

Denver Safety & Leadership Newsletter



A Communication for CMC Denver Leaders

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New Trip Leaders

Congratulations to newly minted trip leaders **Maggie Burns** (LIT Tammy Cullins), **Christine Buttorff** (LIT Kevin Schaal), **Nicky Rucker** (LIT Sheryl Lampert), **Diana Tsen** (LIT James Simpson), **Jacob Jansen** (LIT Sheryl Lampert) **K.D. Hubbard** (LIT Maddie Miller), and **Alex Winning** (LIT Jason Gross). And apologies to **Lisa Shroyer** (LIT Jeff Stevens), wrongly tagged as “Linda” in our last newsletter.

Revised Winter Trip Rules

Effective immediately, Denver Safety & Leadership (DS&L) has adopted new winter trip rules (“Rules”) that replace prior DS&L avalanche training requirements for Denver trip leaders. The rules apply only to Denver leaders of hiking, snowshoeing, ski touring, ski mountaineering backpacking, and



camping trips. They **do not apply** to Denver schools, climbing, Adventure Travel, Nordic Centers, or downhill skiing.

The new rules are aimed at enhancing the variety and safety of winter trips offered by Denver leaders while eliminating some of the inconsistencies between DS&L and State CMC winter travel rules. The changes are highlighted below, but leaders are urged to click on the link and carefully review the rules in their entirety.

- Neither AIARE or ATA training is required to lead on-trail trips on non-snow covered terrain, thereby eliminating DS&L's winter calendar restriction (11/1 to 4/30) and making the State's rules on remote and non-remote areas unnecessary.
- Trip leaders without ATA or AIARE training may also lead on-trail trips in defined Exempt Locations (including numerous Open Space and State Parks) whether or not the terrain is snow-covered. Some restrictions apply in the event of a recent heavy snowfall.
- AIARE Level 1 training is still required for leaders traveling in avalanche prone terrain. DS&L recommends, but does not require, that it be retaken every 5 years. We also recommend that trip leaders traveling in avalanche prone terrain take beacon, probe, and shovel refresher training annually. If a leader determines that participants are likely to encounter avalanche prone terrain that cannot be circumvented or otherwise avoided, then everyone on the trip must carry and be proficient with the use of such avalanche equipment.
- Avalanche Terrain Avoidance (ATA) training is still required for trip leaders traveling in snow-covered non-avalanche prone terrain. DS&L recommends, but does not require, that ATA be retaken at least every 3 years.



As stated in the Preamble, the Rules recognize the paramount importance and ultimate authority of leader judgment in determining what is or is not avalanche

risk. The Definitions section should be read closely, particularly those pertaining to “Avalanche prone terrain” and the annually updated “Exempt Locations.”

<https://cmcdenver.org/wp-content/uploads/Denver-Trip-Leaders-Winter-Trip-Rules-12-07-2020.pdf>



How to Deal with Covid on the Trail

By Tom Hartzell

COVID is raging throughout the world right now, but there isn't much evidence of it being found on the trails or at elevation (other than urban mountain areas).

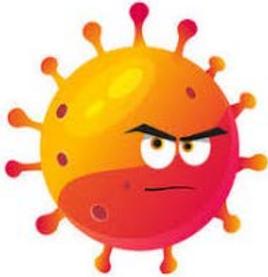
Several symptoms of COVID are the same or similar to those found in someone experiencing altitude sickness/AMS, pneumonia and/or HAPE (high altitude pulmonary edema). If you should find someone in the wilderness that might need first aid for any reason -- whether or not they appear to be displaying any of the related signs and symptoms -- there is updated guidance on how that person should be approached and treated if consent has been received.

- Carry at least one extra facemask in your pack or first aid kit, along with your gloves and some safety glasses, sunglasses or goggles (if you don't wear eyeglasses).
- Sanitize your hands with hand sanitizer. Put your facemask, gloves and glasses on at least 6' away from the victim after you have received consent and are approaching the victim.
- If the victim is not wearing a mask, ask them to wear one of yours that you have pulled from your pack or first aid kit. If no one has an extra mask a bandana or buff would help prevent the spread of the virus but would not be as effective as a mask.
- One person should be assigned to perform first aid, make the victim comfortable, and accompany the victim if they are capable of walking out. In addition to the gloves, mask and eye protection, the rescuer providing



first aid should ideally have a gown. In the wilderness this isn't a realistic expectation, but Gore-Tex or rain gear will also provide protection.

- The rest of the group should always remain physically separated from the victim and the rescuer upwind of them, to ensure any airborne pathogens are not blown into the group.



- The rescuer should also remain upwind of the victim for the same reason. If the victim is in a tent, they should be encouraged to exit the tent to ensure the rescuer providing first aid is not exposed to any airborne pathogens that may already exist in the tent.
- If the decision is made to evacuate the victim, anyone accompanying the victim should be wearing gloves, mask, glasses and a gown/outer gear (if available) and maintain as much physical distance as possible given the situation.

Further guidance and insight -- including CPR considerations during COVID -- are available from the following link:

<https://nols.edu/en/filer/public/1592240679/5340/>

Tom Hartzell is a Senior Wilderness Trekking School Instructor, a Wilderness Survival School Instructor, and CMC Trip Leader. He received his wilderness first aid training from the National Outdoor Leadership School (NOLS), and recently recertified as a Wilderness First Responder (WFR) with NOLS. Conducting a Patient Assessment with the risk of COVID possibly being present is now taught by NOLS to all Wilderness First Responders.

Leader Appreciation Night/Denver Annual “Dinner”

Around 100 leaders, instructors, and Denver Group members attended the November 15 virtual combined event, which celebrated the accomplishments of Denver leaders and instructors. The entire event is viewable at the CMC YouTube Channel: <https://www.youtube.com/watch?v=35FVwt4EZuQ&feature=youtu.be>. The Leader Appreciation portion of the program starts at about 42 minutes into the recording. Stick around to see Sheryl Lampert’s great presentation about her Denali expedition and how CMC schools helped her prepare for it.

Despite the Covid pandemic, 173 Denver leaders staged a total of 795 official trips for the fiscal year ended on September 30. These stats do not include the many days devoted to school trips or the informal trips when Covid restrictions were especially severe.



423 of the recorded trips were hikes, broken down by A (140), B (148), C (95), and D (40) trips. Snowshoe (166) and ski (48) trips also drew a lot of participants.

The most prolific trip leaders were Grover Cleveland (42) and Linda Lawson (34), followed by Dorothea Frohner (23) and Stan Moore (22). Four leaders led 15-19 trips and another 13 leaders led 10-15 trips.

Other accomplishments included the 26 members who became leaders in FY 2020 and the \$7650 invested in leader training via SALT (Support Aid for Leader Training).

Thanks to all our wonderful Trip Leaders who have rocked and rolled with the Club through these difficult times.

And thanks to our DS&L Committee Members who work all year to keep us safe and advised.

Committee Members and Responsibilities

Kevin Schaal, Chair, SALT Coordinator	Looking for Help with
Durrie Monsma, Co-Chair, Newsletter Editor	Trip Leader School
Bob Collins, Secretary	
Tom Hartzell, Incident Investigation	
Tom O'Connor, Leader Approval	
Brad Cotton, ATA School Director	
Kevin Galliers	
Annette Mickle	
Ralph Shroba	
Jim Guerra	