MHSP SnoJob

January 2006

President's Choice

- Lisa Hargrave

Although we do have snow, the patrol is not without its challenges this year and we need you to help us make it through.

Last year's bad snow led to a high number of retirements and low number of incoming apprentices. We also have a fair number of members on sabbatical for health, family or career reasons. The net result is we have only 176 dispatchable patrollers returning this year. You can get details and learn the implications of this in the *Staffing* article on page 5.

On the bright side – HELP IS ON THE WAY! The recruitment committee rounded up a bumper crop of interested individuals. To take advantage of this bounty, we are hosting information nights in town to educate prospects about the patrol and conduct the interview portion of the tryouts. With barely one week notice in November we had 55 potential apprentices pass their interview, 50 of these will be taking a ski test in January. The other five are interested in Associate Membership.

In order to get these recruits to dispatchable status as quickly as possible the Council approved a new training program. Typically a prospect contacting us this fall would not complete their training and receive their cross until May 2007. The new, compressed timeline is designed to get the incoming Apprentices trained and dispatchable before November 2006. See the *Apprentice Training* article on pages 6 and 8 for a full description of the new program.

But recruitment and new training programs don't pay dividends until next season. So to get there this is our "rebuilding" year.

To be successful this year requires every patroller fulfill their membership commitment and a little bit more. See if you can't find just two or three more days you can give for the good of the patrol. Maybe one in January, one in February and one in March?

We need hill apprentice coaches (one for every 6 apprentices) starting in January. If you have coached in the past or are interested in becoming a coach contact John Gastineau.

We urgently need OEC instructors, and helpers who are not yet instructors, for the Spring class which will be held once per week, on Thursdays, starting March 29th. If you are an OEC instructor or interested in helping with skills stations contact Jodie Jeffers.

We are all in this together – if everyone supports the team we are going to come out the other side a stronger and larger patrol.

See you on the mountain,

Lisa Hargrave,President

lisa@philhargrave.net

541-386-4785 work 541-386-6835 home

Important Information:

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Vice President – Joel Stevens

Using the MHSP LISTERVER: If you find you are no longer receiving mail from the list server, send me an e-mail from your e-mail address and I will check it out. Once in a while different ISPs block the mail from the List server. Verizon did this about a month ago, and then it cleared up. I get bounced mail notices, but I don't usually do anything about them, unless someone complains. If I get them consistently from one address, I will remove it from the list since that normally means it is no longer a good address.

DISPATCH: You will start seeing some changes to the dispatch website, primarily in the roster area. We will let you know about all of the changes after they are up and running.

Please pre-dispatch for the 2nd Module. We can't support our areas unless you fulfill your commitment. We are working very hard to add some additional patrollers, so we can offer better coverage.

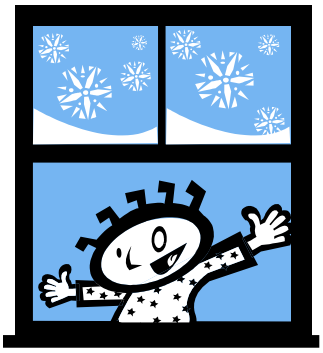
Patrol Chief Notes – Steve Eversmeyer

We've got snow! and people are signing up for days. Thank you all for meeting your commitment. We're working to boost our numbers but as Lisa mentioned at the meeting, we'll all need to do extra days in January, February, and March to cover the areas like we told them we would. Grab a friend, grab a patroller you haven't seen for a while and head on up. The skiing has been GREAT! Just in time for the big holiday season. If you haven't dispatched and can, please do. Hours may be different than normal on the holiday days, HC and AS folks, please double check with the APCs and ensure everyone knows when chairs start turning.

Last SnoJob I asked for someone to help take over the sled maintenance job, there was no response. If you are interested, Tom Payne will provide training, the patrol will provide the parts and tools. Please contact me ASAP.

As of today I've received checks for 4 of the 12 akjas left. I'm expecting the get checks from another 3 people. If want one of our pieces of history, please let me know by a phone call. We'll be parting out what's left to other areas. I spoke with Dave Nelson who thought they had been here since the late 1950s. We were the first in the United States to use them and they have served us well. To clarify my last note about being hard to steer as toboggans, I was thinking about the wooden style with the turned up nose, not as they were used by us. I just don't see 6 to 8 people sitting in an akja and having much luck steering by leaning from side to side..... You may go like a bat out of (*&^%

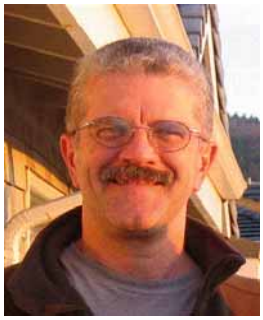
I hope you all enjoy your holidays, whatever you celebrate. Here's to an even whiter New Year. Again thanks for all you do.



