MHSP SnoJob

November 2005

President's Choice

- Lisa Hargrave

Let me begin with an enormous THANK YOU to everyone who has completed their pre-season training and especially to the instructors, helpers, registrars and equipment fetchers who made it possible. It takes a team effort to get us ready for winter.

This brings to mind something the CEO of my company said at our annual meeting. Ponder Harrison has founded several successful companies including AirTran and Allegiant Airlines. He was talking about technology systems and how they only mattered in so far as they helped us communicate and build relationships. Ponder's point was that in today's world everything is about relationships and the teams we gather around ourselves Indeed -- when was the last time you did something big or important on your own? Certainly ski patrolling is a team effort.

In response to member feedback, the council is restructuring our general meetings to be more of an opportunity to connect with our fellow patrollers. Look forward to more participation, fewer reports and more time to socialize. Check it out Monday, November 14th at 7:00 PM.

Also be sure to check this and every SnoJob for the breaking news about operations, membership and happenings at the ski areas.

In this issue check out the guidelines for online dispatch and the mail-in form for those of you who are not on the Internet. The team is counting on you to be there so sign up for the first module today.

Lisa Hargrave
Wk 541-386-4785
Hm 541-386-6835
lisa@philhargrave.net

Important Information:

OEC Refresher *Pg. 4*
DUES UPDATE *Pg. 5*
Membership levels *Pg. 8*

Vice President - Radio Talk

- Joel Stevens

The radio committee is working on improvements to the radio system at Timberline.

Signal quality

Currently the signal from the repeater doesn't reach all areas of the mountain. A committee test conducted on Saturday, October 15th determined the repeater output is clean and noise free. The next step is to replace and tune the antenna on the repeater.

ICOMs

Last season charging ICOM radios was difficult. We resolved this problem. We also reprogrammed ICOM radios to stay locked on the repeater channel, regardless of the channel selector knob. Locking and unlocking instructions for the channel selection will be posted at Timberline.

Anyone interested in purchasing an ICOM F-11 radio may contact Joel Stevens and we will do another group purchase. Radios with chargers and microphones run about $235.00. Expressing interest won't commit you to purchasing a radio.

We have the programming software and cable for the ICOM F-11 to program them to the Very High Frequencies (VHF) used by Timberline, Summit and Skibowl. Mount Hood Meadows is an exception since they use Ultra High Frequency (UHF).

Patrollers interested in working with the radio committee, contact, John Gastineau, Phil Hargrave, Terry Neidermeyer, or Joel Stevens.

Patrol Chief Steve Eversmeyer

We're working with the areas to get ready for snow; here's the report from some of our area patrol chiefs :

You'll be hearing more in the future from Summit and Skibowl APCs.

Photos by Donna D.

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

Timberline not yet operating due to current weather patterns. The latest report today shows a drop in temperatures for the Metro area starting close to November so hopefully that will translate into a low snow level to go with the expected precipitation. As soon as we get the word, we'll be ready to open Timberline. PLEASE **PREDISPATCH** so we can fully staff all areas.

MHSP and Timberline are working together to breathe new life into their Host program. Mountain Hosts will now be members of MHSP. At this time, only Timberline will be part of the Mountain Host program. We are hopeful the success of Timberline's program will create interest by the other areas.

MHSP will be administering the program with direct supervision coming from Mountain Host Supervisors (MHS). The MHS will be responsible for communicating directly with the HC/AS of the day so the Mountain Host team knows all activities. Mountain Hosts work indoors and on the hill and may find and report injuries. Hosts are not authorized to provide first aid but will notify MHSP of cases.

All new Mountain Host candidates will go through a recruitment interview, an application process, and an apprentice period, just like new patrollers. If you know someone who is interested, please have them contact either Lisa Hargrave or Gina Malamphy.

Pray for Snow!

Gina Malamphy (503-620-8256, ginamalamphy@yahoo.com)

Rick Sadle (503-384-0325, rick-sadle@hotmail.com)

Greetings fellow patrollers! This season at Meadows we have a new pro patrol manager, Melissa "Mel" Toney. The assistant patrol manager is Brandon Backman. Communication has been better than ever and we are ready for a snowy season.

Jeff Ezzell is our MHSP Assistant Patrol Chief for Meadows and will take over my job next season. I will remain as a team leader and will be helping to fine tune the combined training we have created this year.

Meadow's volunteers are invited to train with the pros at Meadows this season.

This was part of former Patrol Manager Ryan Forbes' plan. The plan included rearranging our teams from six (6) teams of eight (8) patrollers to four (4) teams of ten (10) to give volunteer patrollers more days to know the area better and earn a season's pass. Mel agrees with Ryan's plan and we are both looking forward to making it work.

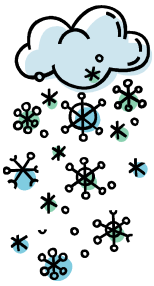
Meadows hours will change this season. All lifts will open at 9:00 AM. Outlying lifts will open at 9:00 AM or when weather permits and close at 3:00 PM. Mt. Hood Express "MHX", Daisy, Buttercup and Easy Rider will close at 4:00 PM until night skiing starts. Those lifts will close at 9:00 PM on Wednesdays, Thurdays and Sundays and 10:00 pm on Safeway Friday and Saturday nights.

