

# Denver Safety & Leader Newsletter

## Second Quarter 2014

*A communication for CMC Denver Leaders*



*Published by CMC Denver Safety and Leadership Committee*

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### ***"Tracks on Trails" – Mammal Tracking for Hike Leaders & Photographers***



***Date: August 19, 6:30-8:30 pm, Jefferson Unitarian Church 303/279-5282  
14350 West 32<sup>nd</sup> Avenue, Golden***

***Presenter: Dan Martel***

***Register on line at [cmc.org](http://cmc.org) Events/Education; Fee: \$15***

Have you ever wondered what creature left those tracks or scat on the trail? This workshop will teach simple and effective techniques for identifying common Colorado mammals. Topics include the use of simple track taxonomies, habitat, season, accurate measurement and aging. Other topics will include the use of field guides and tips for wildlife observation. Photographers if you are interested in capturing wildlife in your camera lens this seminar is for you.

Dan Martel has spent a lifetime observing wildlife from Texas to the Yukon. A passionate conservationist, Dan volunteers with state agencies and non-profits on wildlife and habitat issues. He's a member of the International Society of Professional Trackers, Rocky Mountain Wild, the Rocky Mountain Elk Foundation and Backcountry Hunters and Anglers.

Proceeds will be used by DS&L to provide education scholarships for CMC Denver Leaders and used by [Backcountry Hunters and Anglers](#) for preservation of wild public lands, elimination of OHV abuse, youth education and ethical hunting practices.

## **Lessons Learned from the April Leader Gathering**

Significant interest was expressed by 100 leaders who attended the Leader Gathering. Three reality evacuations of CMC Denver members were related by Christine Taraskiewicz, Byron Wicks and Jeff Sillik.

With Terry Ploski in the role of moderator and Matt Stevens adding legal overview, each of these leaders told of the accident encountered on trips they were leading. Details were provided on the decision to evacuate and the actual evacuation. Here are a few extracts from each case about the Lessons Learned.

Accident #1 – “A” hike, participant slid in mud resulting in broken femur; evacuation by helicopter. Lesson Learned – there can be major injuries even on lower class terrain and easier hikes; having cell phone coverage was critical to raise Search & Rescue. Christine related that the wait time for assistance seems considerably greater than the actual time passed.

Accident #2 – Broken ankle on mile 29 of 40 mile loop in Paria Canyon, Utah (non- CMC trip but with CMC Denver trained leader), evacuation by helicopter; injured party was carried out of canyon on back of Search & Rescue volunteer to the helicopter. Lesson Learned - having two separate cell service providers was critical to contacting Search & Rescue; having a list of emergent care centers or hospitals in the area was extremely important since the Search & Rescue crew did not know where the injured party would be taken by the helicopter. Luckily the injured party was admitted to the first hospital he called.

Accident #3 – Rock fall while climbing on a CMC trip resulted in concussion and evacuation by helicopter; after injured climber hit by rock leader determined climbing up to area where helicopter could land was safer than down climbing. Lesson Learned – route evaluation critical to injured party and to Search & Rescue team; the best alternative is not always down or back the way the party traveled.

Evacuation Guideline Cards were provided to all leaders present. The Evacuation Guideline Cards are intended to be one of several tools in a leaders pack to assist in making decisions during critical situations. If you would like to receive an Evacuation Guideline Card, please contact [lk14er@comcast.net](mailto:lk14er@comcast.net) and specify Evacuation Guideline Card as the subject.

Special thank you’s to Christine Taraskiewicz, Byron & Merrie Wicks, Jeff Sillik, Mat Stevens and Matt Biscan for making the Leader Gathering a success, as well as the DS&L Committee members – Terry Ploski, Sue Henley, Pat McKinley, Karen Hurley, Tracie Sawade, Marty Billings, Uwe Sartori and Mark Thompson for their organization and successful execution of the event.

