



## Self-guided activity Security instructions

- ✓ Be sure to have the maps and itinerary with you before departure.
- ✓ Respect the signalization at any moment during your stay.
- ✓ Always wear the necessary protective equipment (bike helmet). If you do not have one, we will gladly lend you one.
- ✓ In case of a thunderstorm, get into the safety in a Véloroute shelter.
- ✓ Never take the road under the influence of alcohol.
- ✓ Read carefully the instructions in case of emergency. (See table.)

### Instructions in case of emergency

Degree of severity of the incident	Example	Action	Resource
1	Minor breakage on the bike (flat tire)	Try to fix it using the repair kit	Repair kit or <i>Équinox Aventure</i> : (418) 668-7381 ext. 503
	Late arrival at an accommodation	Contact the accommodation	Consult the itinerary sheet from <i>Équinox</i>
2	Important breakage on the bike	Get to a repair center or contact <i>Équinox</i> for a replacement	<i>Équinox Aventure</i> : (418) 668-7381 ext. 503 (8am to 5pm)
3	Injury which impairs you from continuing the tour	Contact <i>Équinox</i> for a return shuttle	<i>Équinox Aventure</i> : (418) 668-7381 ext. 503 (8am to 5pm)
4	Serious injury or health problem	Call the emergency services 9-1-1, then inform <i>Équinox</i>	<i>Hugues Ouellet</i> : 418-480-7149 <i>Maxime Harvey</i> : 418-480-7007

In any of these cases, do not hesitate to ask for help to « Ambassadors » of the *Véloroute des Bleuets*. Identified by their red shirt, those volunteers patrol the *Véloroute* and have received training in relation with the circuit, tourist attractions, bicycle mechanics as well as being certified in cardiopulmonary resuscitation (CPR).



## Self-guided activity

## Health centers

In case of a health problem, you can also go by yourself in one of the health centers in the region. Here is where you will find them:

Hospitals	Health centers
<i>Alma</i>	
Hôtel-Dieu d'Alma 300, boul. Champlain Sud	CLSC Le Norois 100, ave Saint-Joseph Sud
<i>Dolbeau-Mistassini</i>	
Hôpital de Dolbeau 2000, boul. Sacré-Coeur	CLSC des Chutes 201, boul. des Pères
<i>Saint-Félicien</i>	
-	CLSC Édifice Bon-Conseil 1228, boul. Sacré-Coeur
<i>Normandin</i>	
-	CLSC Centre de Normandin 1205, rue Saint-Cyrille
<i>Roberval</i>	
Hôtel-Dieu de Roberval 450, rue Brassard	-
<i>Métabetchouan</i>	
-	CLSC Secteur Sud 1895, Route 169
<i>Jonquière</i>	
Hôpital de Jonquière 2230, rue de l'Hôpital	CLSC de Jonquière 3667, boul. Harvey
<i>Chicoutimi</i>	
Hôpital de Chicoutimi 305, rue Saint-Vallier	CLSC de Chicoutimi 411, rue Hôtel-Dieu
<i>La Baie</i>	
Hôpital de La Baie 1000, rue Dr Desgagné	CLSC du Fjord 800, rue Aimé-Gravel
<i>L'Anse-Saint-Jean</i>	
-	CLSC du Fjord 29, rue Saint-Jean-Baptiste