



Mt. Hood Ski Patrol

Snojob

January 2010



Essential Reading

In a hurry? No time for the Snojob until later?
Take a moment to check out these must-read articles.

- Backboarding, First Aid Topic of the Month
- Important Avalanche Transceiver Protocol
- Numerous Enhancement Opportunities in the Training Section

General Meeting

Program: Hope on the Slopes

- Monday, January 11, 2010.
- Clothing Committee opens at 6:30. Meeting begins at 7:00.
- Location: Athey Creek Middle School; 2900 SW Borland Rd; West Linn, OR

Note: General meeting minutes are now available on the MHSP wiki. The Snojob and minutes are also available at the Government Camp building.

President's Message

By John Gastineau, President, HC 1393



I'm going to suggest two apparently incompatible ideas: Dispatch!
But not too much.

First, if you haven't dispatched for your January and February days, you're going to be surprised when you log in to www.mhspdispatch.org and find there are many days that are already full. This is a function of several things: more (active) patrollers, and dispatch quotas that are a little lower than they have been historically. It's in your interest, as well as the patrol's, for you to dispatch early. That way you get the days that fit your life, and the areas are comfortable in knowing that we can deliver a full staff. Remember that only pre-dispatched days will satisfy your minimum commitment of patrol days, although all days count toward your total.

If you've already dispatched, thank you. Dispatch days are open through April, so if your schedule allows, you can lock in just the days you want.

Second, consider taking it easy on the dispatch days. There have always been a small number of slightly off-center patrollers who put in 40, 50, or even 60 days. They have helped staff areas in lean times, and their work can be critical. However, one of the challenges in front of MHSP is that we train up new apprentices who stay for a few

or five years, and then leave. We need lifers. Lifers who consistently staff the ski areas year after year with calm, experienced professionalism. Lifers who have the experience to act as mentors and instructors. Lifers who can step into leadership positions.

Working a ton of patrol days can be a hoot—I've done that. But, I've also realized that it is easy to burn out on patrolling if you constantly have to get up early to be there for the first turn of the bullwheel. In that light, ask yourself how you will feel about patrolling three years from now. If it becomes hard to picture yourself still doing this volunteer gig, ask why. If it is starting to feel like a job, then maybe you should take some days this winter and not patrol.

How about a road trip? Check out Crystal Mountain, or Snoqualmie. See what goes on at other areas.

Take a lesson. There's always more to learn. This is one of the best ways to renew your excitement about snowsports.

Take a hike. How about a backcountry day? You have your Level I Avy. Pick some patrol friends and take a trip where you have all day to get first tracks.

The whole point is that we need you here for the long run, and if that means working fewer days this year, so be it. It's the lifers we remember, and who are the core of the patrol.

First Aid

First Aid Topic of the Month: Backboarding

By Jodie Jeffers, First Aid Chief, AS 90526



Each year at the OEC refreshers, we cover one component of backboarding to practice: standing, lying, jams or pretzels, as well as taking off helmets. This year was standing backboard practice.

As National Ski Patrol OEC technicians, we must meet the minimum standards for backboarding. Ensure that you document CSM/CMS before and after any movement and equipment application.

As we all know, each of our ski areas may have slightly different equipment, techniques and procedures. Each of us needs to learn things that are unique to the areas at which we patrol.

Also, paid patrollers at the ski areas may work under different criteria for backboarding. If a paid patroller advises you to not back-board a patient, please document the time, the name of the paid patroller and that they have taken over care of the patient and include the times. The same documentation is required if AMR removes or advises against backboarding a patient.

MHSP -Reasons to Backboard a Patient

Please continue to use the following protocol. A patient should be immobilized on a backboard if the patient has a mechanism of injury with the potential for causing spinal injury and who has any of the following criteria:

Consider the MOI- Was there enough force to the body or head by a strike or fall from a height that could cause a spinal injury?

1. Altered mental status- Did the patient have a loss of consciousness?
2. The patient complains of Spinal pain or tenderness and/or pain or tenderness is found with palpation.

3. Patient has a distracting injury- i.e. extremity fracture, respiratory distress, etc.
4. Patient is impaired from drugs or alcohol or is disorientated from other cause(s) that could distract from spinal injury?
5. Neurological deficit of an extremity; numbness, tingling, or paralysis is present.