## Leader Liability Protection

The insurance agent for CMC's liability coverage, Allan Morton, of Morton Insurance and Risk Management, addressed the concern leaders have about liability during trips led or during field school instruction. Allan specifically stated that if a leader is named in a lawsuit that CMC's insurance coverage provides an attorney to represent the leader. At no time in CMC's history has a leader ever been denied legal counsel through CMC's insurance coverage. Also speaking about leader liability coverage was Matt Biscan, attorney, BMS and HAMS instructor, and trip leader. Matt stated that one of the strongest lawsuit deterrents CMC has are the Member and Guest Liability Waivers. All members sign, or electronically agree to, the CMC Liability Waiver annually. It is critical that when guests are on CMC trips they sign a waiver of liability as well. The link for the waiver is found on [cmc.org](http://cmc.org) under the Doc & Forms section on the member's dashboard. THE GUEST LIABILITY WAIVER FORM MUST BE DELIVERED TO THE CMC STATE OFFICE AS SOON AS POSSIBLE by either scanning and e-mailing it to membership services or mailing the original to the state office. Another legal protection is the Colorado Good Samaritan Law. Your best protection is your own risk mitigation practices in the field. Maintain appropriate situational awareness at all times and use your finely tuned skills and knowledge to reduce risk, increase safety, all the while giving your participants a great outdoor experience.

## Woof Woof - Doggie Hikes



There are many requests for Doggie Hikes from both long-time members and new members so, Leaders, please consider leading a Doggie Hike, and if you do here are some points related to your trip.

CMC State regulations state "dogs are not permitted on most CMC hikes except when listed in the Activity Schedule as a 'Doggie Hike'. In addition to that description, CMC Denver policy requires leaders follow the leash laws for the national, state, county parks and USFS or BLM lands on which the trip is led and, that the trip description state when dogs will be allowed off leash.

It is not the leader's prerogative to allow dogs on hikes, even if participants agree to do so when a member shows up on a non-scheduled doggie hike with their dog.

The scenario goes something like this: *B Hike meeting location Woolly Mammoth PNR. The hike has not been described as a Doggie Hike but a participant shows up with a dog stating the doggie day care wasn't open this early so there was no choice but to bring 'Marmaduke' along. The leader asks the other participants on the trip, "is it OK for Marmaduke to go with us today?"*

Usually no one objects because no one wants to be a 'bad ass' about someone else's pet. But in some cases a member has said NO. However, being in the minority the member is overruled. The member elects to go home rather than go on a trip with 'Marmaduke'. In other cases some participants are allergic to dogs in closed cars which requires more vehicles to drive to the trailhead or a member who was planning to carpool to drive his/her own vehicle.

Thus, members who were not expecting a dog on the hike are inconvenienced and may not sign up for future trips. The fact is that it is not the leader's prerogative to allow dogs on hikes when the trip description does not so describe the trip as a Doggie Hike. Leaders should advise Marmaduke's care taker, "Sorry, but I can't allow a dog on a non-scheduled doggie hike".

## **Steve Gladbach Memorial Video Series**

Steve Gladbach was a life-time member of the Pikes Peak Group and a very active climber. Steve died in 2013 while climbing. As a result of the memorial funds collected for Steve, his family has initiated a safety video series. The first two videos were rolled out in 2013, the first introducing the series and the second on avalanche education. The third video focusing on the 10 essentials is now available. The video is targeted for inexperienced, new members who have not yet participated in any schools. Leaders, check it out and refer your new trip participants to it. The 13-minute video is accessible on the main cmc.org page or at [www.youtube.com/cmc](http://www.youtube.com/cmc).

## **Wilderness Maximum Group Size**

### **Limit of 12 heartbeats:**

Indian Peaks\*, James Peak, Byers Peak, Vasquez Peak, Comanche Peak, Cache La Poudre, Neota and Rawah Wilderness Areas

\*Permit required; call Boulder Ranger District (303/541-2500) to obtain permit by mail; allow 2 weeks notice; only one organized group allowed in each zone per day.

### **Limit of 15 heartbeats:**

Eagles Nest, Mount Evans, Ptarmigan Peak, Lost Creek, and Never Summer Wilderness Areas

## Rocky Mountain National Park Group Size

A RMNP Ranger contacted on June 29, 2014 reported there are no limits on group size when hiking in the Park; however, leaders will want to consider the size of the group and the group's ability to stay together on and off trails when hiking and climbing. During the RMNP Centennial period, it is recommended group size be limited to 12.



### Escaping a Forest Fire

Colorado's fire danger levels are reported to us by the media, by road signage, by websites. But, what to do if you are out hiking or climbing and are caught in a forest fire? These are basic tips which need to be automatic if caught in a forest fire.