Radio Rant # 2 – by Rad I. O'Rant (MHSP #0000)

If your radio can't hear you, neither can the rest of us. Don't leave your radio inside your jacket, squeeze the mic and then talk off into space. Others will barely hear you, and will miss your transmission entirely if the listener is in a noisy environment. It's a good practice to ask others how you sound on the radio, since you never hear yourself!

Nordic Director - Michael Curtis



What do Nordics do?

On New Year's Eve a search call from Clackamas County dispatched MHSP Nordics to West Leg Road for a year-end night-time rescue. Located between Timberline and Summit, a couple hiking in more snow than they anticipated struggled till one of them fell and injured a hip. Both became hypothermic.

One Nordic team went uphill from Summit, while another skied down from Timberline. Once the patient was located, the sled team brought in the equipment to evacuate the patient.

Thanks to Jeff Hepler, Megan Helzerman, Laura and Peter Casey, and Eric Holstrom.

Happy New Year to all—with **SNOW!**

Nordic Megan Helzerman demonstrates excellence in patient care while others ready the sled for transport.

First Responder Training (FRT)/ Sled Update

Greetings Patrollers! We hope your ski season is off to a terrific start. As you know, all patrollers are required to complete a First Responder Update each season, and Hill Patrollers are also required to complete a sled update. Details about the FRT/Sled Update program were provided in last month's SnoJob. The dates for the updates have been set: January 28 and 29, February 11, 12, 25, and 26, March 4, 5, 18, 19, 25, and 26, April 1, 2, 8, 9, 29 and 30. Special thanks to David Castronovo for helping with the FRT program and Larry Cahill for coordinating the sled updates. Wishing you a happy holiday season,

- Corinna Kupelwieser and Eric Einspruch

Associate Director - Eric Granning

Short & Sweet and Happy New Year!

- Jelly Belly Candy Company will be at our January 9, 2006 General Meeting. Lets make it a record attendance and show our appreciation to our new Sponsors.
- **The Atta Girl and Boy Awards:**
- Atta Girl: Jennifer Rector for a job well done on two separate backboard cases at Ski Bowl.
- Atta Boy: Terry Neidermeyer for assisting in a backboard case while off duty.

- Eric

Senior Program

- **by Kathy Lee**

We'll be taking a break from Senior EMM this season but please keep this training in mind for next year.

Repeat that please...

Council Note: ***Terry Niedermeyer*** *has been doing a lot of work to improve our radio communications; read on…*

Update on
Repeater & Ski Bowl Radio's

On December 9th a new repeater for Timberline was installed in Ski Bowl's rescue center. A temporary repeater had been in use while waiting for the new one arrived.

The next weekend Ski Bowl radios in Rescue Center experienced interference from the newly installed repeater.

The next step was to re-tune the repeater and aligned all Ski Bowl radios (some were operating on only one watt).

We believe these changes will solve the interference problem and give us better communications at Ski Bowl.

We all say,

"Thank you, Terry Niedermeyer"

Mountain Hosts

RAINY WEATHER

Yes, we are getting a little bit of this type of weather right now. It reminded me of a group I met two years ago. I call them the Texans.

THE TEXANS

It was one of those not so perfect days. The rain and sleet were accompanied by 20 mph winds. While helping out in the rental shop, I met these two families that came up together from Texas. The parents knew how to ski but for the 6 or 7 kids it was a first time even seeing snow. They were excited about everything and quickly headed outside. I started feeling guilty, so I geared up and headed out to see how they were doing.

There they were, at the Bruno chair. Not one of them had goggles. While most everyone else was upstairs in the day-lodge complaining about the weather, these Texans were actually having the time of their life. You couldn't beat the smiles off their faces with a big stick. They were learning to ski and loving it.

As a Host, we are supposed to help our guests enjoy their visit to Timberline, but this was a bit of a reversal, they helped me enjoy this day. I had so much fun watching them I too forgot about the weather.

