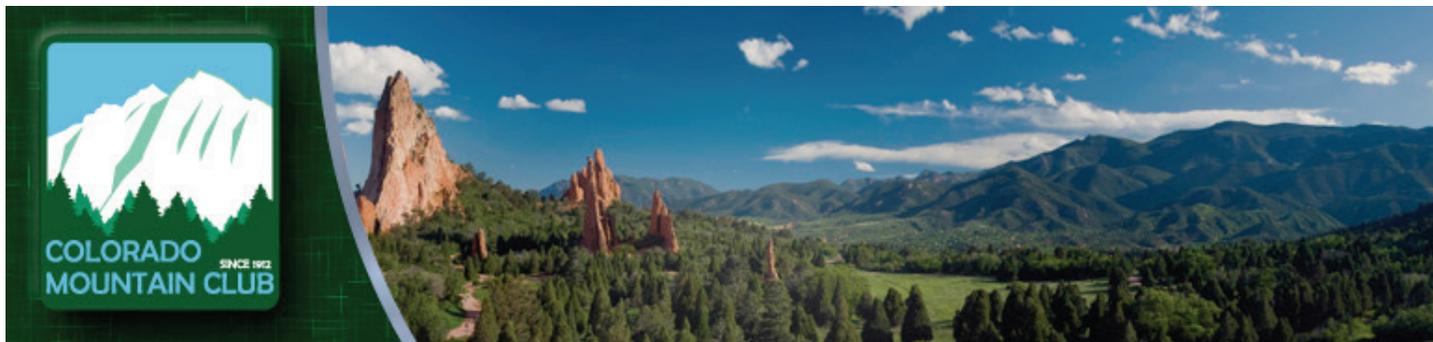


Denver Safety & Leader Newsletter

March 2016

A communication for CMC Denver Leaders



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SPRING LEADER/INSTRUCTOR GATHERING

“The Art of Trip Leadership”

April 21

Take part in our first trip leaders’ personal best practices discussion to learn how other experienced leaders manage their trips, rosters, wait lists, and field situations while providing a great experience for our members.

Location: AMC Conference Rooms

Time: 5:30-6:30 pm Food & Refreshment

Program: 6:30-8:30 pm Moderator Bob Collins

Panelists: Karen Hurley, Mike Zyzda, Norm Arlt, Jeff Flax, Kevin Schaal

Wrap up

& Evaluation: 8:30-8:45 pm

Incident Management Form Packets will be available to leaders at the Gathering.

ALL ACTIVE LEADERS/SR INSTRUCTORS/POTENTIAL LEADERS/TLS GRADS WELCOME

Register on-line; no fee but we need your headcount. Registration deadline: April 18th

4 = WFA REFRESHER

If it has been less than four years since you completed WFA you are eligible for the WFA Refresher School. This is an 8-hour course focused on scenario practice of common, recurring accident/incident field situations. Apply through the SALT program for free tuition. Next class will be held April 16th.

If it has been more than 4 years since you completed WFA then you should complete the full 16-hour school offered again in the fall. Apply through the SALT program for free tuition whether you are an active trip leader or an inactive trip leader planning to return to active status.

SALT PROGRAM - “*Support Aid for Leader Training*”

The SALT program has been available since January of this year and has resulted in certified applications from potential leaders for Wilderness First Aid (WFA) and Trip Leader School (TLS). Due to demand each school had potential leaders on the wait list; these members will receive priority in the fall sessions of WFA and TLS.

Existing leaders have been certified for the following schools/seminars: Avalanche Terrain Avoidance, AIARE Level 1, Alpine Scrambling School, WFA and WFA Refresher, CPR.

Active leaders need to complete a specific number of trips 12/15 months prior to date of application for specific schools. Senior Instructor field trips are equal to active leader trips.

Check out the SALT application at: <https://goo.gl/XuhvKm>

LESSONS LEARNED

During a recent CMC snowshoe trip a participant lost a snowshoe while traveling on a winter trail. Depending on the location, winter trails can actually be stream beds, gullies or ravines. Efforts to locate the missing snowshoe were unsuccessful.