If you are interested in joining a Meadows Team, we would love to get you up to shadow a day or two this season. We have had tremendous response to the new plan and the combined training. I want to thank all Meadows Patrollers for the extra work this season will bring. We should all try to give back the training we receive to the MHSP. Please call or email me for more information.

- Debbie Norvell Meadow's APC .

Meadows Area Patrol Chiefs (APCs) Jeff Ezzell and Debbie Norvell

Skibowl Area Patrol Chiefs (APCs) Terry Niedermeyer and Daniel Dean



Diane Kindall, above, faithfully continues as Summit Area Patrol Chief Dave McKay is co-APC

First Aid Chief

- Jodie Jeffers

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

OEC Refreshers

Yahoo.. OEC Refreshers are DONE!! Great job by everyone-patrollers, instructors, and helpers! Please continue to send suggestions, likes and dislikes, so we can continually improve.

Refreshing moments for November is Femur Fractures. Please read the femur article. You may look forward to both the meeting and early morning briefs (think snow).

First Aid Chief
Jodie Jeffers
503-390-3405
tailwaggin@comcast.net

Little Luca Einspruch is eager to learn OEC, so, as young as he is, joins his Dad, Eric

Kelly Klein double checks O2 instructions while instructor Michael Curtis, well, instructs

Patrol Chief Steve Eversmeyer tells it like it is

Monthly First Aid Topic - from your own MHSP First Aid chief

Possible Femur Fracture...What do I do???

What do we want the splint to do as well as why? Keep this in mind when we do our sled updates and first responder training (FRT) this year.

Compare splints. Some *stabilize*. This means they protect bones, ligaments and surrounding area from moving about while giving support. Other splints provide *traction.* This means a manual or mechanical force opposing the muscles of the upper leg from spasm as well as helping to align the bones of the femur. There are four splints we may use:

- Cardboard,
- *Johnson,*
- *Hare Traction, and*
- *Sager Traction*.

Nordic patrol use the *Kendrick* due to its light weight and compact size. All these splints *stabilize,* but the Hare, Sager, and Kendrick splints provide *traction* to the femur.

Considerations:

1-*Mechanism of injury* and pain, you suspect a femur fracture. (Remember, we do not diagnose fractures but think of potential injuries. X-rays are needed to diagnose fractures.)

2-*Assess the leg - DCAP-BTLS.* (See October SnoJob if you can't translate this)

3-When do we start the *stabilization and traction*? After your rapid secondary survey, stabilization begins for protection of the leg. Manual traction, once started, requires commitment until replaced by a mechanical traction splint or another patroller. Align the leg along the longitudinal axis prior to traction or potential realignment if there is no palpable pulse. Always check the pulse before and after the splinting process.

4-A *backboard* keeps the patient stable with the least amount of movement to the patient's leg. If the *mechanism of injury* does not merit placing the patient in full spinal immobilization, use the pad from the sled as comfort for the patient on the backboard. Make sure the straps are secure along with the patient being padded, so they don't slide around on the backboard. Yes, Life Flight can transport patients with a traction splint; let their dispatch know you have applied one.

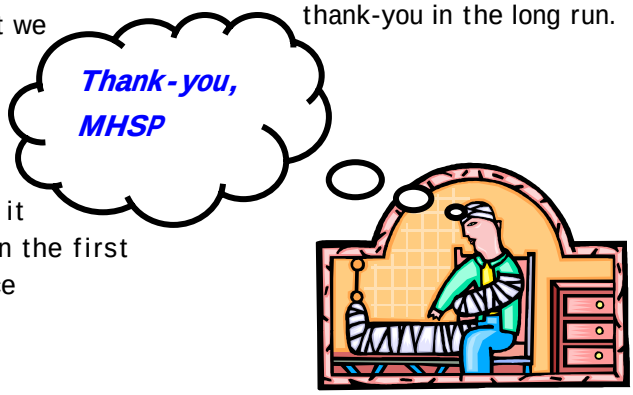
5-The *Boot,* take if off or leave it on?? Ultimately, removal provides the best way to check for a pulse as well as securing the foot end of the traction splint. Boot removal requires additional help. While weather is an important factor we want to be thinking about we are not dictated by it. Remember, the least amount of manipulation is best. If the boot wasn't taken off initially, it has to done by someone in the first aid room or the ambulance paramedic.

6-If there is an *open wound* to the femur injury and possible bone protruding? If YES, you may use a traction splint. Make sure the wound is covered with a dressing and continue. With an *open wound*, the patient has more potential for further injuries involving muscle, blood vessels, soft tissue, muscle spasms and ultimately unstable without a traction splint. The doctor may give antibiotics for possible wound infection as well as ensure wound irrigation in surgery.