After about a hundred rides on Bruno and several escorted trips down to West Leg Rd. it was closing time and they had to 'call it a day'. I learned two things that day. 1) You can have fun during tough weather. 2) They grow them tough down there in Texas.

Happy Holiday's

- Mike Cullen

Bluewood

The Bluewood trip is shaping up. and space is still available. We leave Friday, February 3rd about 4 PM and return Sunday evening about 9 PM. Join us for weekend of eastern Washington powder and spend the weekend laughing.

Price includes:

- Friday dinner on bus,
- motel,
- luxury bus,
- beverages,
- Sunday evening meal.

Patrollers with patrol ID will be comped lift tickets.

The price will be $160 per person. I know,...it is a big increase, but the bus has fuel surcharges and the motel has changed hands (and prices). It is still a bargain for a weekend of skiing and fun.

Sign up by replying to my e-mail and mail me a check.

Yours in BIF. (BIF?)

Buzz Bowman
bowhills@pcez.com
503-644-8283
http://www.bluewood.com/

Meeting the staffing challenge - What does it take?

Staffing Challenge

Training is done, dues collected, so the final numbers are in.

MHSP has 216 dues paying Alpine members as of December 10th. Of these,

- 20 are Red Shirt/Inactive,
- 13 are Apprentices,
- 7 are transfers from other patrols and
- 176 are returning patrollers.

Once the transfers complete their orientation we will have 183 dispatchable patrollers (63 Associate and 120 Hill).

Patroller Needs

During the peak season the areas need 40-48 patrollers per day on duty at the ski areas. Taking into account typical area openings and closings we need 2,200 patroller days to staff the areas on weekends and the major holidays (Thanksgiving, Christmas, New Year, Martin Luther King, Presidents). Staffing for Christmas break and Spring break would be on top of that.

Patroller Availability

If every patroller patrols only the minimum winter days required by their membership plan we will have 1,850 days available. Or a shortfall of 350 days. That means if you only patrol your minimum days we will be shorthanded 16% of the time.

What You Can Do?

You can help by putting in two or three days over the winter minimum.

This should not be that hard. In fact, if you are not an OEC instructor or did not volunteer for the golf tournament or ski show, you need to put in at least two days over the minimum ski days to make your total membership commitment. The total membership commitment is 20 days for Gold, 17 days for Silver, 12 for Bronze and Senior Hill Captains or Supervisors. So consider putting in 16, 14 or 11 days of "boots on the hill" this winter.

HELP IS ON THE WAY

If we are able to train up as many new apprentices as we hope, next year we should have about 220 dispatchable members. That should be enough to comfortably staff all the areas.

If we can repeat this recruitment and training effort in the 2007 season we could be approaching 280 dispatchable patrollers for 2008. At that rate we might have to set limits on the number of patrollers allowed at the areas. Now that is a problem we would all like to see!

Meeting the staffing challenge - recruitment

Recruitment is in full swing thanks to the efforts of Cher Hinerman and Jaye Miller who have done a fabulous job of following up with the interested contacts. And also thanks to all those who worked as interviewers at the Information Nights in November.

But the job is not done. We need everyone to get the word out on recruitment.

So what do you tell prospective members?

- We have so many interested prospects we don't have the capacity to offer everyone a "shadow day" as in years past. So should not be our main offer. ***Instead…***
- Invite them to an Information Night. The next one is January 12th, 7:00 pm at Portland Adventist Training Center. There will be a short presentation on MHSP and interviewers will be available to start the tryout process. Call Jaye Miller or send email to millerjaye@comcast.net to register.
- If your candidate is already sold on the patrol, a new apprentice class is forming this January. Ski tests for hill apprentices will be offered the first or second weekend of January. Contact Jaye Miller to arrange a ski test and/or interview.
- The deadline to register for the Spring OEC class is February 27th.

In January we will have flyers and business cards available in the first aid rooms that you can give to interested prospects.

Radical changes in new member training

Increasing the number of dispatchable patrollers is the top priority of the council. We are bringing on two more classes of Hill and Associate Apprentices this winter in addition to the group completing OEC last Spring.

The first class will consist of up to 24 EMTs and other emergency medical professionals. They will be starting area orientation and sled training in late January and take an OEC challenge course over 4 nights in February. With adequate coaching resources and cooperation from the weather, these apprentices should be receiving their cross and becoming dispatchable patrollers at the banquet this spring.