How did participants dig for the snowshoe? How did they continue to travel?

Without a shovel participants used another snowshoe to dig for the lost one.

Participants exchanged snowshoes. The largest of the three participants wore his/her snowshoe and a snowshoe from a participant who was of medium build. That snowshoer wore one of his/her own snowshoes and took a snowshoe from the smallest person who then used one of his/her snowshoes and a microspike. All participants were able to continue traveling and return to their car.

ACCIDENT/INCIDENT TRENDS – MORE LESSONS LEARNED

By Terry Ploski

Several trends came to the attention of the DS&L Committee based on the review of past years' incident/accident reports by Safety Director, Terry Ploski.

Most accidents requiring medical attention seem to arise as the trip participants are returning to the trailhead. The onset of fatigue, level of training and energy may lead to individuals tripping and falling on tree roots, loose gravel, snow and ice. A suggestion to mitigate strains, sprains, dislocations and fractures is to recommend the use of trekking poles to add stability and support for tired trip participants. More frequent regular and recurring dedicated rest breaks may also reduce accidents and injuries.

Complaints related to school field outings and regular trips may find mitigation by instructors and leaders providing clear goals and objectives of trips, not only in the trip schedule description but also at the trail head. Pre-trip briefings stating the destination, the route, timing of breaks, turn around time, the need to wait at all trail junctions, expected stream crossings, etc. can improve clarity and create a sense of camaraderie.

School and trip participants enjoy different learning styles. The major learning styles include auditory, visual, tactile and experiential methods. School instructors and trip leaders may improve the sense of success and accomplishment by using more than one of these teaching styles.

As instructors and leaders, we have the opportunity to improve the students' and trip participants' experiences. Recognition of existing knowledge, skills, abilities and learning styles will reduce miscommunication and lead to safer and greater satisfaction on trip outings.

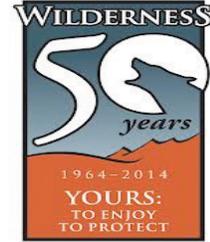
HIKING SAFETY SEMINAR

Note to A&B Trip Leaders

New members want to “get out” and hike or climb very quickly after joining CMC. But, sometimes schools are filled or schedules just don't work out. Our members are able to register for trips but may not have basic safety education relating to CMC trips.

Now leaders can direct participants on A & B hikes to the **Hiking Safety Seminar**, April 13th, 6:00 -9:00 pm at AMC. Topics include: terrain considerations, lightning safety, avalanche terrain avoidance, methods of preparation for a hike, how to respond to safety challenges and much more.

Existing Leaders are welcome to the seminar as well. Fee: \$5 Leaders; \$10 Members
Register on-line.



MAXIMUM GROUP SIZE IN WILDERNESS AREAS

Some wilderness areas have maximum group sizes of 12, others 15. Make certain you are in compliance with your CMC trip. Those with 12 participant limitations include: Indian Peaks, James Peak, Byers Peak, Vasquez Peak, Comanche Peak, Cache La Poudre, Neota and Rawah. Most other wilderness areas allow 15 participants.

Although RMNP is designated a wilderness area, it does not have a limitation on the number of participants on its trails.

Regardless of limits set, a large noisy gaggle disturbs wildlife, is often more difficult to manage and , and can foster irritation, amusement or derision among non-CMC hikers which could adversely affect CMC's image.

NEW AIARE LEVEL 1 INSTRUCTOR & LEVEL 2 GRADS

Congratulations to Jim Kennedy, Telemark Ski School Director, who recently completed the AIARE Instructor Training Course (ITC) and is certified to each AIARE Level 1.

Also Congratulates go out to: Joe Essiechick, Sheryl Lampert, Linda Lawson and Ken Yaphe for furthering their avalanche education by completing AIARE Level 2, a prerequisite to AIARE Level 1 ITC education. Level 2 was offered in December 2015 by Markus Beck, Alpine World Ascents. The four-day school was held at Berthoud Pass.