**SHOUT OUT** – to all others in your party of the danger and your plans

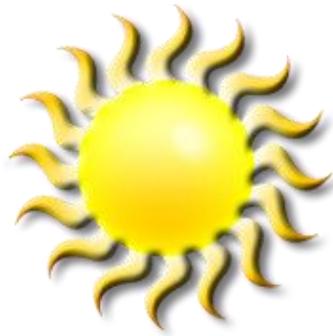
**GET OUT** – travel in the opposite direction of the fire; fire burns faster uphill than downhill; don't try to outrun a forest fire; don't stop to tear down your tent. Grab your water, phone, pack & GO!

**STAY LOW** – if you can't travel in the opposite direction of the fire, get down in a gully or ditch; smoke is heavier than air and will move above you

**GET WET** – if possible jump into a stream or lake, the deeper the better, but if you can't jump into deep water, then at least wet your clothes and body as much as possible; getting a body of water between you and the direction the fire is traveling is also recommended

**CALL 911** – if possible and advise of your location and other pertinent information

CMC Denver Trip Leader School teaches leaders to have an alternative route or trip plan. When traveling in Colorado's mountains during high fire danger alerts these alternative routes and trip plans may be critical to your group's safety.



## Heat Related Illnesses

Even though the temperatures are cooler when we hike & climb at higher altitudes a participant on your trip may experience a heat related illness. The symptoms of heat related illnesses are similar to other illnesses but if the condition advances it can lead to heat stroke. Here are a few health tips for leaders to recognize symptoms and the severity of advancing heat illness.

**Heat Cramps** – may be the first sign of a heat related illness but are also the least serious; still it is a painful condition when larger muscles intermittently spasm when a hiker or climber is physically active in hot weather. The thigh and leg muscles as well as core and arm muscles are the ones that most frequently cramp.. **Treatment** includes resting, cooling the body, hydration, and stretching the muscles that are cramping.

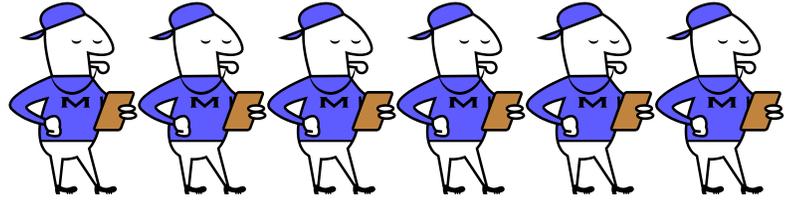
**Heat Exhaustion** – profuse sweating, weakness, nausea, vomiting, headache, light headedness, muscle cramps that can result for excessive sweating and inadequate fluid and salt intake.

**Treatment** includes stopping the activity, moving the participant to a cooler environment, rehydrate the participant if he/she is able to swallow and is not vomiting.

**Heat Stroke** – heat exhaustion can lead to heat stroke when the body's cooling mechanisms fail to work as a result of excessive heat; this condition is life-threatening and requires immediate medical attention. Advanced symptoms include warm, dry skin, temperature over 104 degrees F, rapid heart rate, nausea, vomiting, headache, fatigue, confusion, agitation, lethargy, and general stupor.

**Treatment** includes moving the participant to a cool place, remove excessive clothing and drench the skin with cool water, fan the skin, place bags of snow or water in the armpits or groin areas, offer cool fluids if participant is able to drink. CALL 911.

# ANNOUNCEMENTS



**NEW - Trip Leader Chats** Leaders have advised the State CMC they want more ways to connect with each other. CMC now has GoTo meeting and will be hosting monthly "Trip Leader Chats". This is an offering for leaders around the state to log-in and discuss issues important to them.

The initial Trip Leader Chat was held July 7<sup>th</sup>; the next Trip Leader Chat will be held in August. Focus topics will be determined. The inaugural call was led by d Uwe Sartori, State S&L Chair & Denver Trip Leader School Director. The subject was Weather & Lightning.

Register on-line under Events/Education to receive call-in directions to GoTo Meeting. Leaders may also participate by audio only.

