



*Published by CMC Denver Safety and Leadership Committee
Deb Robak, Content Editor*

www.hikingdenver.net
www.cmc.org



Now that we have your attention, Denver Safety and Leadership would like to invite you to an evening of complimentary food and refreshments followed by a brief and informative presentation. Join us for a fun evening to socialize with other leaders and instructors.

What: LEADER EVENING GET TOGETHER

Where: CMC Conference Rooms A & B

When: Tuesday, April 16, 2013, 6:30 to 9:30 PM

Why: Your Safety & Leadership Committee wants to thank you for all your contributions throughout the year.

Who: All Denver Group Leaders, Instructors and TLS attendees

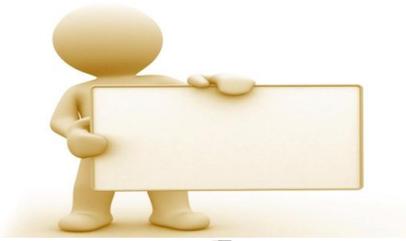
Very Important: Please RSVP (so we know how much pizza to order) to kthurley888@gmail.com

Presentation by Pat McKinley and Wayne Johnson on "Guidelines for Handling an Emergency" will follow.



Alert: Hypothermia is a serious consideration in all accidents at this time of year. As evidenced from some of our recent accident reports (and past ones), hypothermia a very real issue. It should be one of your first considerations. Hypothermia can occur from sitting around while first aid is being administered or merely from the shock of the injury. The leader needs to be alert to hypothermia issues in all participants.

- Find or provide shelter from the elements.
- Make sure the injured person is sitting or lying on an insulated layer. Items include jackets, tarp, backpack, sitting pads, etc.
- If needed, utilize hand warmers to keep the individuals core warm, placing around the groin, armpits, stomach, etc. Don't place directly on the skin. Make sure their head is covered.
- Depending on the nature of the injury, consider whether it is best to get the person moving or have them wait in the cold for evacuation. 75% of muscle energy is produced as heat so it's important to get them moving as quickly as possible.
- If reasonable, offer warm liquids. Carbohydrates will also provide energy which generates heat.
- Remind your other participants to stay warm. You don't need another victim.



ANNOUNCEMENTS



Frustrated with the new website?

Here are a few links for navigating the new CMC website. The Denver Group www.hikingdenver.net also has a link on the leader page:

How to Schedule a Trip:

<http://www.hikingdenver.net/wp-content/uploads/2013/03/HowTo-ScheduleTrip-1.pdf>

How to Sign Up for a Trip:

<http://www.hikingdenver.net/wp-content/uploads/2013/03/HowTo-SignUp-1.pdf>

How to Update You Membership Information:

<http://www.hikingdenver.net/wp-content/uploads/2013/03/HowTo-UpdateInfo-1.pdf>

Here are a few tips on scheduling trips:

1. Leaders now approve your own trips. Each trip needs three
 - a. Status: **Confirmed**
 - b. Check box **Allow registration**
 - c. Check box **Active**If you Check box “registration requires login” it is for members only
2. Trips are duplicated if the leader entered the trip with two groups (example Shining Mtn and Denver by a Denver leader). The leader will need to go in and delete the trip that doesn't have anyone on the roster yet.
3. TICKETS – Because the scheduling screens are used to schedule Trips and Events, the language selected by programmers was TICKETS AVAILABLE. This is where a trip leader indicates the number of participants accepted. Leaders must put the number of participants they allow on their trips in this box. If nothing is selected then the schedule will show “no tickets left” when a member attempts to register for a trip. If this is happening, you need to click “Edit” and add how many people can sign up in the TICKETS BOX.
If you scheduled a trip prior to the website launch, check to see that the number of participants you designated on the prior trip scheduling system was transferred correctly. If not, you will need to enter the number of participants you allow in the TICKETS form.
4. PRICE – Again because the scheduling screens are used to schedule Trips & Events, the language selected by the programmers was PRICE because there is a fee for some EVENTS. Since we do not charge for trips LEAVE THIS BLANK.



The CMC offers a free pro-deals discount to active CMC volunteers, instructors and leaders. As DG leaders, instructors and committee volunteers, YOU qualify for this great deal. There are 265 outdoor gear and clothing manufacturers available through ProMotive. You can see some of the brands available s at <https://www.promotive.com/manufacturers?industryCluster=1&industry=1>

To sign-up, go to www.promotive.com/coloradomountainclub, click on the big blue button on the far left side of the screen that says “join this team”. Fill out the online application and submit for processing. Under CMC activity, check 100 hour volunteer. The CMC will approve your application within a few days.

If you have questions about the registration, contact Jeff Flax, DG Chair, at Jeff@JFlax.com

Newsletter Articles Needed:

I am running out of ideas and need your help. If you have a subject you would like us to cover or if you have a good story you would like to tell (fact or fiction), please contact: Deb Robak at kaborbed@comcast.net or 720-524-3649



We have some very dedicated volunteers but we can't do it alone. DS&L is in great need to fill the following positions:

- **Secretary** – skills include recording monthly minutes, maintaining Google Group and updating committee member's profiles.
- **IT / Communications Person** – Maintaining the DS&L page on the DG website
- **Newsletter Editor**
- **Backup** people for the following: incident investigations, leader certification, newsletters

We meet once a month, every third Monday. If you have any questions, would like to volunteer, or volunteer someone else please contact: Linda Lawson at lk114er@comcast.net

Apex Park: Jeffco is requesting public input on grading and drainage improvements, construction of a permanent flush restroom, water fountain, handicap parking and typical park entry elements. A project presentation will be held on Thursday, March 21 from 5:30 -7:30 p.m. at the Jefferson County Open Space (JCOS) office, 700 Jefferson County Parkway, Suite 100, Golden, CO 80401. Details about the project will also be posted on the Apex Park website and comments will be taken through April 17.

http://jeffco.us/news/news_item_T3_R2929.htm