The second class represents a departure from our traditional training approach – compressing the timeline, but not the length or quality of the training, by putting the on-hill portion of the training ahead of the OEC class. This class will train on the mountain January through May and complete the OEC Class March 23-June 29 followed by First Responder training.

These Apprentices should receive their cross prior to winter and will be dispatchable at the beginning of the 06/07 season.

Part of the new protocol is shadowing and mentoring. So expect to be working with apprentices who have not yet received their OEC cards. While *non-OEC apprentices may not treat patients, they may participate in all non-patient-care aspects of patrolling and may assist with patients to the extent that you might utilize any untrained bystander including traffic control, readying the sled or helping to move the patient.*

This new "mountain first" training program is the result of some creative thinking and open-minded problem solving on the part of many people on the council, in the OEC instructor corps and apprentice coaching ranks. If this program goes well, the "mountain first" option may become the standard MHSP training protocol. Many other patrols train on the hill prior to first aid training.

It is believed this new approach will bring several advantages over our previous new member intake which sometimes saw eighteen months transpire from initial contact at the ski show to receiving a cross.

For more successful recruitment:

- We will convert more of the ski show contacts into members by getting them started on MHSP before their enthusiasm burns out.
- Recruits may enter the apprentice program in Spring or Winter increasing our likelihood of gaining commitment.

For increased training quality:

- OEC skills will not be getting stale over the course of extended and concentrated sled training.
- Feed back from OEC students who have had on-hill sessions tells us they more readily absorb and retain first aid skills when the students have experienced how those skills apply to real life patrolling.
- We are also experimenting with holding the OEC class only one night per week. It is believed extending the timeline for this part of the training will provide more time for the required reading and workbook, reducing student stress and increasing understanding and retention.

So please welcome the incoming apprentices and help us make this program a success. If you are assigned an apprentice shadow while patrolling do have fun but use the day as teaching experience as well. If you are an OEC instructor or just interested in helping with OEC, please contact Kathy Lee or Jodie Jeffers to help with the Challenge in February or the full course March-June. Associate mentors and trainers should contact Eric Granning. Sled coaches, apprentice coaches or interested parties should contact John Gastineau or Tom Payne.

These new apprentices are the cavalry coming to help us win the staffing battle. Let's all do what it takes to get them on board.

Timberline Area Patrol Chiefs (APCs) Rick Sadle and Gina Malamphy

Timberline Report

Jim Tripp has asked the following information to be passed on to MHSP regarding Timberline protocols.

RADIOS: Please keep the volume turned down when in public areas. A transmission about a specific injury was heard by a member of management who also witnessed the horrified response of the guests who heard it as well. Turn it down inside, in lift lines and during your lift ride after you call in your "One Pucci".

FORMS, FORMS, FORMS: It is very important incident reports are filled out properly and by one person, if possible. Please do not fill in the "Premise" line in the top portion unless you are dealing with a NON-skiing incident. Usually you will need to put a 'N/A' in the premise line unless you're dealing with a parking lot or lodge incident or something not on the hill. Patrollers may use a separate "Patroller Comments" form if they want to document something about the case. Otherwise, just tell the Associates on duty the care you provided on hill and your number.

SLED CARRIERS: Timberline has a number of new lift operators who may not be as familiar with the placement of the sled carrier on the Pucci lift as patrollers are. Please do not hesitate to ask the lift operator to correct the placement; it should always be on the side.

RED FLAG FORMS: Please pick up a couple of witness statement forms to carry with you. Getting a statement at the scene of the accident while the picture is fresh in a witness' mind is best. Please be sure of the spelling of the names of those involved...always check spelling, never assume you heard the name correctly. This is very important for accident follow-up.

SHUTTLE: The Timberline shuttle stops at the Govy bldg at 7:15 and leaves the lodge at 4pm, 5pm and 6pm.

Please contact either Gina or Rick if you have any questions.

Under the Mistletoe—Revealed!

From the December 2005 SnoJob: The mystery canoodlers were NEVER guessed! No winners- but a lot of interesting possibilities. The people in the picture got the prize: Gail and Don Gardner. OUR STORY: Don endured harassment by other Bluewood trip members about not giving Gail flowers in the past. The last day, we felt sorry for Don (he withstood a lot & was good natured) so we went to the gift shop and told them of Don's plight. They went scavenging thru their decorations up high in a closet and plucked a plastic rose from a wreath and gave it to us to help. (tells you a lot about the great staff at Bluewood) Don presented Gail with a rose and the photo story was caught by MHSP First Aid Chief Jodie Jeffers!