## Avalanche Education School Dates Set

Avalanche Terrain Avoidance Seminar (ATA) – 3 hours – November 13, January 8, February 5;  
Optional Field Trip November 15, January 10, February 7

AIARE Level 1 School – 24 hours

Session 1 February 6, 7, 8 – lectures in Empire, field work at Berthoud Pass

Session 2 March 4 & 5 – lectures at AMC in evening; March 7 & 8 lectures in Empire, field work at Berthoud Pass

50% Tuition Scholarships for Leaders will again be available for AIARE Level 1.

On-line registration for both ATA & AIARE Level 1 will be available in October.

NOTE: This is the fourth year of a five-year "grandfather" period for leaders certified prior to September 30, 2011. Leaders certified prior to that date have until September 30, 2016 to complete ATA if they wish to lead non-backcountry trips in the winter or to complete AIARE Level 1 if they wish to lead backcountry trips in the winter.

## RMNP Shuttle Bus Route, Schedule & Map

[http://www.nps.gov/romo/planyourvisit/shuttle\\_bus\\_route.htm](http://www.nps.gov/romo/planyourvisit/shuttle_bus_route.htm)

## RMNP Flood Damage

Leaders should call RMNP at 970/586-1206 for up to date trail closures. The following list utilized RMNP's website listing as of June 29<sup>th</sup>:

**Fall River Area:** Lawn Lake and Ypsilon Lake Trails have significant damage with sections that are missing. The bridge across the Roaring River to Ypsilon Lake Trail is missing. Access to Ypsilon Lake, Fay Lakes and Spectacle Lakes will be difficult during high water.

**Alluvial Fan Area:** There is severe damage to both the east and west Alluvial Fan Trails. The Alluvial Fan Trail Bridge is missing. Until construction begins, the Endovalley Road and Old Fall River Road are open to pedestrians. Bicycles and pets on leashes are not permitted past the barricade on the road. The Roaring River Bridge is gone.

**Lumpy Ridge Area:** There is damage on the McGregor Falls Trail, the Black Canyon Trail, the North Gem Lake Trail and the Bridal Veil Falls Trail. The Bridal Veil Falls bridge has been replaced.

**Twin Sisters Area:** The large landslide on the west side of Twin Sisters impacted the switchbacks leading to the upper portion of the trail. Aspen Brook Trail received damage.

**Northfork Area:** The US Forest Service has closed the Dunraven Trailhead to all uses due to significant damage on the trail and bridges. There is damage on the North Boundary Trail and the Lost Lake Trail. Bridges on both trails are displaced or missing.

**Wild Basin Area:** The Ouzel Falls bridge is missing. The spur trail to Ouzel Lake is damaged and the bridge is missing. A detour to Ouzel, Bluebird and Thunder lakes is posted on the trail. The section of trail between Finch Lake junction and Calypso Cascades is damaged. The Sandbeach Trail bridge at Hunters Creek is missing.

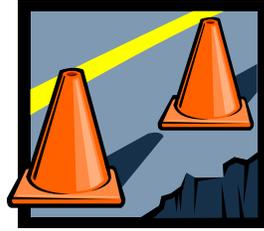
**Bear Lake Area:** The bridge across Fern Creek to Odessa Lake is missing. There is damage on the North Longs Peak Trail.

## Hessie Trail Head Shuttle Now Operating

### **Free Summer Shuttle Service**

The **free** weekend & holiday shuttle service began June 7<sup>th</sup> and will run through October 5, 2014. Users can park at the Nederland High School/Middle School parking lot for free and ride to the junction with Hessie Road to access the USFS trailhead. Shuttle parking is for day use only. Shuttle hours are from 8am - 8pm on Saturdays and from 8am - 6pm on Sundays. July 4<sup>th</sup>, Friday, the shuttle will run from 8am - 8pm. The shuttle arrives every 15 minutes and travel time to the Hessie Trail Head is approximately 15 minutes. Leased dogs are welcome on the shuttle.

## Twin Tunnels & Guanella Pass Road Construction



Leaders are advised to check with CDOT for current information. Call 511 or 303/639-1111. CDOT also allows you to subscribe to e-mail & text alerts about accidents & travel times in various areas. For Smart Phone or I-Phone users, there is a free mobile application called **CDOT Mobile**. To download CDOT Mobile, simply text "CDOT" to 25827 or search CDOT Mobile in your App Store.

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