If any of the above criteria are present, in conjunction with a significant mechanism of injury, the patient should be placed on a backboard and immediately transported to the first aid room or to an ambulance that you requested when calling for the backboard.

C-COLLARS

- Ensure you practice with the c-collars PRIOR to using. We use the adjustable Patriot c-collars for both adult and children. The comparative size will tell you which is which; also look for the words "Lil Patriot" to indicate a pediatric collar.
- Practice measuring and applying, ensure you use the same hand/fingers that measured to adjust the size of the collar. Yes, it may have to be adjusted, it is a guideline only. Measure from the jaw line to base of neck in NEUTRAL, in line position.
- Be careful to monitor the airway and that the head is not hyper-extended with placement. Again, check CSM/CMS before and after placement.

Placement on Backboard

- Person at the head is in command.
- Always adjust using long axis (Head-Toe) movement.
- Log roll the patient as a unit.
- If needed, apply padding to lower back/knees.
- Children WILL NEED padding--Maybe to both lateral sides as well as potentially under the trunk for neutral spine and airway control. Also consider same for the elderly. (Remember, not everyone is on the slopes, some are just visiting but can become injured.)

STRAPS

- Cleo has a good saying to remember the order of our straps: "black, black, red, head"
 - BLACK – (chest) criss-cross one at a time.
 - BLACK – (pelvis) criss-cross one at a time.
 - RED – Horizontal straps
 - HEAD – pad under and blocks after the straps and c-collar is in place
- Goal of Straps, snug but not so tight they cannot breathe, etc!
- May need to secure feet and hands especially if patient is unconscious.
- However, be aware patient may become claustrophobic.
- Monitor Airway, watch for potential vomiting and needed airway management.



Outdoor First Care Class

By Jodie Jeffers, First Aid Chief, AS 90526

On December 12, new apprentices and young adult patroller candidates took MHSP's inaugural Outdoor First Care class. The class is a brief introduction designed to give apprentices and YAP's information on how to assist an OEC technician if called upon during a case.



OPERATIONS

Patrol Chief

By Jeffrey Weitz, Patrol Chief, HC 1236



Shout Outs!

Thank you to Mac and Corey and Andrew for getting the heat working again at RC! Thank you to the Clothing Committee for bringing so many new items to our patrol!. Thank you to Jodie, Rick and Mary Jean Williams for putting together such a great event at our monthly meeting with Sam Splint! And a special thanks to the Swap Committee for putting on a great event and raising much needed funds for our

Patrol!

Dispatch

Thanks to everyone for dispatching early and dispatching often. This is as good as the dispatch has ever looked. If you have not been able to sign up for all the days you want, keep a look out each week for those who have opened up slots at the individual areas or those who are requesting a substitute. There are certain to be days available as the season progresses.

Training and Clinics

Skier Enhancement clinics will be offered this season on Wednesday nights with Matt Aimonetti and on selected weekend days with Margaret Usher. Specific dates to be announced.

Women's special Toboggan Enhancement Clinic will be held at Skibowl on January 17th Please e-mail me if you are interested. There is no cost to the MHSP patrollers in good standing for these clinics.

Senior S & T Training Clinics

All patrollers are welcome to join any of the S&T Toboggan and Skiing clinics offered in the region . Just send me an e-mail and let me know which one you would like to attend. They will all focus on advanced skills for those who want to tune in and tune up!

You must attend a minimum of 2 Clinics to qualify for the final testing in April. Clinic dates are as follows: (All clinics will start at 8:00am and end at 3:00 pm)

Jan 10 th	Mt Bachelor – Combined Region
Jan 23 rd	Skibowl – Mt Hood Region
Feb 7 th	Willamette Pass – Combined Region
Feb 20 th	Mt Hood Meadows – Mt hood region
March 7 th	Skibowl – Combined Region
March 27 th	Mt Hood Meadows – Mt Hood Region
April 11 th	Mt Bachelor - Final S&T Evaluations

Let it Snow! SKI CZY

MHSP New Patroller Program

By Jeffrey Weitz, Patrol Chief, HC 1236

To help new patrollers get a well-rounded experience and to encourage them to dive into the action, freshman patrollers will have a checklist of things to accomplish this season. To help them with their check-off lists and to learn the secrets of the mountain, the HC or AS will be assigning experienced patrollers to partner with the new patrollers.