7-Last but not least, when *do we NOT use the* traction splint? If we suspect the patient has injuries involving:

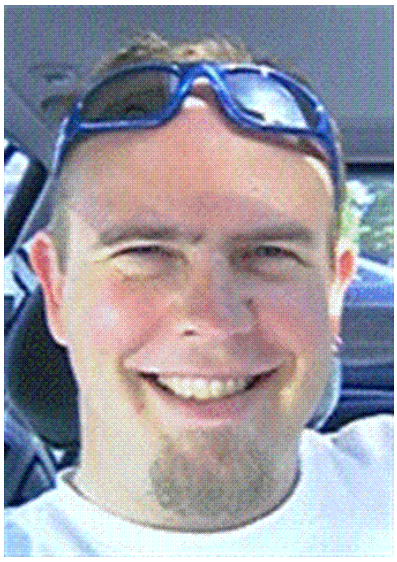
- Hip,
- pelvis,
- partial amputation to the leg or knee
- close to the knee injuries, and
- lower leg or ankle injuries.

The 4th EditionOEC book offers excellent pictures and guides on use of the traction splint. Utilize your first aid room Supervisor, Hill Captain, and Nordic Advisor to give you a chance to practice the traction splints. You are not alone on the need to practice, practice, and more practice. Your patient will thank-you in the long run.



Associate Director

– Eric Granning



I.R. = Incident Reports

During the last two chair evacuations Gina Malamphy and I covered the I.R. forms and the importance of leaving no blank lines. Several of you asked to post the forms in the SnoJob detailed account of the I.R. line by line. The council discussed and recognizes each I.R. is area specific.

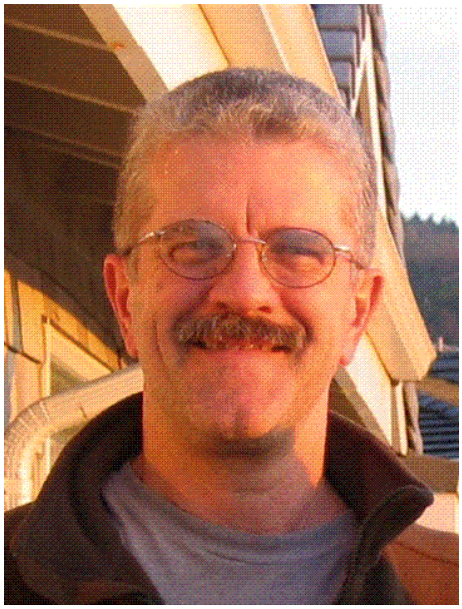
So to cover the request many of you had; each area First Aid Room will have a detailed line by line account of what is required on the I.R. form. Please review it while in the respective area first aid room.

Gina Malamphy thank you for your assistance with this project. Most appreciated.

- Eric Granning

Nordic Patrol Director - Nordic code words revealed

- Michael Curtis



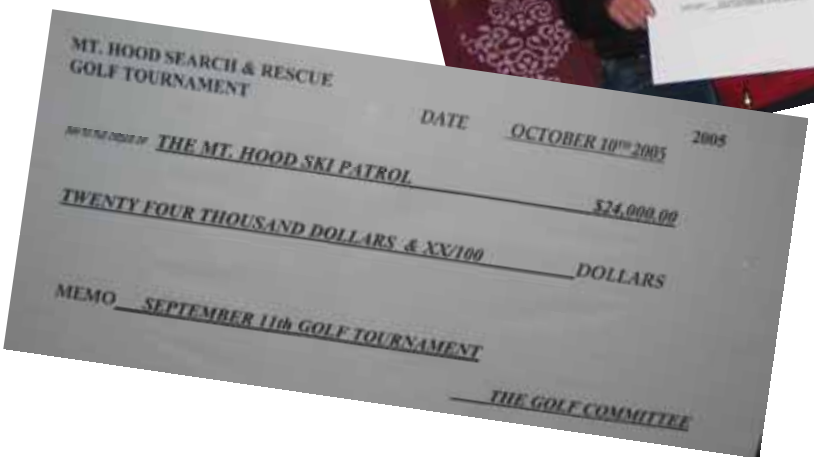
An occasional question from patrollers is "what's an on-the-hill day for Nordic"?

The answer: The first of two required training days for Nordic is on–the-hill. The Nordic rescue equipment is a bit different than what Hill and Associate Patrollers are accustomed to and if we have a relatively quiet season we may have few occasions to unpack and use our gear. Our on-the-hill training gives us a chance to look at, touch, and work with the equipment we would typically use in a search and rescue. For instance our O2 gear is a bit different, our backboard has a spider to hold the patient in place, we carry a basic assortment of climbing gear to support low-angle rescues, and we carry more gear to keep a patient warm during a long haul-out. And, oh yes, in addition to the typical sled handles we use hauling ropes so several patrollers can move a sled (no lifts for us!) uphill. That's the morning, in the afternoon we do a simulated rescue including all the basic elements of a typical search and rescue mission. We'll have Boy Scouts on hand to be victims, patrollers to mount a hasty search, and a support team to respond with all the equipment.

