

Denver Safety and Leader Newsletter

July 2018



A Communication for CMC Denver Leaders

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Editor: Durrie Monsma*

www.hikingdenver.net

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Welcome New Trip Leaders

congratulations

to new trip leaders Laura Armstrong, Philip Calderbank, Katie Hendrickson, and Cynthia Lehr who were recently certified by the Denver Safety and Leadership Committee. Thanks to Trip Leader School Director Kevin Schaal for conducting a recent Trip Leader School for Trailblazers and the Aspen Group.

Trip Leader and assistant BMS instructor John Wethey added biking leader to his portfolio. John also has been designated a biking instructor leader based on his experience and qualifications. His goal is to certify more CMC bike leaders, so we can increase the number of road biking trips. If interested, contact him at johnwethey@aol.com.



Big News! Denver Group Website Update



Denver Group has a re-designed website and a new name! Although it works the same for members as it did before, behind-the-scenes functionality and security are **much** improved. The redesign also prepares the site for easier roll-up to CMC.org when that site eventually is replaced.

Here's how this change affects Denver Group Members:

1. A fresh look and a broader array of administrative tools.
2. The new name -- CMCDenver.org -- should be easier for all to remember.
3. Starting today, all visitors to any page at HikingDenver.net will be redirected automatically to the same page at CMCDenver.org.

Many thanks to Jeff Flax and Andy Hawks for undertaking this huge task. If you have questions concerning your site administrative work, please contact Jeff at jeff.flax@gmail.com.

Backpacking Leader Wanted for "Little Puddle" Hike



David Greist, a Boulder member, is looking for someone to lead an adventurous backpack trip in the vicinity of Bear Track Lakes and a 13'er between Rosalie and Epaulet Peaks, Trails Illustrated Map# 104. No dates have been established. If interested, please call Linda Lawson at 303-842-7040.

Website Waitlist Problems.....

Leaders and members have been experiencing problems with the execution of the automated movement of members from the waitlist to the roster. In some cases, members are automatically moved from the wait list to the roster, but members do not receive notice, or receive notice after the trip has departed.



In other cases, the system is moving members from the waitlist to the roster, but the total headcount then exceeds the headcount limit set by the leader when the trip was scheduled.

If you experience any of these problems, contact Lauren Shockey, Membership Services Director, at lauren.shockey@cmc.org. Lauren will need the following information, so she and her team can track the problem you experienced:

- Trip Date
- Trip Name
- Number of Tickets Originally Scheduled
- Number of Members on Waitlist
- Name & Member ID of Members on Waitlist who encountered the problem
- Approximate time and date the transfer happened

Lauren and her team have tested various scenarios but have not been able to replicate the experience members/leaders are having. So, they need your assistance to track down the gremlins. Thanks!

.....and Overuse of the Waitlist



Lately, you may have noticed an increase in trip roster “churn,” with cancellations sometimes exceeding the final roster numbers. If you look closely you may discover that some members appear to register for way more trips per month than they actually end up attending, cancelling off most of them along the way, sometimes at the last minute.

The current system does allow for this. The future system will not.

Obviously, this practice precludes other members from registering for a trip in which there ultimately are openings, sometimes even if using the waitlist. It can create some chaos for trip leaders as we try to determine at the last minute who is on our trips. One of the biggest discouragements for new members is: “ All the trips are full!” so it really is a problem.

Because members likely do not understand the impact of their actions, please remind your members at the TH about these guidelines.

1. When you look at the calendar, sign up only for those trips AND for the number of trips you truly plan to attend. Please do not enroll in every possible trip you **may** want to take.
2. As soon as you know you cannot make a trip, please cancel off the trip **or the wait list** immediately.
3. **Never** sign up for two trips scheduled for the same day.

Remaining 2018 New Member Hikes Need Leaders

Thanks to those of you who either took on or substituted as a co-leader on remaining 2018 New Member Hikes. Below are trips that are still available with links to take you right to the trip detail sheet.

Please see if any of these hikes linked below appeal to you, then substitute yourself as leader and add your own co-leader, if desired. It's not necessary to have a co-leader but it helps if one or two roster members are particularly slow. You may remove Durrie only and substitute yourself as a Co-Leader with Robbie if you want to check it out first.