Proposed "Mountain First" Training Plan for Apprentices

For Hill and Associate Apprentices Objectives:

- Get autumn recruits to dispatchable status in less than one calendar year.

Philosophy:

- Training will be skills-based, not time based.
- Although we want to expedite training and get patrollers out on the hill. We want to make sure we are not sacrificing quality or essential skills. Therefore training and the check-off.
- Look at change in order not just as a schedule shrinking strategy, but as a way to provide background and context to enhance the students ability to absorb the OEC information and skills.
- All trainees will be informed there is no "right" timeline. Differences in inherent skills, the apprentice's learning style, the instructors' teaching style, available terrain and snow conditions will affect how many training sessions are required. Some apprentices will finish quickly and others more slowly.
- This is a new program. We will correct and continue as necessary.

Phases:

Tryouts (January)

- To be held at Mt. Hood Meadows or Ski Bowl

Mountain Training (late January – April/May)

- Expected to take 10-15 days for Hill, undetermined for Associates
- Sled handling training and test for Hill only
- Area orientation/map test
- Patroller 101 (hill setup, equipment)
- Scene security
- Willing bystander (how to help with J-splint or backboard or patient loading)
- First Aid Room Orientation
  - Observe and bystander assist as on hill stated above possibilities.
  -Observe documentation/ Red Flags criteria.
- Possible transceiver training for student protection.
- One on one mentoring by shadowing seasoned patrollers.
  - No first aid performed until OEC card obtained but may assist as a bystander would under direction of MHSP Patroller they are mentoring with.

First Aid (February-June):

- OEC Challenge course to be offered for up to 24 students in February for minimum of four sessions.
- Regular OEC Course to be offered to up to 30 new students and up to 5 challengers. Meet once per week on Thursday, February through June.
- CPR card required for all OEC students prior to start of OEC classes. MHSP will notify and assist in finding possible classes to attend. If none are found by MHSP or student prior to the class, CPR will be taught during OEC and/or date of CPR completion may be extended.
- First Responder Training—Sometime within June-September depending on needs, size of groups, scheduling.

Basic Avalanche:

- To be completed during rookie year
- 3 nights, 2 days

Chair Evacuation:

- Required before dispatching in rookie year.

Certification:

- During the Mountain and OEC phases apprentices may "ride-along" with dispatched patrollers as long as they themselves do not perform first aid on patients. Student may be utilized as bystander helper if deemed appropriate.
- Apprentices will be awarded full membership and badge numbers when they have completed Hill Training, OEC and FRT training to demonstrate scenario based training competencies. This will not relieve the member of the requirement to complete Basic Avalanche and Chair Evacuation training during their rookie year.

- John Gastineau

MHSP Training

Preliminary Skill Based Hill Apprentice Card

Sled Skills

- Assembling sled pack
- Setup for loading on chair (Clipper/ Cascade/4-handle)
- Loading/Unloading on chair
- Setup for unloaded and loaded running (Clipper/Cascade/4-handle)
- Running loaded sled (easy terrain)
- Running loaded sled (steep, hard pack)
- Running loaded sled (moguls)
- Running loaded sled (deep snow)
- Patient loading

Specific Sled skills

- Windshield Wiper Turns
- Traversing
- Feathering the brake chain
- Recovery from sled coming around front

First Aid Room Orientation at Timberline and SkiBowl

- Inside Radio Training
- Observation/ bystander assisting of patient assessment and care,
- Assist, receive and deliver patients (meet sled, wheelchair, walk-in, ambulance, landing zone),
- Observe needed documentation required by area,
- Observe and learn ambulance request protocol, communication, and documentation
- Knowing the inside of building as well as terrain outside.

First Aid

- OEC Card
- FRT Scene Management
- FRT Assess and package patient in 20 minutes (backboard case)

Photo credit: Donna Disch

First Aid Chief

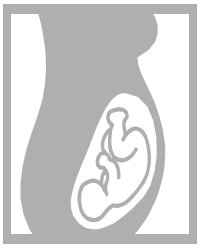
- Jodie Jeffers

"See you on the mountain. Leaving tracks of all kind!"

You said your pregnant and you gotta push!?!?!