If you are simply curious about on-the-hill, you'll probably think Nordic technical day is simply weird. Actually our technical day is the ultimate in practicality. Low angle rescue is the focus for the day's training. Low angle rescue in its most basic form means we pull the patient uphill rather than lifting the patient up some vertical space. Picture the side of the road about 150 yards west from the patrol building in Govy. We train there replicating the maximum angle we will perform a rescue. We spend the morning going over (arguing, er, discussing) equipment, policies and procedures. In the afternoon we use our equipment to pull a loaded

Thank you Golf Committee and all who helped to make it possible for the $24,000 check from the proceeds of the John Keyes Memorial Mount Hood Search and Rescue Golf Tournament.

WOW!



Chairlift Evacuation

A hundred and seventy of you completed lift evacuation practice in September and October this year. This annual event changes a bit each year, but the central lift drill is there to remind us all how to manage ropes and safely lower guests from a stalled chair.

A few things to keep in mind for the winter:

1) The evac rope always passes over the haul rope above the chair. This means it could be behind the chair, if you are evacuating a downloading passenger.
2) The evac rope must rest on top of the duck bill if there is no rope saver. If the rope slips off the bill, move the belayer farther downhill from the chair. Remember force vectors from your physics class! Evac ropes with rope savers may be in front of the duck bill.
3) You got a chance to see the equipment used by adaptive skiers at the evac, but remember you must involve area personnel in any evacuation of a disabled skier.

A big thanks to the event catering committee for the excellent barbeque each day!

- John Gastineau

Photo credit: John Gastineau

Dispatch - scheduling your days

Online

The dispatch site is updated and includes requirements for the next season. All patrollers need to pre-dispatch through the website, or on paper if you do not have computer access. If you absolutely cannot pre-dispatch please send a letter of explanation to Patrol Chief, Steve Eversmeyer. You'll notice Timberline and Skibowl maximums are reduced slightly to help spread out the coverage. Also the last day to signup has been moved to one week ahead of the date.

To fulfill your Gold, Silver, or Bronze commitment, please pre-dispatch a minimum number of on the hill days each module.

The first module training days are not included in these days; you still get credit for them (OEC and Chair Evac). The pre-dispatch deadlines are:

First Module -

November 1st (October – December)

Second Module –

December 20th (January- February)

Third Module -

February 20th (March – May)

Summer Module –

May 20th (June – Labor Day)

These are the minimums for each module. We encourage all patrollers to do more than the minimums. Because the generic email requesting a substitute has not consistently worked, we expect you to call ten (10) patrollers if you can't meet your commitment this season. If you are unable to find someone to help cover for you, call the Hill Captain or Associate Supervisor and let them know you can't be there. If this happens at the last minute, call that morning's dispatcher at the Govy Building (503-272-3339) so you aren't considered a no-show. The dispatcher should be there to answer from 7 to 7:30 AM.

If you find you are able to patrol at the last minute, please check in with the dispatcher to ensure we are providing equal coverage to all of the areas.

If you have any problems accessing the dispatch website, or signing up for the list-serve, send me an e-mail: Joel@sdeltd.com with a brief problem description and a phone number to get back to you.

MINIMUM DISPATCH for MHSP MEMBERSHIP LEVELS →	Gold	Silver	Bronze	SHC/SS	Nordic	Red Shirt
1st module	4	3	3	3	4	0
2nd module	5	4	3	3	4	0
3rd module	5	5	3	3	4	0
Summer (4th) module	2	1	0	0	N/a	0

Remember! Training days are in addition and you'll need more to fulfill your minimum days; Teach! Ski! (Patrol) or train enough additional days to meet (of course we'd prefer you excced) your minimums.

Mount Hood Ski Patrol Manual Pre-dispatch

This form is for members who are not on-line and therefore are unable to use the on line dispatch system. Members with access to the website at www.mhspdispatch.com should pre-dispatch online. Apprentices are not required to pre-dispatch, your coach will schedule your training sessions.

Name _____ Patrol # _____

Class of Service: __ Associate ___ Hill ___ Nordic __ HC ____AS

I wish to patrol _____ Days this module (November – December)

Enter an X on days you cannot patrol. Leave blank days you can patrol but have no preference as to ski area. If you prefer a specific area enter T for Timberline, SB for Skibowl and U for Summit.

November

Sat 19	Sun 20		
Thu 24	**Fri 25**	Sat 26	Sun 27

December (thru New Year holiday)

Sat 3	Sun 4						
Sat 10	Sun 11						
Sat 17	Sun 18						
Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24	Sun 25	
Mon 26	Tue 27	Wed 28	Thu 29	Fri 30	Sat 31	Sun 1	**Mon 2**

Return by 11/14/02 to:
Steve Eversmeyer,
261 SE Morlan Ave.
Gresham, OR 97080.
- or -
fax to 866-828-9205.

Avalanche Training

- by Matt Rea

All MHSP patrollers are required to take an avalanche course every third season. If your last avalanche course was in the 2002-2003 season, you are due for at least a refresher course this year. If you are uncertain of your avalanche status, please call Matt Rea at (503) 230-0584.

We have a full slate of avalanche classes scheduled for the upcoming season. Please go online to pre-dispatch for all classes (remember you now receive green sheet credit for training days, including both in-town and on-hill sessions). If you cannot pre-dispatch for some reason, or have other questions about the classes, please contact the lead instructors listed below.

