



*Published by CMC Denver Safety and Leadership Committee
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www.hikingdenver.net
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On behalf of DS&L, we'd like to thank you for making our April Leader/Instructor Gathering so successful. Attendance was roughly 100. We hope you enjoyed the program and had enough time to catch up with your fellow leaders and instructors.

Wayne Johnson spoke about considerations for evacuation. As soon as he's tallied the responses, we will publish these guidelines. Pat McKinley spoke about guidelines for handling an emergency. He provided everyone with a checklist, included on page 2. The checklist can be copied and conveniently placed in your first aid kit.

Guidelines for Handling Emergencies

A Case for Trip Emergency Preparation

By Pat McKinley

As part of Leader Appreciation Night, a couple tools to help Trip Leaders prepare for an emergency were presented.

The first tool is to carry a copy of the Emergency Report Form in your first aid kit filled out with your personal information. WFA instructors advise that the rescuer

use the victim's first aid kit in case there are special needs, medications, or other essential items. It makes sense that there ought to be information there about the person's medical history. ALL trip participants SHOULD carry an Emergency Report Form in their first aid kit. Also, if the victim was unconscious and could not answer questions the emergency rescuers would have this valuable information. Paramedics will be able to provide aid more efficiently if they are given a completed Emergency Report Form. A copy can be found at:

<http://www.hikingdenver.net/wp-content/uploads/2011/03/Emergency-First-Aid-Report-Form.pdf>

Please advise your participants to fill out these forms and keep them in their first aid kit. Don't have a first aid kit? Every member should have one as part of the 10 Essentials. Even better, hand them a form or provide them with the link to assure they will actually do it.

Secondly, during an emergency the group may not be prepared. There can be panic or maybe everyone stands around wasting precious time. If the leader has a checklist to bring order to the emergency ... time can be saved.

Check List for Trip Leaders for a Wilderness Emergency

1. Leader:

- Assess site **STOP** - Stop, Think, Observe, Plan -- Is the area safe?
- Assign Incident Manager
- Assign Medical Team, Go-For-Help, Bivy Team

2. Medical Team

- Administer first aid ...Obtain permission from victim, assess victim(s), etc.
- Check victims first aid kit for medical history
- Record information on CMC Emergency Report Form/Information for Rescuers

3. Incident manager

- Assess situation - current needs of patient, teams, participants, evacuate, bivy
- Implement plan based on evacuation or bivy decision

4. Go-for-help team ... minimum 2 people better 3-4 if available

- Record patient's location, incident, current situation and group details, photos
- Assess options
 - alternative routes, mark route if necessary, GPS coordinates of group
 - communication with 911, sheriff, search and rescue
 - trailhead plan ... car keys, escort Search & Rescue, drive for help, etc.
- Patient Emergency Report Form/Information for Rescuers

5. Bivy team

- accommodations required for patient and group
- determine if location is conducive to overnight, alternatives
- assess/prepare available resources ... shelters, fire wood, water, etc

Announcements



Website Tutorials

DS&L feels your frustration with the new website but please hang in there. We encourage you to give trip scheduling a try. You can call the following leaders, who will walk you through it over the phone.

Jeff Flax: 303-464-7377 or Jeff@JFlax.com

Linda Lawson: 303-793-0144 or lkl14er@comcast.net

Brenda Porter: 303-996-2748 or brendaporter@cmc.org

Uwe Sartori: 719-964-0232 or uwesartori@me.com

Here are a couple of fast links to the updated tutorials.

PDF manual for Leaders:

http://cdn.e2ma.net/userdata/1354564/assets/docs/UPDATED_Leader_Trip_Instructions_4_17_13.pdf

PDF manual for School Directors:

http://cdn.e2ma.net/userdata/1354564/assets/docs/How_to_Schedule_a_Class_School_Event_or_Adventure_Travel_Trip_20130411172059.pdf

You can report problems or voice concerns to web@cmc.org. The more reports of a problem equates to the more priority is given to it.



Avalanche Information from CAIC:

- April 26th or 28th - Last day for zone avalanche forecasts
- April 27th or 29th- Start Statewide Avi Statements (Sun/Wed/Fri)
- April 30th - Last day for Mountain Weather Forecasts
- May 27th - Last day for 3-x-week Statewide Avalanche Statements (we may stop sooner if conditions warrant)

In little more than a week, the total snowpack depth has increased one to two feet in depth, with an inch and a half to two inches of water equivalent. That is a significant load on the snowpack. Weak layers near the ground have been pushed to the breaking point, and deep persistent slab avalanches are the primary avalanche problem.....Most of the recent avalanches have occurred on north and northeast aspects near treeline. In many of the deep persistent avalanches throughout the winter, the culprit weak layers were small facets above a thin crust, on top of depth hoar. Slopes where these layers remain weakest are north

through east aspects near and above treeline. The slab above the weak layer may be very hard (P or K) and strong. These hard and dense slabs may give riders a false stability and security. It is easy to gain a false sense of confidence as many tracks are laid down on these deep persistent slabs without incident. Likely trigger points are where the slab is thin, like shallow rocky areas, or along the margins or bottom of the slab. If you find the wrong spot, the resulting avalanche will be very large, destructive, and dangerous. Being conservative and cautious with your route finding and terrain selection are the best ways to avoid the problem.