Brings chills to a lot of patrollers upon hearing this sentence as well as those two key words….Pregnant and Push!!! Why does that happen? One very obvious reason is for most of us, we don't deal with delivering of babies except reading it once in the OEC Book-Chapter 17. Below are **some** highlights with a recommendation you look over the chapter again or listen to the voice in your head screaming- 'Get Me AMR/ Life Flight Right Away'.

The basics:



1. Scene safe, BSI, (MOI?) Assessment, VS, and SAMPLE:- Standard for every type of patient
2. Plus some additional questions of a known pregnant patient….such as:

- How far along are you?
- Is this your first pregnancy?
- How many babies are you currently pregnant with, one? twins? Triplets? Oh geez…
- Has your water broke?
- How far are the contractions apart?
- Who is your doctor and have you been getting prenatal care??

3. Patient may have an injury or not and complains of sudden onset of abdominal pain and may only state she has missed a period or believes she might be 8-10weeks or so pregnant…..what else should we be thinking of?

4. If you need to, lay patient flat or raise legs for shock. Remember the need to have them resting on an angle on left side to keep pressure off the major blood vessels that may harm both baby and mom. If on a backboard, prop up some with blankets.

5. A pregnant patient needs to be vaginally checked by visualization only.

Emergent findings include:

- Crowning of head/ cord or limb protruding from vaginal area.
- High BP or Low BP
- Trauma
- Bleeding in vaginal area of an over 20-week fetus.
- Major vaginal bleeding for any age fetus.

Pre-delivery Emergencies:

- Hypertension (High BP) (Pre and Eclamptic Pt)-C/O headache, vision disturbance, edema, anxious, if severe may have convulsions
- Hypotension (Low BP)- from laying on back – Need to be on left side
- Hemorrhage– vaginal bleeding may be painful or painless. If in first trimester(1-12wks), may be due to an ectopic pregnancy (pregnancy outside the uterus) or spontaneous abortion or trauma.
- Increased risks for mom & baby may include
  - Altitude,
  - Temperature & humidity,
  - *Hhhmm, 6000ft, 20 Deg, snowing?*

Preparing for Emergent Delivery: The reality—ALS just isn't going to make it in time despite your prompt earlier request.

1. Breathe- yes you! Hopefully you are in the First Aid Room, giving patient privacy and warmth and calm reassurance.
2. Have OB Kit opened and be familiar what's inside. BSI! Monitor for shock or hypertension.
3. If needed, call closest ER and have another patroller relaying advice from Doctor/Nurse.

Delivering the Infant:

1. Support the head as it emerges, **suction MOUTH first, then nose,**
2. Check for cord wrapped around neck, if able gently unwrap, if not, be prepared to cut ONLY if absolutely necessary and properly!
3. Support the head and upper body as shoulders deliver,
4. Keep newborn's head slightly lower than body, SAME LEVEL with mom's body, wrap newborn in towel,

5. Re-suction mouth first then nose.
6. Check infant color and breathing. Using a towel, rub baby to dry, stimulate and keep warm.
   - Is CPR/ O2 needed?
   - Is baby ok?
7. *Securely clamp the cord in two spots and cut between. Check for bleeding from sites. Be* ready for placenta to pass (usually within 30 minutes of delivery, save for hospital to examine)
8. Recheck mom, infant and yourself! Good job!

Pediatrics -

Pediatrics -- Yes we delivered the baby and now they begin to grow up!!! Just remember one of the biggest rules: The pediatric patient is NOT a little adult in how we treat, converse and deal with.

Pediatrics encompasses such a wide range of ages--from an infant to the adolescent at 18 years old. Not only is there a wide range of anatomical/ patho-physiological differences through that time span, but so are their growth and development stages. As you read, you'll see just a few of the many examples and considerations to be thinking about when dealing with the "pediatric patient". Don't forget to review your Chapter 30 in the OEC for more information!!!

Anatomy and physiological differences:

Airway: Smaller, more elastic and may be comprised much quicker; trachea rings (windpipe—less developed) may collapse easier, as well as occlude from swelling much faster than an adult require an aggressive head tilt -chin lift since the tongue is larger, more rounded.