Level I (Basic) Course (lead instructor—Matt Rea, 503-230-0584). The introductory avalanche course is required for all MHSP members. We cover basic information about weather, avalanche terrain and hazards, snow science, safe travel, self-rescue, transceiver use, probing, and participation in an organized avalanche rescue. The purpose of this course is to provide patrollers with the information and skills needed to stay out of avalanche trouble and to assist fellow patrollers and the skiing public who may be unlucky enough to get caught in an avalanche. All new patrollers will take the course as a mandatory part of their apprentice training. All National Ski Patrol transfer patrollers coming into MHSP this year must be able to show level I certification or will be required to take the course.

The Level I course consists of a combination of in-town evening classes and weekend field sessions. Students only need to attend one of the "Avalanche Awareness" sessions; all other classes are mandatory:

November 16,2005; Wednesday
Avalanche Awareness in-town class 6:30-9:30 PM.
Location: to be announced

March 9,2006; Thursday
Avalanche Awareness—in town class 6:30-9:30 PM.
Location: to be announced

March 23,2006; Thursday
Avalanche Awareness—in town class 6:30-9:30 PM.
Location: to be announced

April 5,2006; Wednesday
Avalanche Awareness—in town class 6:30-9:30 PM.
Location: to be announced

April 8 & 9,2006 Sat & Sun.
Field session on the mountain (students attend both days)

Level II (Advanced) Course (lead instructor—Matt Hickok, 503-780-1066). The advanced avalanche course is not required for MHSP members yet highly recommended, especially for anyone occasionally skiing into the Outback or the backcountry. The level II course is designed to make patrollers more proficient at avalanche skills and features more class time and practical field sessions. The level II course is mandatory for patrollers interested in becoming avalanche instructors (and we are always looking for new inspired instructors). **Please call Matt as soon as possible at if you are interested in taking the level II class.** Class dates are:

November 17,2005; Thursday
In-town session, 6:30-9:30 PM.
Location: Matt Hickok's House, 1717 NW 33rd, Portland. Call Matt for directions.

December 7,2005; Wednesday.
In-town session, 6:30-9:30 PM.
Location: Matt Hickok's House, 1717 NW 33rd, Portland. Call Matt for directions.

December 10,2005; Saturday
In-town session, 6:30-9:30 PM.
Location: Matt Hickok's House, 1717 NW 33rd, Portland. Call Matt for directions.

February 1,2006; Wednesday
In-town session, 6:30-9:30 PM.
Location: Matt Hickok's House, 1717 NW 33rd, Portland. Call Matt for directions.

(more avalanche news on page 7)

More on Avalanche

(continued from page 6)

Level II (Advanced) Course
continued

February 4,2006; Saturday
Field session. All day on the hill.
Location: to be announced

March 4,2006; Saturday
Field session. All day on the hill.
Location: to be announced

April 6,2006 Thursday
In-town session, 6:30-9:30 PM.
Location: Matt Hickok's house.

April 8,2006; Saturday
Field session. All day on the hill.
Location: to be announced

Refresher Courses (Lead Instructor—Mike VanHoomisen, 503-283-1963: All MHSP patrollers are required to take an avalanche course every third season. So if your last avalanche course was during the 2002-2003 season, you are due for at least a refresher course this year. If you are uncertain of your avalanche status, please call Matt Rea at (503) 230-0584. One-day refresher courses will be taught:

February 12,2006; Sunday
April 22,2006; Saturday
Half-day class session and half-day field session.

Location: MHSP Government Camp Building.

Bluewood

The annual Bluewood Ski Trip is set. We'll leave Portland on Friday, February 3rd at 4:00 PM and return Sunday February 5th around 9:00 PM. Join us for a weekend of eastern Washington powder and fun with your friends.

Price includes Friday dinner on bus, motel, luxury bus, beverages, Sunday evening dinner. Patrollers with patrol ID will be furnished lift tickets.

Cost is not firm yet but will probably be $135-140 for the weekend. Sign up by replying to my e-mail or mail me a check $

Buzz Bowman

bowhills@pcez.com

503-644-8283

Important Safety Information on Ortovox M1 and M2 Transceivers

Ortovox recently determined under certain circumstances in both the M1 and M2 transceivers, the size AA batteries may become dislodged as a result of a blow causing a loss of power. There are several reports of transceiver failure in the field as a result of this condition. No reports of resulting injuries or death. In light of this news, Ortovox is offering free battery compartment lid exchange. The new lids will eliminate the problem. MHSP has ordered a number of replacement lids, which will be available at the next general meeting on November 15th. Bring your M1 or M2 unit to the meeting to have the compartment door changed out. If you cannot attend the meeting, go online at http://www.ortovox.com for instructions on ordering a new lid and for more information.

First Responder Training (FRT) Program 2005-2006

Hi Folks,

Welcome to the 2005–2006 First Responder Training Program (FRT). There are some exciting new additions this year so…read on!