If you find yourself partnered with a new patroller be sure to show them your special tricks for opening, clearing tower pads or working rope lines. Point out that sign or rope that some patrollers forget about. Show them the fastest way to get from Stormin' to the bottom of Brother Beau. Take a run (or 3 or 4) in your special tree spot. As a matter of fact, maybe you would like to help them practice their transceiver searching before you go.

When on a case, think about letting the new patroller take charge, secure in the knowledge that you are there to support them.

The new patrollers will be looking for “patrollers with faded jackets” to help them be the best patrollers they can be. Remember how exciting it was to be a new patroller? Mentoring is a chance to re-live that magic.

- Dispatch Requirements: 5 days at Timberline, 5 days at Skibowl, 1 day at Summit
- Dispatch as a regular Patroller, ski with the most senior Patrollers that day. Either all day with one patroller or a rotation with one other, but with the intent to spend at least one half a day with the same person.
- Meet with the HC early that day or email in advance telling them what skills you need to experience, e.g.: opening certain lifts.
- Respond as first responder to at least 5 cases. Log cases where you are the second responder. Get signed off by your mentor from that day on your experiences.
- Spend a busy day in the First Aid Room. Can be done in 1/2 day segments. The intent is to get experience with the full continuity of care.

- Demonstrate to your daily mentor knowledge of the area's trails and procedures.
 - Complete the level 1 avalanche course.
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Important Transceiver Protocol

By Justin Zucconi, Avalanche Advisor, HC1478

Hola fellow patrollers!

So there has been some chit chat about some patrollers turning off their transceivers mid-day, while they were in the lodge/RC/break time, and then turning them back on when they returned to the slopes. This is a BIG NO-NO! Please follow the protocol below with no exception:

1. Put it on, Turn it on.
2. Check the battery level. It should be above 70%, preferably above 80%. If it is lower please put new batteries in it or swap it out. We are working on getting batteries to all the transceiver cabinets/lockers/boxes.
3. Take it off. Turn it off. Please do not take off your transceivers during lunch or breaks!
4. If you have time at the end of the day check the battery level and if it is below the recommended level swap the batteries out for new ones so the next patroller is set for the day.

As long as you are wearing a transceiver, grab a partner and take turns locating a buried beacon. The life your buddy saves may be your own.

All Patrollers Required to Carry Belay Gear

By Jeffrey Weitz, Patrol Chief, HC 1236

Reminder, it is now mandatory for all patrollers (associate, hill, Nordic) to carry a harness, carabiner, and figure-8 in their first aid packs.

If you missed out on the excellent kit offered by the clothing committee, you will need to assemble your own. You will need a figure 8 belay device, locking carabiner and enough tubular webbing to form a diaper harness. Climb Max, at NE 28th & Glisan has a special price for patrollers (under \$20). Talk to Logan, the owner, to get the special deal.

Skibowl News

By Shelly Johnson, co-APC Skibowl, AS90423

Drop by the east side first aid room when you get a chance.

The first aid room has been streamlined and reorganized by Skibowl's own Brett Wesson. The too-tall bunk has been removed and a better mattress put on the remaining bunk. The space on the far left of the clothes hanging area is for on-duty associates to hang up their coats or other wet gear. There will also be a place to store your skis while on indoor duty.

While these changes make this a much better place to work, the room is still tiny and includes an operations office. Please be considerate of our roommates by keeping a small footprint with your gear.

Summit News

By Diane Kindall, APC Summit, AS90440



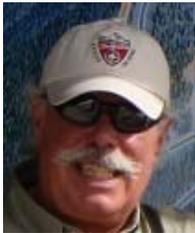
Greetings from snowy Summit and Snow Bunny. If Charlie doesn't have enough snow to suit, he will make snow happen.

Summit is running and we are looking for patrollers to come and have a fun day with us. Sorry, no guarantees that there will not be 10-50s. But, if there are, you may get a wild ride via snowmo' and dogsled. Hang on to your helmet, Scot will be driving.