Breathing: Infants breathe faster than children or adults. Infants rely on using their diaphragm when they breathe, Anything putting pressure on abdomen may compromise respirations. Sustained labored breathing may lead to respiratory failure

Circulation: Heart rate increases during injury or illness, compensatory mechanism for decreased oxygenation. Infants' HR may exceed 200 if ill. Children are able to constrict blood vessels to maintain perfusion of their vital organs but will then de-compromise extremely fast. Drop in BP is an ominous sign,

Skeletal: Bones are weaker but more flexible and growing. Infants and young children must sustain a very large force to break bones and need to think of what else has been injured (soft tissue, organs, etc)

Lets just compare some age–growth and development differences:

Infant (First Year)

- Respond to physical stimuli, observe first,
- Crying is their communication,
- Prefer to be with their parent/ caregiver

Toddler (1-3yr)

- Beginning to walk and explore areas, curious and adventurous -hence get into trouble by putting things in their mouth etc.
- May resist being from parent/ guardian– stranger anxiety
- Important to observe the toddler first as not to upset them to get visual clues before beginning a hands-on assessment.

Pre School (3-6yr)

- Uses simple language, may be distracted with toys, active imagination, fantasy.
- Understands simple directions, questions and can identify painful areas when asked.
- Fearful about pain, believe injury due to bad deed, use dressings to cover wounds, distract.

School Age (6-12yr)

- Starting to think like adults, concrete terms,
- May be able to make choices, involve in care
- Talk to child as well as the adult.

Adolescence (12-18yr)

- Very concerned about body image, focus from parents shifted to peers,
- Need respect for privacy at all times, strong feelings about being observed during care,
- Explain what you are doing.

Schedule of Events

- ***Jan 9: MHSP General Meeting, Athey Creek Middle School , 2900 SW Borland Rd; West Linn, Or.***
- ***Jan 11: Mount Hood Ski Patrol Executive Council 6:30—10 PM, Portland Fire Station #12 , 8645 NE Sandy Blvd. Portland, OR***
- ***Jan 12: SnoJob article deadline***
- ***Jan 14: Senior Ski and Toboggan***
- ***Jan 19: Instructor Update: 630-10pm***
- ***Jan 22: Senior Ski and Toboggan at Hoodoo***
- ***Jan 28,29: Nordic Tea Cup***
- ***Jan 28,29 First Responder Training Update***

January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 New Year's Holiday	3	4	5	6	7
8	9 General Meeting	10	11 MHSP Council Mtg	12 SnoJob Articles Due	13	14 Senior Ski & Tobaggan
15	16 MLK Holiday	17 SnoJob to Printer	18	19 OEC Intst. Update	20	21
22 Sr, Ski & Toboggan	23	24	25	26	27	28 FRT Nordic Tea Cup Race
29 FRT Nordic Tea Cup Classic	30	31				

http://www.mthoodskipatrol.org/members/snojobs.cfm

SEND! Stories, pictures & those wonderful words-of-wisdom for the SnoJob to MHSPSecretary @gmail.com

Timberline First Aid Room - ready for patients ***Photo credits: Jodie Jeffers***

Schedule of Events

- ***Feb 1, 2: OEC Challenge***
- ***Feb 4: Level II Avalanche Field Session***
- ***Feb 9: OEC Challenge***
- ***Feb 11: Senior Ski and Toboggan***
- ***Feb 11,12 First Responder Training Update***
- ***Feb 12: Avalanche Refresher***
- ***Feb 13: MHSP General Meeting, Athey Creek Middle School , 2900 SW Borland Rd; West Linn, OR***
- ***Feb 15: Mount Hood Ski Patrol Executive Council 6:30—10 PM, Portland Fire Station #12 ,8645 NE Sandy Blvd. Portland, OR***
- ***Feb 16 OEC Challenge***
- ***Feb 16: SnoJob article deadline***
- ***Feb 25,26 First Responder Training Update***

February 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OEC Challenge	2 OEC Challenge ; Grnd Hog Day	3	4 Level II Ava Field Session
5	6	7	8	9 OEC Challenge	10	11 FRT Senior Ski & Tobaggan
12 FRT; Ava Refresher	13 General Meeting	14 Valentine's Day	15 MHSP Council Mtg	16 OEC Challenge SnoJob	17	18
19	20 SnoJob to Prntr; Prsidnts Day	21	22	23	24	25 FRT
26 FRT	27	28				

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Views of Mt. Jefferson from Mount Hood ***Photo credits: Jodie Jeffers***

Mount Hood Ski Patrol

P.O. Box 4384
Portland, OR 97208

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