Definition of first responder

The patrollers first on the scene of an injury or illness serve as *First Responders.* They assess the scene and the patient(s), provide emergency care, and arrange for transportation off the hill. First Responders possess a set of skills helping them carry out their important role in the care of the injured or ill.

Goals of the First Responder Training Program

The goals of the FRT Program are threefold: to provide an initial training and final sign-off day for the apprentice group, to provide training experiences for the apprentices throughout the apprentice training year (new this year!), and to provide annual updates to qualified Hill and Associate Patrollers.

FRT Instructors

FRT instructors are selected by the FRT Directors and Training Leadership from the pool of OEC Instructors, Senior EMM qualified patrollers, Hill Captains, and Associate Supervisors. This year instructors will be divided into two teams:

1) those providing training for the apprentices and
2) those providing updates to qualified patrollers.

Each team will be led by an Assistant Director who will be responsible for organizing training dates, instructor and participant scheduling, record keeping, and quality control of the FRT experience. Each instructor will provide 3 days (or more if they wish) of FRT training for their participants.

In-town session: Program orientation (Wednesday Nov 9th)

The goal of the in-town session is to calibrate this year's FRT instructors and discuss training day logistics among the various trainers. Required participants are the FRT instructors and Assistant Directors, Apprentice Sled Coaches and Associate Mentors, Sled Update Instructors, and Meadows Team Leads. Apprentices do not come to this session (this is a recent change). We will demonstrate and discuss the scenarios to be used for training and talk about the logistics and expectations for the training days including how to:

- coordinate with the sled trainers, hill captains, and associate supervisors for the updates and
- coordinate with the sled coaches and associate mentors for ongoing apprentice training days

Time and location announced by October 31st.

Apprentice training weekends (Saturday Nov 12th and Saturday March 4th) and other training opportunities

The first of these two days (November 12th) is a fun session to expose you to the FRT skills and provide a common starting ground for your training. Prior to November 12th you will be emailed information about First Responder skills. Please be sure to review this material prior to the training day, which will include further review, one demonstration scenario, and several scenarios in which apprentices will take the role of First Responder. After the first training day you will have many more opportunities to practice over the course of the season — your coaches and mentors will provide more information about this. Things to bring on November 12th:

- Your FRT handout
- Your fully equipped fanny pack
- Appropriate clothing for a day of training outdoors, including comfortable and warm footwear
- Lunch and beverages

The second day (March 4th) will be the time for you to demonstrate your proficiency as a First Responder.

Qualified patroller updates

Updates will be provided from January through May 2006 (dates will be announced in the December SnoJob). Each patroller is responsible for completing one update day. Last year we combined the FRT and sled updates into one half-day training session..do an update for half the day...patrol for the rest of the

day….getch yerself a greensheet (thanks to Larry Cahill for his valiant efforts to make the evolution successful). We'll do the same thing again this year.

The FRT Checklist

This SnoJob includes a copy of the FRT checklist (page 14). This document lists most of the skills necessary to successfully perform as a first responder. Note: the central section is taken directly from the OEC book. We expect all patrollers have these skills prior to participating in FRT. The surrounding items (onsite management, communication and radio skills, understanding various roles and responsibilities, etc) are the heart of the FRT program and, combined with the OEC skills, lead to successful case management.

A word about Nordic patrollers

No, we haven't forgotten the Nordics. However, the available resources and evacuation procedures for out-of-area rescue are substantially different from those in an in-area rescue. Therefore, Nordics receive first responder training appropriate for their unique environment as part of the Nordic Training Program. Of course, we always welcome Nordic patrollers to participate in FRT days if they're interested.

Thank you to all who make this program a big success!

Corinna Kupelwieser

Eric Einspruch

FRT Co-Directors

Bring this to the November 14 Meeting:

2005 Banquet Survey

Which describes your position on the banquet?

- I never attend the banquet.
- I will only attend if it is on the mountain.
- I will only attend if it is in town.
- I will generally attend wherever it is held but prefer the mountain.
- I will generally attend wherever it is but prefer town.
- I will generally attend and have no preference of mountain over town.

Did you attend the 2005 banquet?

- Yes
- No

If the banquet is held in town would you prefer

- Suburban location
- Downtown location

Should there be music and dancing after the awards?

- Yes
- No
- Only if there is a quiet place for talking

First Responder:_____ Date:_____

Evaluator(s):_____

(+) Exceeds Standards
(✓) Meets Standards
(-) Needs Work

___ Quickly Find Location
___ Accurately Report Location

___ Introduce yourself
___ Obtain Consent

Scene Size-Up
___ Body Substance Isolation
___ Scene Safety
___ MOI/NOI
___ Determine Number of Patients
___ Request Additional Assistance(*or wait if appropriate)
___ Consider C-Spine Immobilization

Initial Assessment
___ Form General Impression
___ Assess Responsiveness (AVPU, GCS)
___ Assess Airway, Breathing, Circulation
___ Stabilize ABC's
___ Identify Priority Patients
___ Initiate Transport Decision (*or wait if appropriate)

Don't Just Do Something… Stand There!!!!!