Summit will be participating in Safety Week during January 16-17.

Mountain Hosts

By Bill Johnson, Mountain Host Director, HS 60001



It looks like we're off to a great 2009-2010 Season!!! Participation has been excellent and the weekend shifts at Timberline have been practically full...we could use more involvement at Skibowl. There may be additional evening shifts opening up on dispatch at Skibowl – so watch for details.

Speaking of dispatch, the head count per weekend shift has been adjusted and the various assignments are being evaluated by Timberline management and myself. A trial assignment inside the historic lodge is in process. Holly Kosko was involved with the initial day and it went very well. The plan is to identify interested hosts and provide additional training by the USFS.

Hopefully, everyone has completed the new release form as well as the parking agreement. We are returning to the "lift ticketless" days where our jacket is our pass. The parking agreement was a request of Timberline human resources and simply reinforces what we already should know. If you have not completed your paperwork, please make it a top priority.

The new MHSP/MHHP membership cards are in the host closet at Timberline. Thanks to John Gastineau for getting those done.

We have again been asked by Timberline management to assist in a Guest Survey program. John Moss is launching the study this weekend at Timberline and I'm asking all Supervisors to assign a host per shift to assist in the data collection. The process is simple and the forms are fairly brief.

Christine Cato Race Day is January 2, 2010. On-slope requirements will be supervised by Mike Cullen and lodge/hotel activities will be supervised by Jan Silagi.

Our program stands strong at 138 Hosts. The apprentice group has been extremely active and it's one of our best ever!!! Thanks to everyone for their involvement and commitment in making the MHHP such a huge success...and a whole bunch of fun!!!

...again, if there are any questions or comments, please contact me.

My sincere best wishes for a happy holiday season and great new year!!!

TRAINING

Wednesday evening skills sessions

By Matt Aimonetti, Hill Apprentice Coach and PSIA Level 2 Instructor, P1554



Would you like to improve your skiing? Sled skills? Pass the sled exam?

We will learn to implement the skills above and more and use them in both our free skiing and sled activities. These clinics will focus on developing solid fundamentals of skiing that will be useful in sled pulling and free skiing. All classes and ability levels are welcome to participate and the class format will accommodate a wide range of skill levels. This is a great opportunity to build your bag of tools and reinforce what skills you already possess.

Video analysis will be a key component of our explorations and each participant will receive commentary and critique via private internet video gallery.

The venue will be Skibowl at 7 pm every Wednesday night. You will be responsible for your own lift ticket. We will meet outside the rental area and depart at 7:10 classes will run approximately two hours with some free skiing afterwards.

Initial enrollment is limited and first come, first served. Email me to register at aim1photo@gmail.com.



Gingerbread house created by YAP Austin Black.

Training Director

By Tom Payne, Training Director

Young Adult Program Update.

We had our first tryout for the YAP candidates and found two good skiers and one good rider who survived very difficult conditions at Skibowl. Best of all, they braved the forecast and made it to the mountain on time! Welcome to Brady King, Marshall Trautman and Jacob Hogan. There will be another skill check in January so please refer any candidates to Sarah Balog.

Lift Evacuation.

Our final lift evacuation practice was a success in spite of the darkness. Please remember that a headlamp is recommended part of your pack. One would think most patrollers would bring such a thing to a nighttime evacuation practice, but...

Thanks to the Coaches that helped, Justin (YEAR OF THE BEACON) Zucconi and also to Carol Gleason for assisting in CPR refreshers. And a special thanks to our host Charlie Wessinger for welcoming us once again to Summit!

Coaches Clinic

Mt. Hood Meadows welcomed about 25 Coaches on December 12th for a clinic to work on our coaching skills and to coordinate on what and how we will teach the various skills. This was the largest group of Coaches training at one time in recent memory and we all should thank them for attending.

A primary goal of this day was to be sure that we all understood the "official" way to perform skills and recognize that there may be several additional ways to accomplish what we need to do. Toby arranged the event and did a great job of keeping all the troops heading in the right direction!

Transfers

Please be on the lookout for our new members who are transferring from other areas. We will be bringing on several experienced transfer and re-joining patrollers. Welcome them to MHSP!!

