

Denver Safety and Leadership Newsletter

October 2018

Leader/Instructor Appreciation Night Thursday, Nov. 8 Come Meet CMC's New Executive Director!!!

Denver Safety & Leadership Committee will recognize all leaders and instructors at this free annual event in the AMC Conference Rooms.

Our featured speaker will be CMC's new executive director, **Keegan Young**, who will share his vision for the club and field our questions about the challenges we face as volunteer leaders.



Keegan comes to the CMC from the American Alpine Club (AAC) in Golden, where he has served in a number of senior management positions. He has a strong background in organizational development and fundraising. He is also an accomplished mountaineer with a passion for the outdoor community.

In addition, CMC Education Director **Holly Barrass** will speak about CMC's new Leadership Project, which will provide trip leaders and instructors with state-wide tuition-free leadership training.

The schedule for the evening is as follows:

- 5:30 Pizza, Salad and Beverages Provided
- 6:30 Leader/Instructor Recognition
- 7:00 Remarks by Keegan Young, Exec. Director, CMC
- 7:45 Break
- 7:55 Remarks by Holly Barrass
- 8:20 Wrap-up

There is no fee for this event, but please register so we can plan the right amount of food and libations. The event is open to all leaders, instructors, trip leader school grads, and those who want to become leaders. Sign up at:

<https://www.cmc.org/Calendar/EventDetails.aspx?ID=44266>

Welcome Our New Leaders



Since our August newsletter, seven members become trip leaders: **Debra Davis, Kevin Galliers, Robert Gelcius, Charles Green, Andrew Hawks, Samantha Loucks, David Ruscitto and Carol Zurcher.** Congratulations to all!

Committee Addition



Congrats also to Sarah Maurer, who was recently appointed to DS&L. Sarah has been a trip leader since 2015 and has served as an assistant instructor in WTS, BMS, and the Alpine Scrambling Course (ASC). She also supports Trip Leader School (TLS).

Our thanks to long-time Club member Sue Henley, who is stepping down after many years of faithful service as a Committee member.

New Denver Helmet Policy

Earlier this month, DS&L adopted the following policy:

“It is recommended that students and instructors in schools, and leaders and all participants in CMC Denver climbs rated 3 in the Yosemite System wear climbing helmets. As always, instructors and leaders may determine prerequisites for any trip, thus requiring that specific equipment be used by students and participants.”



Although CMC has had a climbing helmet requirement for 4th Class and above for close to 30 years, DS&L encourages leaders, instructors, and members to think about the safety of all team members when climbing.

Climbing gyms, where many members get their first taste of the sport, have padded floors and falls are limited to the height of the climbing wall. There is no danger of rock fall. Climbers who don't wear helmets in the gym may take to outdoor climbing without considering the increased risk.

Helmet design and technology have improved in recent years, so you might consider buying a newer version if your old helmet is worn or damaged.

For those interested in exploring the reasons for wearing a helmet in sport, ice, and trad climbing, see: <https://www.climbing.com/news/no-brainer-helmet/>

Ascending Hikes



Kudos to everyone who participated in the successful 2018 Ascending Hikes series, particularly **Jeff Stevens** and **Craig Beaker** of the Denver Membership Initiatives Committee (DMIC), who originated and administered the program.

Ascending Hikes was designed to give mostly new members a chance to improve their

strength, stamina, and endurance throughout the summer by participating in a series of ever more difficult hikes, starting with an Easy A in early June and ending with summiting a 14'er in September. Members could hike on either Tuesdays or Saturdays or both. They could start with an Easy A, or depending on their fitness, join in at any point along the way to climbing two 14'ers.

New member **Joe Conrad** finished 15 of the Saturday hikes, including two 14'ers, and had this to say about the series: "The Ascending Hikes were so much fun and gave me the confidence to do more difficult hikes and climb my first 14'er...I'm going to keep it up and get ready for winter snowshoeing. I hope the program continues next year."

New member **Marilyn Ellison** completed 10 trips, including two 14'ers. Among her remarks: "Thanks, CMC for bringing the Ascending Hikes Series back! What a great way for a new member to find out if they are ready for a B moderate...C difficult, or even a 14'er!...I thought it's now or never and this might be the recipe for pushing myself to new levels. And it did just that..."

