated
- Ask the participant to step outside of the Lodge until they feel better and comfortable to proceed.

Extreme Heat

During the Tachééh ceremony, a participant may be overcome by the elevated temperatures within the Lodge and once the doorway is closed. Some immediate actions that participants can do and are encouraged to do are:

- Lay down on the floor of the lodge
- Open the flap to allow air movement to occur
- Drinking water and ask for water to be splashed on them or they can do this themselves
- Enter the Lodge with a wet clothe to help cool them down
- Ask the Medicine Carrier to open doorway to allow circulation of air

The intolerance to the heat may be further exacerbated by hypovolemia (not consuming enough water) before engaging in the ceremony or a drop-in blood pressure due certain types of medications. While in the Lodge it behooves participant(s) to advise the Medicine Carrier or Facilitator, if they are feeling dizziness, weakness, nauseated or any sense of uneasiness. If chest pain, shortness of breath, palpitations or perturbations in consciousness should be reported right away. Participants that are feeling unwell should advise the Medicine Carrier and/or the Facilitator. The following actions should be taken:

- assisted the participant to leave the Sweat Lodge
- once outside provide additional supportive care

If the person in conscious and dehydration appears to be the cause, small sips of water should be offered as well as electrolytes. If hyperthermia (elevated body temperature) is determined to be the cause, appropriate cooling mechanisms will be applied. If loss of consciousness ensues the Emergent Crisis Plan should be enacted, and Auxiliary assistance be contacted. Do not attempt to give an unconscious person fluids by mouth.

Anxiety due to Enclosed Space

If a person become anxious once the doorway is closed and the hot steam is created. The Medicine Carrier or Facilitator should check on all the participants on a frequent basis to ensure there are not concerns. If a participant further expressed to the Medicine Carrier, Facilitator or others that they are feeling anxious. The follow action shall take place:

- The Medicine Carrier or Facilitator will stop the ceremony and ask that the doorway be opened, and the participant is help out of the Lodge
- Once outside the Lodge additional support care will be offered to calm the individual down
- Ensure the Wisdom Keeper screen those individuals whose first time for participating in the Lodge. In addition, have this person sit next to the Medicine

Carrier in the Lodge to help them navigated through the ceremony and be able to check on them during the ceremony.

Burns

Due to the nature of this ceremony and the use of fire to heat up the stones precautionary measure will need to be taken. It is the responsibility of the Medicine Carrier and or Facilitator to ensure that area surrounding the fireplace clear of flammable materials. In addition, ensure that the fire screen is in place to prevent hot ambers for shooting out of the fireplace.

There are two other occasions where there is a potential for burns while inside of the Lodge. The first is when the hot stones are brought into the Lodge. Second, is when water is poured over the hot stones to create the steam. The potential for burn exists if person(s) are in the close proximity of the stones and the water droplet from the pouring process.

Burns or other injuries should be addressed with appropriate attention, including cleaning, and dressings and application of a dressing, as necessary. The following precautionary measures should be taken:

- Stay clear of the area in which the hot stones are brought into the Lodge.
- Participants should be reminded to be at a safe distance away from the stones when the steam is created.
- Parents of children should instruct their children not to play with the fire without supervision; include play around the hot charcoals that are place at the doorway to the Lodge.

Fall Hazards

Every effort is made to ensure the safety of the space, including potential fall hazards. Participants should be may aware of any unusual uneven surfaces prior to the start of the Lodge.

AYAHUACA CEREMONY

In an Ayahuasca Ceremony some of the most typical challenging experiences that participants encounter have to do with the emotional states experienced as they journey through the varied depths of consciousness that the Sacrament invokes. While these events are the most typical, and can generally be assisted with supportive presence and empathic care, these states are, at times precursors to more severe scenarios.

As Medicine Carriers and Facilitators in Ayahuasca Ceremonies we are versed in distinguishing the standard course of a participant in a typical Ayahuasca journey from an atypical Ayahuasca Journey experience. It is the responsibility of all ceremonial participants to be mindful of our own ceremonial countenance and that of those in our immediate surroundings. This ensures our safety and the safety of all participants.

All participants are instructed to seek help at any time that they feel they need assistance. Rapid response, early detection of complicated scenarios will help mitigate the evolution of most matters into more serious events.

Disoriented participants, frightened or overwhelmed participants can usually be assisted with calm, supportive, comforting presence or tranquil, reassuring talking. An appropriate Icaro will usually help temper the situation and return the participant to a less challenging state of consciousness in their journey.

It is important to recognize when to allow a participant to experience certain challenges as part of their spiritual and healing process and when we should intervene. Moments of self-injury or injury to others and moments of loss of consciousness are times when we should help participants.

If a participant is moving about in a fashion where they may injure themselves or others care shall be taken to assist, support and prevent the participant from injuring themselves or others. Cushions and pillows may be helpful. If the participant should be removed from the ceremonial space every effort should be carried out by at least two facilitators and/or Medicine Carriers. Once the participant is removed from the ceremonial space they should be supported and accompanied by at minimum two caregivers (The caregivers do not have to be the same people that escorted the participant out of the ceremonial space. It is preferred that the two caregivers be one male, one female unless this is not possible).

If loss of consciousness occurs during an Ayahuasca Ceremony the participant should be moved from the Ceremonial space. In a more dimly lit space, vital signs are to be determined and appropriate actions be provided according to the present needs of the participant. If the participant is breathing on their own and no other signs of distress are present, cautious observation by the supportive Facilitators is all that may be needed.

For a non-breathing participant the Emergency and Crisis Plan should be activated and Auxiliary assistance should be called. Basic Life Support should be carried out until Auxillary assistance arrives. If there is a Medical Doctor or other Professional Health Personnel capable of managing the present situation their instruction should be heeded until Auxillary assistance arrives. Basic Life Support (BLS) protocols should be followed if unconsciousness, difficulty breathing or a cardiac event occurs. The participant should be kept warm to prevent hyperthermia and kept comfortable.

EMERGENCY CONTACTS

MEDICAL: _____

FIRE: _____

POLICE: _____