Mt. Hood Ski Patrol

Snojob

December 2013

Dispatch deadline for Module 2 (Jan-Mar) is December 15

Essential Reading

- First Aid Equipment Changes, *page 6*
- Midweek Patrolling, *page 2*
- Ski/Snowboard Enhancement Clinics, *page 3*

Message from the President

By Jim Trett, President, AS 90244

Timberline has opened some of their lower lifts and the other resorts we serve are very close to greeting customers as we open another snow sport season.

As you get your gear ready for this season don't forget to get your body ready also. If you haven't already begun, it's time to begin an exercise routine to limber up those muscles so you don't end up on the disabled list.

It's also a good time to check your fanny packs, backpacks, etc. to make sure first aid supplies are ready for use and you have everything you need to serve the public when they need us.

On November 9,I had the privilege of representing MHSP at the dedication of the Mt. Hood Ski Patrol permanent exhibit at the Mt. Hood Museum and Cultural Center in Government Camp. The exhibit was made possible by Lucy Mitchem with her donation to purchase of a very nice display case that will house the exhibit. Mrs. Mitchem donated the case in the memory of her husband, long time patroller and past Patrol Chief Jack Mitchem, MHSP #238 and NSP National Appointment #1828. The dedication was held in conjunction with the museum's annual meeting and fundraising auction.

If you get a chance in the near future to stop by the museum, I encourage you to do so. It looks great. If you have never been in the museum, you should put it on your bucket list. It has some great exhibits showing the history of the mountain. It is well worth your time.

If you haven't already done so, ***please*** take a few minutes and register your dispatch days for the first module and second modules. It makes it very difficult for Hill Captains and Supervisors to plan when they don't have a good picture of the crew they will have until the last minute. If you have already dispatched for December and you have a little more free time than you thought, why not visit the dispatch again and pick up another day or two. Thank you all who have already dispatched we appreciate your promptness.

Don't forget the December General Patrol Meeting. We are back to our usual Monday night. We will be at Athey Creek Middle School on December 9, and as usual, we will begin at 7:00 pm. Come early and get a few Christmas gifts from the clothing committee for family and friends.

I hope for you all:

A very happy and safe holiday season and a fantastic 2014!

PATROLLER OPERATIONS

Midweek Patrolling

By Doug Stanton, Patrol Chief, HC 995

I have had numerous requests related to patrolling midweek and nights. Each of the resorts welcomes our support throughout the season but midweek and night ski patrolling should not overshadow our mission of providing support on weekends and holidays.

If you wish to patrol midweek or at night, you need to coordinate through your MHSP Area Patrol Chief (APC) since there is no formal dispatch. The APC will contact the Patrol Director (PD) at the resort to authorize your patrol date. Requests need to be made no less than 72 hours prior to the day or night that you wish to patrol. In most cases, approval will occur quickly but is needed before you show up to patrol. In the case of Skibowl, Erich Maurer needs to have your working lift pass and chit preprinted before you arrive. **Do not under any circumstance show up on the mountain at any of the resorts without working through your MHSP APC and receiving approval.**

Once on the mountain, contact the resort PD or assigned supervisor to check in for your duty assignments. You are responsible to work a full day (or shift depending on your duty assignment). In the case of night skiing, you must arrive before the start of night skiing. For example, Skibowl opens their night skiing at 3:30 PM and, depending on the day of the week, does not close until 10:00 or 11:00PM. Patrollers who do not patrol for the entire shift will not receive credit for the date patrolled. Once you finish your shift, you need to advise the APC so credit can be approved for your duty date.

The following are the APC's for each resort:

- Meadows – Roger Meier or Kat Moore
- Skibowl – Mike Kurfis or Shelly Johnson
- Timberline – Rick Williams or John Howard
- Summit – Diane Kindall-Potter or Claudia Pieters

APC of Records

By Doug Stanton, Patrol Chief, HC 995

Record keeping, especially for an organization as large as ours, is a daunting task. We have been blessed by having an angel in our midst, Peggy O'Leary. Without Peggy and her tireless efforts keeping all of our records in order, we would not be able to function effectively and be in compliance with NSP requirements.

What Peggy O'Leary is and is not…

What Peggy is not is an approver of record or dispatch changes coming directly from MHSP patrol membership. These types of requests can only be approved by Council members, APC's, Hill Captains or Associate Supervisors. s. Contacting Peggy directly to change your dispatch once it is locked is just one example of things she is not authorized to administer.

When issues come up that affect your dispatch, you need to first work through the HC or AS for that dispatch date. The HC or AS will then contact Peggy to approve changes to your specific issue. Any record keeping issues should be directed through the APC's, Patrol Chief, First Aid Chief, or Associate Director who will address the issue and advise Peggy of what actions to take.

Respect Peggy's time. Work through the appropriate levels of management within our organization to address your specific issue so we can keep our angel happy and supportive.

Associate Director

By Jodie Jeffers, Associate Director, AS 90526

It's that time of the year, starting our season to patrol in the snow! I know you're excited as the next patroller but did you remember to dispatch? Get your carpool arranged? Have your Sno-park permit? Great, but don't forget your OEC card, first aid pack, watch, and that your uniform is properly logo'd up too.