"Another key element in the series is hiking with the same group on a weekly basis. This helped us to get to know each other well enough to share our fears, strategies, and mindsets...knowing there were others who hiked at my pace was very reassuring."

In his "after action" report, **Jeff Stevens** said that leaders had to assume that new members were hiking novices and take the time to address basic questions about attire, equipment, and safety concerns. They also had to deal with large waitlists and frequent cancellations for the 32 scheduled hikes. But trip leaders made adjustments to the normal signup process and worked hard to accommodate the crush – sometimes by adding co-leaders or scheduling different start times and paces.

Due to the program's popularity, DMIC will be bringing it back next year, hoping to serve more members and perhaps to provide more mid-level hikes. This program appears to be an important component in the Group's new member retention efforts as well as adding scarce A and B trips. Continued success will be dependent on recruiting more trip leaders willing to volunteer their time as part of the program.

So when we publish the 2019 hike list, please consider taking on at least one trip. If you are trying to develop a following, this is a great way to do it. As an Ascending Hike trip leader, you will be provided with a very short list of TH teaching points on "increasing speed and stamina."

Jeff and Craig wish to salute the 17 other leaders who stepped up to take charge of one or more 2018 Ascending Hike trips: **John Walters** (who pioneered the concept several years ago), **Linda Lawson, Brad Cotten, Dean Cates, Victoria Seacrist, Sean Connor, Jeff Benton, Martin O'Grady, Marilyn Choske, Cheryl Ames, Dave Thomas, Paul Bleu, Robbie Monsma, Karen Hurley, Stan Moore, and Douglas Fries.**



Incident Reports

By Mark Wolf, M.D., DS&L Safety Director

DS&L reviewed 16 incident reports in the CMC fiscal year ending September 30. They included six Accidents, eight Near-misses, and two Complaints. Most of the incidents (11) resulted from a fall. Even considering some underreporting, this is a remarkable safety record given the thousands of participants and hundreds of hikes and school events staged by CMC leaders.

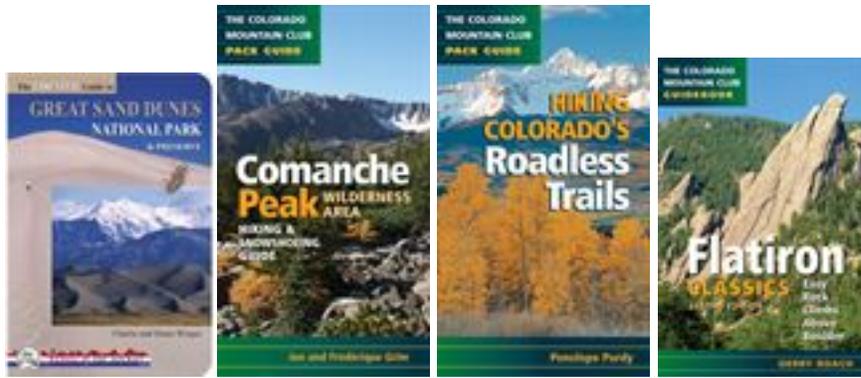
Accidents are events that require medical attention during or after the trip. There were five falls, three of which resulted in fractures, one in sutures for a large leg injury, and a concussion suffered in from a fall from a bike. The remaining “accident” was actually an illness that resulted in an urgent care visit for intravenous fluids.

A Near-miss is an incident that doesn’t require medical attention after the trip. Five of these were “trip and falls” that resulted in no significant injury. Two involved illnesses, including gastrointestinal distress and altitude sickness, as well as someone who fainted while standing up after lunch.

The Complaints involved communication issues, with leaders and participants both sharing responsibility. As leaders, we have to recognize that participants want all the information they can get about a hike and how it will be managed. However, we are not mind readers and must encourage participants to speak up if they have questions or concerns.

Free CMC Press Books!

CMC Press and Membership Services have many surplus books they’d love to give away to leaders due to new titles now or soon to be in print. Among the available non-current titles are:



Colorado Trail Book, 6th Edition
Best Fort Collins Hikes
Flatirons Classics
CO 14ers Standard Routes
Roof of the Rockies (history)
Hiking Colorado's Roadless Trails
Comanche Peaks Wilderness
Essential Guide to Sand Dunes

The books are available at the bookcase to the left of the Membership Services Desk. Multiple copies are available, so just ask if a particular title is missing.