

Denver Safety & Leader Newsletter

THIRD QUARTER 2015

A communication for CMC Denver Leaders



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www.hikingdenver.net

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LEADER RECOGNITION GATHERING – NOVEMBER 5TH

Location: AMC Conference Rooms, Golden

Social: 5:30 - 6:30 Food & Beverage

Program: 6:30 - 7:15 Leader Recognition

7:15 - 8:15 Leader Training Financial Support

8:15 – 8:30 Wrap Up

Please make reservations on CMC.Org, All Events, Education Members

Open to all Leaders, School Directors, Senior Instructors, Trip Leader School Grads

Meet and greet other volunteers and exchange ideas and experiences. Support and recognize your fellow leaders, school directors and instructors by attending the Leader Gathering. Encourage Trip Leader School Grads to complete the process to become a certified leader.

Hope to see you all there to learn about the Financial Support offered to potential leaders and existing leaders by Denver Group Council.

WHISTLE PROTOCOL

A whistle is one of the Ten Essentials CMC recommends its members and guests carry at all times while hiking, backpacking, skiing, snow shoeing, climbing. A whistle is a tool used to communicate to others in situations where human shouts cannot be heard. Although three blasts on a whistle are recognized as HELP, there is no standardized response to let the initiator know he/she has been heard and response is on the way.

WHISTLE PROTOCOL CONTINUED...

The Denver Safety & Leadership Committee (DS&L) has developed a Whistle Protocol designed to be simple and effective for our leaders and members to initiate and respond in specific situations where the human voice may not be heard.

Adhesive stickers for your water bottle or trekking poles will be distributed at the Leader Recognition Gathering, November 5th. If you are unable to obtain a sticker, this matrix can be cut out and taped onto a water bottle with transparent packing tape which will somewhat protect the paper from moisture. In order to communicate in an emergency the whistle is to be worn on the outside of a backpack or day pack.

Leaders may elect to provide stickers to trip participants during the orientation circle or simply go over the protocol with participants and advise the protocol may be obtained from the website [hikingdenver.net](http://www.hikingdenver.net/wp-content/uploads/2015/09/Denver-Group-Whistle-Protocol-8-18-2015.pdf) under the RESOURCES tab at the top of the main screen: <http://www.hikingdenver.net/wp-content/uploads/2015/09/Denver-Group-Whistle-Protocol-8-18-2015.pdf>

RECOMMENDED WHISTLE PROTOCOL		
<i>Neither the initiator or responder should cease whistle communication until the objective/the action requested is accomplished.</i>		
Situation/Objective	INITIATOR	RESPONSE
Contact	1 Blast (Where are you?)	1 Blast (I am here.)
Regroup	2 Blasts (Come here.)	1 Blast (Heard you. Coming.)
Emergency	3 Blasts (Help)	1 Blast (Heard you. Coming.)
Recommended by DS&L Committee May 2015		

FLIGHT FOR LIFE TIPS

Excerpts from Presentation by Chris Carr, Flight for Life, April Spring Leader Gathering

When a leader or the incident commander makes the decision to call 911 and asks for an injured party to be evacuated Flight for Life (FFL) teams may be the responders. With five helicopters, three fixed wing aircraft, three ambulances and specialty teams consisting of a minimum of a pilot, nurse and paramedic FFL is able to execute once they receive a GO command. All crews are also trained and experienced to search from the air and have night vision goggles in each aircraft.



The information needed by FFL includes: Location which can be provided by Lat/Long or UTM; Medical Situation Description (child/adult/trauma/weight of patient/significant blood loss) and a potential landing zone.

It may be up to you to identify a landing zone (LZ) although even if you identify a LZ the pilot may identify another LZ which is more favorable for the helicopter and the terrain. Generally the LZ needs to be 100' x 100', free of cranes, lifts, towers, wire. The FFL aircraft are equipped with skis and if a snow landing is required the team will want to know the snow conditions: hard pack, new snow & depth. Wind direction and speed is also critical information to be relayed to the pilot.

Once the helicopter is above the LZ, which should be identified by flagging, or a pack, or rocks, the following actions may take place depending on conditions: the chopper "crabs" into the wind, hovers, hovers and leaves, returns and stays, tests for stability of the LZ before crew off loads.

When the chopper lands, do not approach it until instructed to do so by a flight crew member. DO NOT: approach the tail, go aft of the loading doors, walk uphill or downhill towards a helicopter. WAIT for instructions from the flight crew.

Maximum size of the injured party to be evacuated by FFL cannot exceed 7' and 350 pounds. Actions recommended by FFL that can be taken prior to the evacuation include: restrain injured party if needed, secure him/her to a backboard or log, remove ski boots, and make certain any traction splits are as short as possible. Use the CMC Patient Checklist to provide the document to the crew with the injured party's information.

The crew will ask for a phone number and call the contact provided when they arrive at the Emergency Room. At lift off the crew may not know to which hospital they will be flying the injured party. Additional information may be relayed to the contact dependent upon which hospital accepted the injured party and HIPPA regulations.

FFL's goal is to "provide the best care in the most efficient and safest way possible". They ... are the best part of your worst day". FFL Communications Center Phone: 1-800/332-3123 or 911 and ask for FFL Evacuation.

AVALANCHE EDUCATION REGISTRATION AVAILABLE NOW

The highest number of avalanche fatalities occur in Colorado which is why you, as a leader, should enroll in either Avalanche Terrain Avoidance (ATA) or AIARE (American Institute Avalanche Research and Education) Level 1. ATA is offered in a three-hour seminar and an optional field day in November, January and February.

AIARE is offered twice in February and March in two separate formats. The February session includes two evening lectures at the AMC with additional lectures in Empire and field sessions at Berthoud Pass. The March session has all lectures in Empire and the field sessions at Berthoud Pass.