- ✓ Walk Away
- ✓ Take 2 Deep Breaths
- ✓ Think about:
  - What you have
  - What you need
  - What you will need - FAR/EMS
  - Make the radio call

Unresponsive Patients

Rapid History and Physical Exam

___ Rapid Body Survey*
___ Baseline Vital Signs
___ SAMPLE History (from bystanders)
___ Rapid Transport

Responsive Trauma Patients

Focused History and Physical Exam

Significant MOI
___ Rapid Body Survey*
___ Baseline Vital Signs
___ SAMPLE History
___ Rapid Transport

No Significant MOI
___ Focused Physical Exam * (based on Chief Complaint)
___ Baseline Vital Signs
___ SAMPLE History
___ Reevaluate Transport

Responsive Medical Patients

Rapid History and Physical Exam

___ History of Illness
___ SAMPLE History
___ Focused Physical Exam* (based on Chief Complaint)
___ Baseline Vital Signs
___ Reevaluate Transport

Detailed Physical Exam (do not delay transport for this – FAR)
___ Head-to-toe Steps
___ Systematic Exam using DCAP-BTLS
___ Baseline Vital Signs

Ongoing Assessment
___ Repeat the Initial Assessment (ABC's)
___ Reassess Vitals
___ Repeat Focused Assessment
___ Check Interventions

Onsite Management
___ Appropriate Life-Saving Interventions
___ Appropriate Stabilization and Lifting Techniques
___ Safe Approach with Sled
___ Secured/Anchored Sled
___ Prepared Sled for Loading
___ Safely Loaded Patient
___ Witnesses
___ Paperwork

Demonstrated Good Communication and Radio Skills
___ Continually Monitored Radio
___ Remained Calm and Confident
___ Called for Appropriate Equipment, Transport, Assistance, EMS
___ Good Radio Protocol and Etiquette

Effective communication with:
___ Patient
___ First Aid Room
___ Backup Patrollers
___ Onsite Backup
___ Bystanders

Demonstrated Knowledge and Ability to Use:
___ Backboard
___ C-Collar
___ Oxygen
___ Traction Splint
___ Johnson Splint
___ Splinting and Bandaging
___ Appropriate care for injury/illness

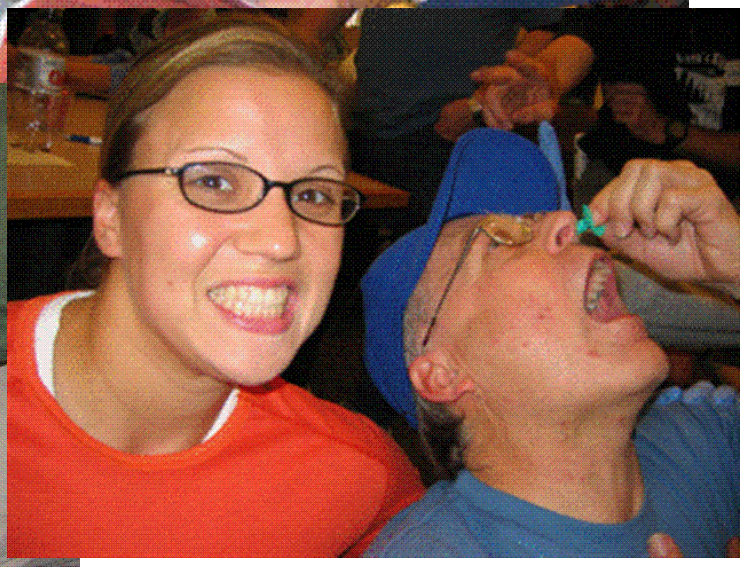
Understands Roles and Responsibilities of:
___ First Responder
___ Bump
___ Secondary Responders
___ Hill Captain
___ Paid Patrollers
___ First Aid Room
___ Provided an Effective Patient "Hand-Off"

___ Recommend As Qualified

___ Recommend Additional Training

Modified from Outdoor Emergency Care, 4th Ed. by Corinna Kupelwieser

More glimpses of OEC 2005



Schedule of Events

- ***Nov. 4—6: 26th Annual Ski & Snowboard Show http://www.portlandskifever.com/***
- ***Nov. 5: Nordic On-the-Hill Day 9AM—3PM @ Govy Building***
- ***Nov. 9: FRT Program orientation—In-town session.—Instructors only***
- **Nov. 11, 12, 13: Meadows Training 8 am—5 pm (Nov. 11 also Veteran's Day)**
- ***Nov 12: FRT apprentice training***
- ***Nov. 13: Nordic Technical Day, 9AM—3PM @ Govy Building***
- ***Nov. 14: MHSP General Meeting, Athey Creek Middle School , 2900 SW Borland Rd; West Linn, OR *BRING YOUR BANQUET SURVEY****
- ***Nov. 16: Level I Avalanche Awareness, in-town class 6:30-9:30 PM. Location: to be announced***
- ***Nov. 16: Mount Hood Ski Patrol Executive Council 6:30—10 PM***
- ***Nov. 17: Level II Advanced Avalanche, Matt Hickok's house 1717 NW 33rd Portland, 6:30 PM—9:30 PM***
- ***Nov. 17: SnoJob article deadline***
- ***Nov. 20: Nordic Technical Day, 9AM—3PM @ Govy Building***
- ***Nov. 21: SnoJob to publisher***

