

Search and rescue teams come together to lift injured hiker from Juan de Fuca Trail

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The Juan de Fuca SAR team calls on its cohorts at Metchosin, BC Emergency Health Services, and North Shore Rescue's long-line team to help a hiker on Sunday (July 19). (Juan de Fuca Search and Rescue/Facebook)

Teamwork proved key as a series of search and rescue teams came together to get a hiker off the Juan de Fuca Trail Sunday (July 19).

The Juan de Fuca SAR team was called out that afternoon to help someone with an ankle injury. That crew called on its cohorts at Metchosin, BC Emergency Health Services, and North Shore Rescue's long-line team for extraction due to the extreme weather.

The injured person was lifted from the bush safely.

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“We would like to wish our hiker a smooth recovery,” Juan de Fuca SAR said on social media. “Most of our calls are for lower limb injuries. Remember to wear proper footwear as the forest floor looks solid but hides rotten wood and tree wells – prime for ankle injuries.”

The No. 1 reason for search and rescue callouts in B.C. is injuries, and BC Search and Rescue Association data shows most search and rescue calls involve local residents. While familiar trails and parks can seem safe, search teams are most often called out for injuries, followed by lost or disoriented individuals, and those misjudging their skills or the terrain.

Between 2022 and 2024, 95 per cent of search and rescue cases (<https://vicnews.com/2025/05/17/close-to-home-locals-make-up-95-of-search-and-rescue-calls-in-bc/>), in B.C. involved people enjoying the outdoors close to home.

Those aged 20 to 29 make up about 30 per cent of search subjects. Many are residents exploring nearby trails, locals visiting in their region, and others exploring just outside their home area.

BC Search and Rescue Association represents the 3,200 volunteers in B.C. who make up 78 teams across the province and respond to about 1,960 incidents each year. Teams across the province regularly promote safety by sending people to check out the myriad tips online at adventuresmart.ca. It offers checklists, a trip planning app and safety webinars.

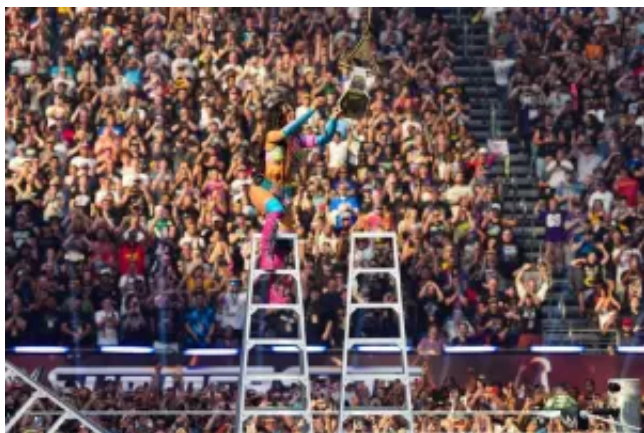
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