All winter leaders certified after September 30, 2011 are required to complete ATA; all winter backcountry leaders certified after September 30, 2011 are required to complete AIARE Level 1. All leaders certified prior to September 30, 2011 were grandfathered for a five-year period. This winter season is the fifth year of the five-year grandfathered period.

Scholarships are available to CMC Denver certified leaders. Application Deadline: November 30, 2015. Link for scholarship form on hikingdenver.net:

<http://www.hikingdenver.net/wp-content/uploads/2015/09/2016-AIARE-SCHOLARSHIP-FORM.pdf>

AVALANCHE LEVEL 2 STUDENTS NEEDED

Markus Beck, Alpine World Ascents, is offering a Level 2 AIARE class specifically for snowshoe travel. AIARE Level 2 completion is required for leaders wishing to become Level 1 Instructors. Level 2 is a four day course involving lectures and field training. Field training will be held at Berthoud Pass. School dates are December 16 and 17, Wednesday/Thursday and December 21 and 22, Monday/Tuesday. AIARE Level 1 is a prerequisite for AIARE Level 2. Those leaders committing to become Level 1 Instructors may have 50% of the Level 2 tuition reimbursed. Contact: Linda Lawson lkl14er@comcast.net or Tom Creighton tecreighton@msn.com

LEADERS STEP OUT FOR RMNP CENTENNIAL

CMC Leaders statewide led over 200 climbs/hikes/backpacks/snowshoe and wildflower trips in the Park supporting RMNP's Centennial Year celebrated from September 4, 2014 through September 4, 2015.

The most popular destinations were Deer Mountain, Thunder Lake/Pass, Chasm Lake, Estes Cone, and Sandbeach Lake. Trips to Longs Peak, either to the Keyhole, Boulder Field or a full ascent, were offered as was Mummy Mania, a route over Mummy Ridge involving summiting six thirteeners. Although the goal of summiting 100 of the 125 named peaks within the Park was not met, members statewide did summit 60 peaks during the Centennial Year.

Fifty-one Denver leaders offered 125 climbs, hikes, backpacks, snowshoe and wildflower trips. With the In-State Outing held on the West side of RMNP our members were exposed to new trails and scenery.

A round of applause for John Walters who as primary leader completed 25 trips totaling 250+ miles; as primary and co-leader John trod on 74 separate trails, accumulating more than 350 miles and ascending 76,000 feet during the Centennial Year. Other notable mileage: Brad Cotton, led and hiked 250 miles; members Nancy Endly and Leslie Koshigoe each hiked 100 miles and Carol Bennett hiked and snowshoed 200 miles.

Additional applause to Wildflower Trip Committee Chair, Linda Koshio Rogers; Native Plant Masters Dan Kunz and Judy King; ISO Trip Manager Sandi Bianchi; RMNP Committee Members Linda Lawson, Sherry Richardson and JC Cohen.

Sponsors of CMC's RMNP Program included: Devil's Thumb Ranch and Resort in Tabernash, White Fence Farm in Lakewood and Ice Box Mountain Sports in Frazer. Please support these businesses when in the area.

ADULT LEARNING TIPS

Stace Williams, Interactive Dynamics, developed and provided an interactive learning session for attendees at the Spring Leader Gathering. Whether you are an instructor, a school director, or a leader these tips will aid to get your message across to students or trip participants.

The 3 E's provide the conditions for the best learning environment. As a leader/instructor if you are able to incorporate any of these conditions into your situation your students/participants will find your message more effective: make the experience safe, useful, practical, interesting, vivid, memorable, compelling, active, fun.

3 E's – Enjoyable Effective Engaging

ADULT LEARNING TIPS CONTINUED...

To learn adults need to:

- Do – experience the activity
- Discover – facts, information, stories, feelings;
- Discuss – the process and consolidate facts and feelings.

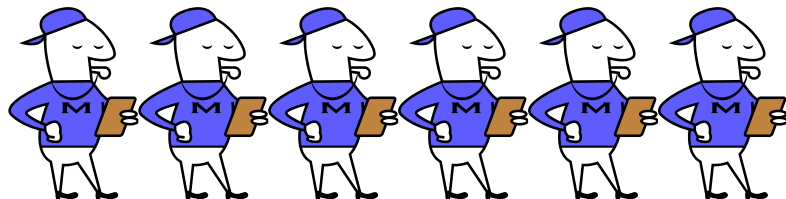
Best practices, identified by Stace Williams include the following which as instructors and leaders you may be able to incorporate into your field experiences with members:

- Gain and hold the groups attention for discussion*
 - Ask whether anyone has information or experience relevant to the situation*
 - Ask each student/participant for input and ideas*
 - Check for agreement among all participants*
 - Listen to all present*
 - Restate the points made*
 - Ask individuals to explain their points of view*
 - Focus on the group task*
 - Check for understanding by asking someone to repeat another person's comments*
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ACTIVE LEADER STATUS

Just a reminder that to retain Active Leader Status leaders need to lead one trip between October 1, 2014 and September 30, 2015, or complete one Denver school trip as a senior instructor. If leaders/instructors are unable to lead a trip during this time frame due to injury or accident, they may request a waiver from DS&L. Use this link for necessary actions to return to Active Leader Status:

<http://www.hikingdenver.net/wp-content/uploads/2014/07/Form-for-RETURN-TO-ACTIVE-LEADER-STATUS-2.pdf>



ANNOUNCEMENTS

TRIP LEADER SCHOOL (TLS)

October 10, Saturday – Lecture and Field Trip; Register at
<https://www.cmc.org/Calendar/EventDetails.aspx?ID=30769>