If no one has signed up for the trip you choose, you can revise the trip destination, the meeting place, etc. even the day or date, remembering that Friday, Saturday, and Sunday are the most requested days. We've already filled in the stats and some language we've found useful over the past year.

Mary Bradley in the office promotes these trips when she calls new members and

also at New Member Orientation evenings, so the trips generally fill. This is a wonderful way to build a following!

If you have any questions, please do not hesitate to contact us at remonsma@gmail.com.

Day	Date	Hike Name	Rating	Stats	Meet Place	Meet Time	RT Drive Miles
Fri	Aug 24	Reynolds Park	Mod A	5 miles, 1000' gain	The Fort	7:00 am	50
Sat	Sep 1	Kenosha Pass West	Mod B	10 miles, 1550' gain	The Fort	7:00 am	90
Sun	Sep 30	Kenosha Pass East	Mod B	10 miles, 1650' gain	The Fort	7:00 am	90
Sat	Oct 13	Tremont Mtn Loop GGSP	Easy B	7.5 miles, 1460' gain	Coors Tek	8:00 am	35
Sat	Oct 27	White Ranch Rawhide Loop	Mod A	4.5 miles, 900' gain	Coors Tek	8:00 am	22
Fri	Nov 30	Reynolds Park	Mod A	5 miles, 1000' gain	The Fort	8:00 am	50
Sun	Dec 16	Carpenter Pk	Easy B	7 miles, 1300' gain	Wooly Mammoth	9:00 am	47
Sat	Dec 29	Meyer Ranch	Mod A	6 miles, 975' gain	The Fort	9:00 am	20

USFS Concerns - Harmonica Arch

Recently CMC received an inquiry from USFS Rangers regarding two trips offered to Harmonica Arch in the Lost Creek Wilderness. Rangers are concerned about the many social trails in the area and have dispatched work crews in an attempt to close them.



It is suggested Harmonica Arch not be led during the spring or summer seasons and, if led, the route selected be on durable, designated trails, not social trails.

Shooting Range Off Squaw Mountain Road (reminder)

There is a federal shooting range on the Squaw Mountain Road, which can pose a hazard for hikers if descending off trail from Chief Mountain to Squaw Mountain. The Chief-Squaw-Papoose circuit off Highway 103 is frequently hiked in summer. We are issuing this reminder since some hikers have been observed descending from Chief to Squaw Mountain through the forest, where they can easily move directly into the line of fire from the shooting range.

Just because travelers do not hear gunshots does not mean it is safe to cross from the forest into the shooting range and onto the road. A shooter could just be setting up for target shooting and not see the group in the forest.

It is **strongly** recommended that hikers descend from Chief **on-trail to the Squaw Mountain dirt road** that passes the backside of the shooting range.



Map source: [GaiaGPS.com](https://www.gaiaGPS.com)

Heat-Related Emergencies

By David Ruscitto. Dave is a Wilderness First Aid responder and a member of the Douglas County Search & Rescue team.

Summer weather, especially this year with the early high temperatures, presents us with a family of environmental emergencies associated with heat exposure.



How Our Bodies Manage Heat

We are all familiar with sweating but maybe less so with the condition called flushing. Flushed skin is a result of dilated blood vessels in the skin that allow more blood flow. This increased blood flow allows more heat to radiate from the

hot body to the cooler atmosphere. Sweating places moisture in direct contact with skin and when the moisture evaporates, it does so by drawing heat from the skin. If the water can't evaporate because of high humidity or thick clothing, sweating doesn't provide cooling, it just makes us wet and we stay wet until evaporation can occur.

Under normal circumstances, including moderate exercise and warm outdoor temperatures, our bodies can flush and sweat in just the right amount to maintain our core at about 98.6 degrees. We also consciously make adjustments that increase the rate of heat transfer from our bodies or lower the rate of internal heat generation by taking off layers of clothing, moving into the shade, drinking cool liquids, and resting.

Staying well hydrated is critical in ensuring we maintain the fluid volume our circulatory system needs. Too much sweating and not enough fluid intake will exacerbate heat illness, sometimes disastrously.