STOP – most importantly, don't forget to have FUN! SPIF!!

Thank you to Skibowl APC Shelly Johnson and to Jim Hamilton for their work in acquiring new beds for the first aid rooms at both Skibowl and Timberline.

Be sure to dispatch at Skibowl to check out the newly remodeled first aid rooms as well as our new digs- the Castle! The Palace is not our gathering spot anymore. Questions, please ask Shelly or the Associate Supervisor of the day.

Confused or concerned about something? Have a great suggestion but not sure who to ask? Please, pass it along to your Associate Supervisor who can help you. Or you can always give me a call or email if not on the mountain at the time. Remember, all the leaders' names and email addresses are on the Dispatch home page below the calendar. Please refresh yourself on the Who's Who List.

Ski or Snowboard Enhancement Clinic

By Jodie Jeffers, Associate Director, AS 90526

To all those looking to attend a Ski or Snowboard Enhancement Clinic, please let me know of your interest by December 10. I have been working with Timberline to get this program established but need to give them an approximate number of participants.

Enhancement clinics are a great way to improve or to refresh your fundamentals no matter what your skiing or boarding level is. Note: Enhancement Clinics will cover only skiing / boarding technique and will not deal with any sled work.

MOUNTAIN HOST OPERATIONS

The Season is in Full Swing!

By Jan Silagi, Mountain Host Director, HS 60054

Welcome to the Mountain, Apprentices!

December marks the opening of a full dispatch schedule at Timberline and Skibowl for the Mountain Hosts. We will welcome our apprentices on the hill at Timberline during the first two weekends of December, as they do their initial training shifts. Each apprentice will complete a shift introducing them to the duty stations unique to Timberline. Full dispatch at Skibowl begins mid-December and our apprentices will begin their training at Skibowl the first two weekends in January. We are very excited for our apprentice group to get started at Skibowl. Skibowl management is very excited too. With the addition of this apprentice group, we are making a big leap forward in our support to that resort.

Winter Break

The Mountain Hosts have a long tradition of greeting visitors that come to the mountain during the holidays and I encourage all my fellow Hosts to add a shift or two if you can. We have a full schedule of shifts available at both Timberline and Skibowl for the two weeks of Oregon's public schools winter break. The 2013-2014 winter break dates are Monday, December 23rd through Friday, January 3.

Look for additional opportunity to dispatch at Skibowl for the *26th Annual New Year's Eve Extravaganza*. We will have shifts until midnight to support the evening of events. This year there are plans for two fireworks displays,

Cosmic Tubing until midnight, and the annual Torch Light Parade. If you're not familiar with Cosmic Tubing at Skibowl, check out this video! http://www.skibowl.com/winter/mt-hood-cosmic-snow-tubing. A new addition to the evening fun this year is the Cosmic Zip Line!

Thank you in advance for your support during these holiday weeks. Our customer service efforts are greatly appreciated by both Timberline and Skibowl during this special time of the year. Research shows that if guests have a good skiing/riding experience early in the season, they will return more frequently and later into the season! We can help shape the experience of every guest we greet and help ensure they have a great time.

FIRST AID

First Aid Equipment

By James Schuler, First Aid Chief, AS 90481

We've refreshed our OEC skills and have regained a good handle on our assessment skills over the last two months. Now let's review a few of the essentials of daily routine.

Equipment Check

Let's take a good look at the first aid rescue equipment provided on the hill for everyday operations. In the morning when you come into the First Aid Room or the top of your assigned lift after opening assignments, the first thing you should be doing is checking all of the equipment and reporting an inventory to dispatch.

What's the status of the toboggans and first aid equipment? Check the O2 packs for all of the adjunct supplies, NPA's and OPA's, suction supplies, bag valve, non-rebreather masks, nasal cannulas, and a full D-tank of O2. Check the backboard packs for all necessary supplies, adult and pediatric C-collars, foam blocks with head pad, adequate 2-inch tape and extra cravats. Call Dispatch for any needed supplies.

Backboards

This year you'll see equipment that may be new to you that's being introduced by the areas. At Skibowl, you'll begin to see backboards being used with detached spider straps. You need to make sure you become familiar with their application. The APC's and Associate Supervisors will be giving instruction in the mornings on new equipment. You need to take advantage of this instruction and be ready to use this equipment when needed. On opening assignment, make sure that the backboard straps are either attached to the board or are available for use and in good condition.

KTD

Another piece of equipment that will be introduced this year will be the "KTD", Kendrick Traction Device. Mt. Hood Meadows already uses this piece of equipment instead of the Sager Traction splint that we're more familiar with. We will be training our folks in the application of the KTD throughout the season and will consider changing over to this new equipment in the following season.

New Patient Beds

There are also new beds in the First Aid Rooms. You need to become familiar with these high speed racing beds before taking them for a spin. Ask for assistance from the APC's and Supervisors in the proper use and care of this new equipment and when you have the opportunity, take the time to thank Jim Hamilton and Shelly Johnson for their help in making this equipment available to the ski areas.