November 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Ski & Snoboard Show	5 Nordic ——>
6 ——>	7	8 Election Day	9 *FRT Instructors*	10	11 Meadows Joint Training	12 Meadows/ FRT Apprentice
13 Nordic Technical Day	14 General Meeting	15	16 Avalanche I / MHSP Council Mtg	17 Avalanche II / SnoJob Articles Due	18	19
20 Nordic Technical Day	21 SnoJob to Publisher	22	23	24 Thanksgiving	25	26
27	28	29	30			

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

Photo credit: Andrew Degner

Schedule of Events

- ***Dec. 7: Level II Advanced Avalanche, Matt Hickok's house 1717 NW 33rd Portland, 6:30 PM—9:30 PM***
- ***Dec. 10: Level II Advanced Avalanche, Matt Hickok's house 1717 NW 33rd Portland, 6:30 PM—9:30 PM***
- ***Dec. 12: MHSP General Meeting, Athey Creek Middle School , 2900 SW Borland Rd; West Linn, OR***
- ***Dec 14: Mount Hood Ski Patrol Executive Council 6:30—10 PM***
- ***Dec. 15: SnoJob article deadline***
- ***Dec 17 and 18: toboggan calibration workshop for sled trainers. contact: Larry Cahill***
- ***Dec. 19: SnoJob to Printer***

December 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Level II Avalanche	8	9	10 Level II Avalanche
11	12 General Meeting	13	14 MHSP Council Mtg	15 SnoJob Articles Due	16	17 Sled Trainers
18 Sled Trainers	19 SnoJob to Printer	20	21 Winter Solstice	22	23	24 Channukah—> Christmas
25 ——>	26 Kwanzaa ——>	27 ——->	28 ——->	29 ——->	30 ——->	31 New Year's Eve ——->

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

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

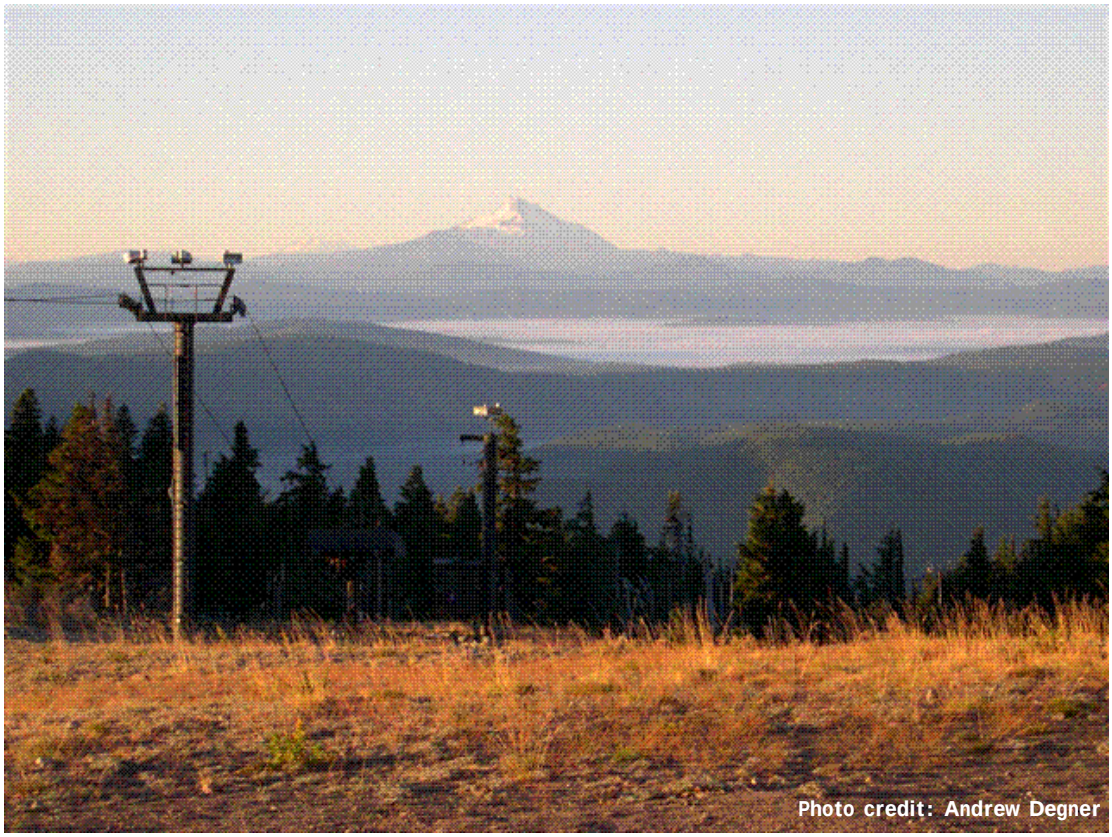


Photo credit: Andrew Degner

Mount Hood Ski Patrol

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