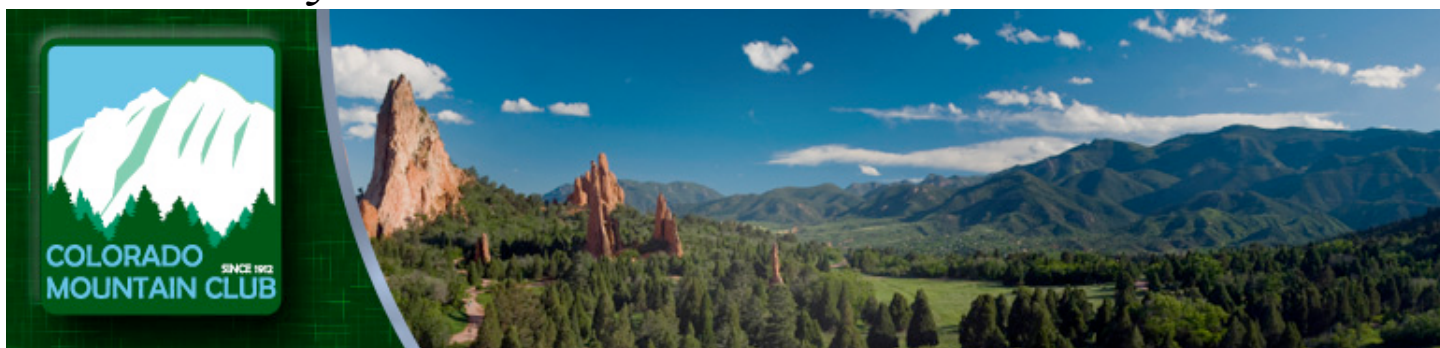


Denver Safety & Leader Newsletter

November/December 2013

A communication for CMC Denver Leaders



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Trips Led 2012/2013

CMC Denver Leaders and Instructors led almost 1600 trips between October 1, 2012 and September 30, 2013 as reported at the DS&L Recognition Night, November 7th.

WAY TO GO, GUYS & GALS!

The trip statistics include trips completed by both individual leaders and school field trips by instructors, but exclude co-led trips to a single destination.

Of the total, 48% were classified as A&B trips, 25% as C&D trips and 19% as snowshoe or ski trips. The balance

of trips include bike, backpack, climbs, fly fishing and other school field activities.

More than 50 leaders completed one trip; 70 leaders completed 2 to trips; 38 leaders led 4 to 5 trips; 45 leaders completed 6-10 trips; 30 leaders completed 11-20 trips; eight leaders completed 21-30 trips; one leader stands alone in the 30-40 trip range - Linda Jagger 37 trips.

The Top 5 Leaders leading non-technical trips were Steve Bonowski – 43; John Walters – 54; Marty Billings – 57; Linda Lawson – 58; Dave Goldwater – 69. The Top 2 Technical Trip leaders were John Raich and Mark Thompson.

Annual CMC memberships were awarded to top trip leaders who had not been awarded an annual membership previously and were not 40 year or Lifetime members. Membership awards were made to: Mark Thompson, Marty Billings &

Steve Bonowski. A gift card was awarded to John Raich who is both a Lifetime & 40 Year Member.

A HUGE THANK YOU TO EACH AND EVERY LEADER/INSTRUCTOR FOR SHARING YOUR TIME & TALENTS WITH OUR MEMBERS.

Education



AIARE Level 1 School (AL1) is required for those leaders certified after September 30, 2011 who wish to lead trips in backcountry terrain. Those leaders certified prior to October 1, 2011 have until September 30, 2016 to complete AL1.

Two sessions of AL1 are offered with the first session offered January 31, February 1 & 2 at Empire Community Room and field practice at Berthoud Pass.

Scholarships have been awarded by DS&L to these certified Denver leaders: Marilyn Choske, Ginger Ellis,

Linda Jagger, Tom Jagger, Gyorgy Krestzi, Fred Larke, Debbie Markham, Terry Ploski, George Taylor, Mark Wolf.

AVALANCHE REFRESHER TRAINING FOR AIARE LEVEL 1

AIARE Level 1 Completion is valid for five years from the date of completion.

AIARE Level 1 “Refresher” Training can be accomplished in the following manner:

The leader/instructor shall be considered “recertified” by acting as an Associate or Assistant in a 24 hour AIARE Level 1 course

offered by Denver for the full training period. There shall be no fee for the leader/instructor who “recertifies”.

The AIRE Level 1 School Director shall also report the names of those acting as Associates or Assistants to CMC Membership Services who will enter the completion notice and date into the Leader Qualifications data base for the CMC website.