Lightning Season is approaching. Please review safety considerations posted in the June 2012 Safety Newsletter:

<http://www.hikingdenver.net/wp-content/uploads/2012/06/Safety-Newsletter-6-12-Lightning.pdf>

Road Conditions:

If you are aware of any changes in road conditions please contact us:

Linda Lawson lk14er@comcast.net or Deb Robak kaborbed@comcast.net

Twin Tunnels Project I-70 - For updated blasting information call: 303/327-4034 or 511. Online information can be found at www.coloradodot.info Select the Search box on the upper right of the screen and key Twin Tunnels.

Bear Lake Road – RMNP - For updated information and planned delays, contact the park's road status line 970/386-1222 or the Information Office at 970/586-1206.

Trail Ridge Road – RMNP - Trail Ridge Road should reopen May 24, 2013, weather permitting (from RMNP website April 21, 2013). Because weather conditions may change rapidly, when Trail Ridge Road is open, park visitors should be prepared to adjust travel plans accordingly and are encouraged to call the park's Trail Ridge Road recorded phone status line at (970) 586-1222.

LEADERS AS AMBASSADORS

Although our members may join CMC “just to hike, climb or get out”, our organization has so much more to offer. Be an Ambassador by informing your trip participants and school students about these upcoming events:

- ❖ Trail Maintenance – every Saturday in a variety of locations including state parks, county open space and front range districts
- ❖ “Chasing Ice” film at AMC, environmental documentary
- ❖ Wilderness Survival School – May 8, 15, 22 Evening Lectures; 1 overnight June 1st
- ❖ Nature Photography School – May 18th Lecture, May 19th Field Day at Roxborough; open for all types of cameras
- ❖ New & Prospective Member Orientation – May 20
- ❖ Alpine Scrambling School - May 21 – learn how to ascend & descend 13ers & 14ers the non-technical way

- ❖ Basic Rock Climbing School - Two sessions May 28 & June 3 , including evening wall climbs and field days
- ❖ Andrew Skurka, one of the most accomplished long-distance backpackers in the world presents a instructional clinic on May 30
- ❖ July - In State Outing Ridgeway State Park (outside Ouray)

And, remember our fabulous **Adventure Travel** trips for those who wish to wander the globe in these mountain ranges: White Mountains, British Columbia, Himalayan. Or, travel to New Zealand, Aconcagua, Boundary Waters or the Appalachian Trail.

We also have special interest sections: Photography, Great Outdoor Reading Program, **Trailblazers** (21-40 age group), and **Over the Hill Gang** (50+ age group), as well as **social** activities (dinners, theater, concerts, etc).

ACTIVE LEADER PROGRAM FAQ'S

The definition of an Active Leader (including School Instructors who are certified as leaders) is defined as a certified leader in good standing who leads an official trip/activity scheduled in the CMC Activity Schedule each calendar year.

The following contain some FAQ's:

Q1: I led one trip in 2012. Do I have to lead another trip by July 1, 2013 to retain Active Leader status?

A1: No, you do not have to lead a trip by July 1st, but you do need to lead a trip by December 31, 2013.

Q2: I led one trip in 2012 but have an injury that will not allow me to lead a trip by July 1st. Will I become Inactive on July 1st?

A2: No, you will not become inactive on July 1st, but you need to lead a trip by December 31, 2013 to remain on Active Leader status.

Q3: What happens if I have been injured in 2012 and am unable to lead a trip by July 1, 2013 but want to retain Active Leader status?

A3: If you have not led a trip in 2012 and an injury keeps you from leading a trip by July 1, 2013 you may request a waiver from Denver Safety & Leadership Committee to be moved from Inactive Leader status to Active Leader status by leading a Denver Group trip listed in the Activity Schedule when your injury allows you to do so.

Q4: I have been a leader for 40 years but am no longer leading and do not expect to lead in the future. What happens to my Leader Status?

A4: You may elect to become Inactive or you may elect Leader Emeritus Status which allows you to retain all leader discounts offered at local retailers, remain entitled to a complimentary drink at the Annual dinner and have Leader Emeritus status indicated in your Membership Card. Inactive Leader does not allow you to retain any discounts or receive a complimentary drink at the Annual Dinner.

Q5: I am a Senior Instructor in a Denver Group School and completed all trip leader certification requirements but don't lead trips in the Activity Schedule.

I do lead field trips with the school. How does this definition change my leader status?

A5: Instructors who are certified leaders need to have led one field trip for their school in 2012. The School Director needs to advise DS&L Committee each year of those instructors leading one or more field trips for the school. If you are a certified leader instructing in a school and did not lead a field trip for the school in 2012, then you need to lead a field trip for the school by July 1st. If your particular school is not held until after July 1st, please communicate with DS&L by asking for a waiver and advising the date(s) you will be leading a field trip for your school in 2013.