Heat Exposure

While the body's heat regulating mechanisms work well in normal, healthy individuals, even during strenuous exercise, we are all subject to heat illness if certain conditions exist in our bodies and the external environment. Persons at greatest risk

of heat illness include those with diabetes, respiratory disease, heart disease, children, and the elderly. Some contributing factors include inadequate fluid intake, alcohol and drug use, and wearing too much clothing. Those people who are most susceptible to sunburn must balance covering up to avoid direct sun exposure with wearing minimal heat-trapping clothing.

When the body can no longer manage the heat buildup, a heat emergency develops. High ambient temperature reduces the body's heat loss by radiation and high humidity reduces heat loss by evaporation. Strenuous exercise like hiking and climbing generates increased metabolic heat and excessive sweating can cause a loss of fluid and electrolytes. All of these factors can contribute to a situation where the body can no longer maintain normal temperature and a heat emergency can develop. A heat emergency can take three forms:

- Heat cramps
- Heat exhaustion
- Heat stroke

All three forms may be present in the same patient because untreated heat exhaustion may progress to heat stroke.

Heat Cramps

Heat cramps are painful muscle spasms that occur during and after rigorous physical exercise. Dehydration and loss of electrolytes from heavy sweating play an important role in developing cramps. They usually occur in the legs and abdomen. The treatment is to rest, get out of the hot environment, and rehydrate. Electrolyte drinks or a mildly salty water solution can also be beneficial. **Do not** give salt tablets. When the cramps subside, activity may resume as long as there is increased awareness of the potential for recurrence.

ARE YOU DEHYDRATED? Check Your Urine

1, 2, 3 Well hydrated	1
	2
	3
4, 5 Hydrated but not well	4
	5
6, 7, 8 Dehydrated - You need to drink more	6
	7
	8

Heat Exhaustion

Heat exhaustion is essentially a severe form of dehydration. Fluid volume and electrolytes have fallen to a critical level and the body needs to compensate in order to maintain essential body functions. Symptoms are those of hypovolemic (low

volume) shock: Weakness, dizziness, altered mental state, nausea, vomiting, headache, and cramps. Signs include rapid heart rate and breathing, lowered blood pressure, and cool, clammy skin. Not everyone will have all the signs and symptoms, and they may increase in number and become more severe if treatment is delayed or is ineffective.

Treatment is the same as for heat cramps but also requires more aggressive cooling of the body. Remove as much of his clothing as possible, spray him with cold water, fan him, get him into a cooler environment, including a stream. Evacuate him if he does not show improvement within 30 minutes.

Heat Stroke



Heat stroke is the least common but most deadly progression of heat illness. Remember it can affect young, otherwise healthy people if the right level of exertion and environmental conditions exist. ***Untreated heatstroke is always fatal.***

A person may or may not be sweating depending on how quickly the onset is. If she has had time to “slow cook” she will be dehydrated and not sweating, but if she overheats quickly, she may still have fluids but simply do not have enough capacity to remove heat for the conditions she is in. Her skin will usually be hot and dry and obviously flushed. As body core temperature rises (It can rise to 106 degrees!) she will lose consciousness, so the first sign may be a change in behavior. The person may become aggressive, agitated, and irrational. Seizures may occur. The pulse starts out rapid and strong but becomes slow and weak as the body systems shut down. Coma can occur in less than an hour and chances of survival drop the longer the coma lasts.

Do everything you would do for heat exhaustion. Find cold water if you can (38 to 58 degrees) but do not leave the person alone in the water. Stop forced cooling as mental status improves. Evacuate immediately and monitor the person continuously for a return of symptoms during evacuation. This person needs medical care even if they regain consciousness.

Upcoming First-Aid Training

Wilderness First Aid (WFA) and CPR/AED certifications are valid for two years and you must recertify each one within two years to maintain your certifications. The Denver Group currently provides two-day WFA and one-day WFA Recert courses twice a year.



The next WFA class is October 21 and 28 and opens for registration on July 1. The next WFA Recert class is November 17 and opens for registration in mid-August. The 2 ½ hour CPR/AED evening class includes CPR in wilderness environments and is offered every four to eight weeks. The next CPR/AED classes are on August 13 and October 3. Both are open for registration.

Denver Group Trip Leaders and Senior School Instructors may apply for Support Aid for Leader Training (SALT) scholarships. The application is posted at <https://goo.gl/DhBZfM>. **The State CMC also offers monthly WFA courses at the AMC combined with CPR. SALT is now also available for this combined offering.**