All AIARE Level 1 Senior Instructors shall be considered “recertified” each time they teach in a Level 1 School. The AIRE Level 1 School Director shall report the names of those acting Senior Instructors in Level 1 School to CMC Membership Services who will enter the completion notice and date into the Leader Qualifications data base for the CMC website. Thus, a senior instructor is continually recertified” by teaching.

Any AIARE Level 1 trained Denver leader who increases his/her knowledge by completing AIARE Level 2 or AIARE Level 1 Instructor Training (IT) shall be considered as having completed refresher training. The AIRE Level 1 School Director shall also report the names of those completing Level 2 training or IT training to Membership Services who will enter the completion notice and date into the Leader Qualifications data base for the CMC website.

Avalanche Terrain Avoidance (ATA) is required for those leaders certified after September 30, 2011 who wish to lead trips in non-backcountry terrain. Those leaders certified prior to October 1, 2011 have until September 30, 2016 to complete ATA if they wish to lead trips in non-avalanche prone terrain Two remaining ATA sessions are offered: January 9th and February 5th with optional field days January 11th and February 8th. Register on line.

STEVE GLADBACH SAFETY VIDEOS.

Steve Gladbach was a CMC Pikes Peak member and an important voice in the 14ers.com community who died this past summer while descending Thunder Pyramid Peak. The Steve Gladbach Fund was created to answer a need by the 14ers.com community to find a good home for the memorial contributions received in Steve’s name.

The funds received exceeded expectations with the result being a dedicated Memorial Fund. State Safety & Leadership Chair, Uwe Sartori, and New Member & Retention Director, Brenda Porter, worked with Steve’s family to use these funds as a platform for an on-going mountaineering education outreach program .

As a result two videos have been completed; one introducing Steve Gladbach

and another on avalanche education.

Please take a few moments to review the videos which are intended for those who are new to Colorado's winter mountaineering. These links will be posted on CMC Facebook and hikingdenver.net.

Steve Gladbach Memorial Video:

<http://www.youtube.com/watch?v=LoidFvJpZ1g>

Colorado Winter Travel And Avalanche Safety Education:

<http://www.youtube.com/watch?v=QylgHwF3tkk>

Safety Discussion

Smartphone Apps – New Tools for Leaders Compiled by Nick Brown

Being CMC trip leaders, we know first hand there is no substitute for the knowledge we have learned in the CMC's skills schools, Wilderness First Aid and ongoing leadership training. We plan; we carry emergency medical kits and the 10 essentials.

Fortunately, CMC accident statistics show that we rarely have to put our knowledge to the test for serious accidents. But what if we do? Well, there is an app for that.

Following are several smartphone apps to consider as supplements to the knowledge we have gained through CMC training.

GotoAID First Aid LITE – “Created for the non-professional responder, GotoAID's easy to follow instructions walk the first aid provider step-by-step through the appropriate responses for everything from

bee stings to weather related emergencies to a complete sudden Cardiac Arrest incident. GotoAID is also an outstanding resource for those who want to enhance their emergency care training by providing instructions for many types of emergency situations not traditionally included in a basic first aid course.”

iTriage – “Created by two ER docs, iTriage helps you answer the questions: ‘What medical condition could I have?’ and ‘Where should I go for treatment?’ Save, easily access, and share the health care information that's most important to you.”

Free Spreadsheet – Exactly as named; easily create 3 columns titled “Trip” “County Sheriff” and “Phone #.” Populate the columns for your trips and you will always have quick access to the direct phone number for the County Sheriff your trip is located in if you need to request Search and Rescue.

With the exception of providing location information for treatment, the above apps work offline and do not require access to your carrier's service.

And, to answer the most frequent question trip leaders are asked, "What mountain is that?" there is:

Peaks – Launch the app and point your phone at the mountain. It works offline, but it is not always accurate.

The above list is not intended to represent the best apps or a comprehensive knowledge base. The app names may be slightly different depending on the app store you use. Peaks is low cost, the others were no cost at the time this article was compiled.



ANNOUNCEMENTS



Road Conditions:

- CDOT information: <http://www.coloradodot.info/>
Mobile app info: <http://www.coloradodot.info/travel/get-connected.html>
- RMNP: http://www.nps.gov/romo/planyourvisit/road_conditions.htm

Helpful Websites

These website references are recommended by one of our climbing leaders, Mike Zyzda.

Weather: 14ers.com – the weather tab allows the user to select a 14er peak on a map; the site provides an area forecast for the peak

<http://opensnow.com/state/CO> - looking for powder or good weather in which to climb? This is your site; there is also a phone app for iPhone users.

Avalanche: Caltopo.com & Hillmap.com – these sites provide overlays of slope angles; maps are printable

<http://avalanche.state.co.us/index.php> - this is the CAIC site which will resume daily forecasting and reporting November 1, 2013

BCA Avy Tour Planner – an app for iPhone users; the app focus is decision making in the field