Additional certified Level 1 instructors are needed to support the school which offers two sessions annually. Certified instructors must complete Level 2 and ITC. The school reimburses Level 2 students 50% of the tuition fee and reimburses 90% of ITC tuition for a two-year commitment to assist or teach in Level 1.

If you are interested in taking your avalanche education to the next level, contact Linda Lawson at lk114er@comcast.net or Tom Creighton, tecreight@msn.com.

AVALANCHE EDUCATION INSTRUCTOR APPRECIATION

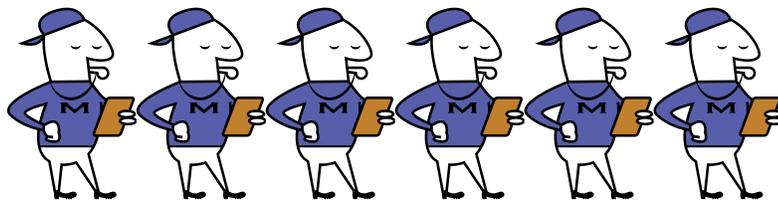
Thanks go out to the following ATA and AIARE Level 1 Instructors for their classroom and field participation: ATA – Brad Cotton, Dean Cates, Linda Lawson

AIARE Level 1 – Senior Instructors: Tom Creighton, Brandon Reiss, John Morrone, Uwe Sartori, Jim Kennedy

AIARE Level 1 – Assistants: Matt Anderson, Jason Gross, Roger Leikas, Ken Yaphe, Sheryl Lampert, Joe Essiechick, Pat McKinley, Greg Olson, Ryne Waggoner

ACTIVE LEADER STATUS

Just a reminder that to retain Active Leader Status leaders need to lead one trip between October 1, 2015 and September 30, 2016, or complete one Denver school trip as a senior instructor. If leaders/senior 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

Indian Peaks Wilderness (IPW) Permits are needed for day trips with eight or more participants. Trips are limited to 12 participants, including the leader. Call the Boulder Ranger district 303/541-2500. Permits are physically mailed to the leader. Thus, about a two-week lead time is necessary but in the summer leaders may want to consider requesting permits a month or more in advance due to the popularity of the area.

Trails in IPW: Arapahoe Glacier, Coney Lake, Lost Lake, Devil's Thumb, Mitchell Lake, Arapahoe Pass and Lake Arapahoe, Diamond Lake, Mount Audubon, Beaver Greek, Gourd Lake, Pawnee Pass, Buchanan Pass (East & West), Hell Canyon, Rainbow Lakes, Caribou, Isabelle Glacier, Saint Vrain and South Saint Vrain, Cascade Creek, Jean Lunning, Saint Vrain Mountain, Columbine Lake, King Lake, Crater Lake, Knight Ridge, Woodland Lake.

BOULDER COUNTRY OPEN SPACE PARKING PERMITS



All park visitors whose *motor vehicles are not registered in Boulder County* must possess either a daily or annual permit to park on Flagstaff Mountain, in Gregory Canyon, or at Doudy Draw, Flatirons Vista, Greenbelt Plateau, Marshall Mesa, South Boulder Creek West and South Mesa Trailheads.

Annual permits may be purchased by mail or in-person at the OSMP Administration Office. **Annual permits are good until Dec. 31 of the year in which they are purchased.** One permit is required for each vehicle.

Annual permits, good for all fee locations, are \$25 and are non-refundable.

Daily Permits

Daily permits may be purchased for \$5 at the OSMP Administration Office or at the parking areas below.

- Gregory Canyon - Base of Flagstaff Road
- Panorama Point - 1.0 miles up Flagstaff Road
- Crown Rock - 2.2 miles up Flagstaff Road
- Realization Point - 3.4 miles up Flagstaff Road
- Flagstaff Summit - 0.5 miles up Flagstaff Summit Road from Realization Point
- Lost Gulch Overlook - 4.3 miles up Flagstaff Road

Any of the southern trailheads included in the parking fee system:

- Doudy Draw Trailhead
- Flatirons Vista Trailhead
- Greenbelt Plateau Trailhead
- Marshall Mesa Trailhead
- South Boulder Creek West Trailhead
- South Mesa Trailhead

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