The Year Of The Transceiver

Hill captains, please set up a simple or complex transceiver search site each day. Even if only one or two Patrollers get to use it that practice may save your life!



there with the 1977 freestyle event at Stowe when I peed next to Flying Eddie Ferguson."



Glen Plake poses with Tom Payne. Photo by Kristian Adair.

Editor's Note: A great opportunity to meet ski and snowboard celebrities (and future stars) is summer ski at Timberline. Dispatch will open in the Spring.



Photo by Joel Stevens.

Administrivia

Elections

By Carol Gleason, Senior Trustee, AS90365

MHSP elections are coming up in April.

The MHSP By-Laws require a nomination committee to both recruit candidates and to verify that candidates meet the requirements outlined in the bylaws. The nomination committee consists of the following: Bob Parry, Brian Hurst, Darren Olson, Nancy Keith and Wendy Stuart. Chairperson is Carol Gleason.

All office terms are for one year, except for trustee which is a three year term. Offices may be held for not more than two consecutive terms. Trustees may not hold a second consecutive three year term. The term of office will run from June 1st to May 31st.

Nominations are being solicited for the following offices. With the exception of Junior Trustee, each of these offices has an incumbent who is eligible to run for re-election.

- President
- Vice President
- Secretary
- Treasurer
- Patrol Chief
- First Aid Chief
- Associate Director
- Nordic Director
- Mountain Host Director
- Junior Trustee

If you are interested in running for one of these offices or want to nominate someone for an office please contact any member of the nominating committee. Nominations may also be made from the floor at the February, March or April meetings.

The Snojob Wants Your Articles and Photos

By Lisa Hargrave, Snojob Editor, SH 1053



Snojob submissions are due the 15th of the month. Send your submissions to snojobeditor@gmail.com.

- **Articles:** send as the body of an email. If you have a long article covering several topics, please break it into several articles covering one topic each.
- **Photos:** Send as an attachment in JPG format. Be sure to identify who took the picture, where it is and who is in it.



2009-2010 Executive Council

President: John Gastineau
Vice President: Steve Eversmeyer
Secretary: Pam Louie
Treasurer: Jaye Miller
Patrol Chief: Jeffrey Weitz
First Aid Chief: Jodie Jeffers
Associate Director: James Schuler
Nordic Director: Michael Curtis
Mountain Host Director: Bill Johnson
Senior Trustee: Carol Gleason
Middle Trustee: Lisa Hargrave
Junior Trustee: Mark Diamond

Assistants:
Training Director: Tom Payne
Hill Apprentice Director: Tobey Willey
Associate Apprentice Dir: Kim Remsing
Young Adult Patrol Director: Sarah Balog
APC Meadows: Eric Poole, Kat Moore
APC Skibowl: Andrew Degner, Shelly Johnson
APC Summit: Claudia Pieters, Diane Kindall
APC Timberline: Dave Atkinson, Mark Diamond
APC Records: Peggy O'Leary

Calendar

For the most current information and event details check the online calendar on the [dispatch website](#) right after you log in.

January

- 4 Executive Council Meeting (may change to later date, check online calendar)
- 10 Region Senior S&T Clinic
- 11 General Meeting
- 15 Snojob Deadline
- 16 First Care Class for YAP and Apprentices
- 17 Women's Toboggan Clinic
- 23 Senior Sled & Toboggan
- 22-23 Senior Emergency Medical Management

February

- 1 Executive Council Meeting
- 7 Mt. Hood Region Senior Ski & Toboggan
- 8 General Meeting
- 13 Senior Emergency Medical Management
- 15 Module 4 (Mar-May) Predispatch Deadline
- 15 Snojob Deadline
- 19-21 Bluewood Trip
- 20 Senior Ski & Toboggan
- 21 Women's Ski Clinic
- 27 Tryouts

March

- 1 Council Meeting
- 7 Senior Ski & toboggan
- 8 General Meeting
- 9 OEC Class Registration & Book Pick-up
- 14 Senior Emergency Medical Management
- 15 Snojob Deadline
- 16 OEC Class Registration & Book Pickup (make-up)
- 27 Senior Ski & Toboggan