GOT TRAUMA?

By Jodie Jeffers, Wy'east Region Safety Coordinator

The 2013 Ski & Mountain Trauma Conference at Sun Valley, Idaho was GREAT!!

There were seven Mt. Hood Ski Patrollers that attended this conference, five of us for the first time. Matt Hickok has attended for several years, while Eric Pool, Cleo Howell, Kathy Lee, Larry Cahill, and I attended for the first time. (Also Young Adult Patroller Cayce Pitts was in attendance.)

I encourage all of you to mark your calendars to attend next year's conference (November 6-8, 2014) and get with one of us to learn some of the tricks of registering! This is an excellent conference that has small group hands on simulation training in realistic settings both outdoors and indoors. Some very interesting lectures as well as interactive hands on breakout sessions. Not only do you get to network with fellow ski patrollers from various divisions but also fellow first responders in the EMS and hospital settings.

Our Pacific Northwest Division sponsored the attendee's convention bag. The division had patrollers attending from White Pass, Bogus Basin, Soldier Mountain, 705 Backcountry, in addition to MHSP. The photos represent just a glimpse of what it was like. Please contact any of us for further information or check it out online at http://www.saintalphonsus.org/ski-mountain-trauma-conference.

Matt Hickok leading an excellent demo on blanket drag that the guest speaker sprang on a large group (300+)

Eric Pool rocking it with one of the hands on small group simulations training! All photos by Jodie Jeffers.

TRAINING

Senior Ski & Toboggan

By Tom "Tool Time" Payne, Training Director, HC 1378

The Senior Ski & Toboggan program is getting organized for the coming season. If you are interested in sharpening your ski skills and bringing your sled handling skills to a higher notch, join the Senior Ski and Toboggan program this season. S&T is the ski part of the National Ski Patrol Senior Alpine Patroller program, Senior EMM is the first aid portion.

The Senior program has a few special features. One is the broad range of very experienced coaches who can help move your skiing and sled skills to a higher level. It's helpful to have the input from coaches who work at other

areas as you learn new techniques that they have perfected. In addition, traveling to other ski areas brings exposure to their operations and methods. We always learn something new on those trips.

We have a variety of S&T Instructors including myself, Jeffrey Weitz, Doug Stanton, Dave Nelson, Al Klascius, and Bill Smith.

There will be clinics at Mt. Hood, Bachelor, Hoodoo, Warner Canyon, Willamette Pass, and Mt. Ashland. The Mt. Hood dates are: January 12, February 8, February 15, and March 1. We host a women's clinic at Mt. Hood on January 11.

For more information you can contact me at tpayne@comcast.net or any of the other Instructors listed above.

National Avalanche School

By Har Rai Khalsa, HP 1712

I recently had the pleasure of representing MHSP at the 2013 National Avalanche School (NAS) at Snowbird, Utah. The NAS curriculum is the best in the country for training snow safety professionals that work in operational settings. It brings together experienced patrollers and the top academics in the field, making for an amazing learning environment that combines cutting-edge research with decades of real world experience. This is the training that all MHSP avalanche program directors have gone through, in order to provide the patrol with the best, most current, and most evidence-based information available.

I look forward to passing on what I learned to this year's level-one students, and next year's level-two students.

I have been getting Northwest Weather and Avalanche Center (NWAC) notifications and want to remind you that an early season snowpack is generally a weak snowpack. At this is the time of the year we can see weak layers develop that are rarely encountered in mid-winter, due to our climate. Additionally, early season conditions and exposed rocks and tree stumps can increase the consequences if a slide is triggered. So it's an especially important time of year to take snow safety seriously.

- Take extra caution during your first trips into the backcountry.
- Make sure to carefully evaluate the functionality of your transceiver, and to inspect the battery terminals for corrosion caused by batteries that may have leaked over the summer.
- Most importantly, take the time to refresh yourself on snow safety and snow stability evaluation, and to practice safe travel techniques--in addition to keeping your rescue skills current.
- Start monitoring the weather and snowpack now, and you will have a better idea of what we are dealing with later in the winter.

One last point is that we are fortunate to have NWAC as a resource. They depend on donations to keep serving us, and I highly recommend that you become a Friend of NWAC for a $30 donation. Check it out at www.nwac.us. In addition to supporting the center, you will also get the added benefit of notifications delivered right to your inbox.

SAFETY DAY

Safety Day, January 18, 2014

By Jodie Jeffers, Wy'east Region Safety Coordinator

It's happening on **Saturday, January 18, 2014 – Mt. Hood Safety Day!** It time to give back to the mount who love to enjoy it! Service and Safety - lets live it, practice it, promote it! Please contact me for ways prior to the day as well as the day of! Its crunch time and we need to help to make this happen!

Smart Style

By Jodie Jeffers, Wy'east Region Safety Coordinator

In focusing on a Safety Topic of the Month, let's review *Smart Style*.

The Smart Style Terrain Park Safety Program has four main messages:

1. Make a Plan
2. Look Before You Leap
3. Easy Style It
4. Respect Gets Respect

Please go to www.nsaa.org as well as www.TerrainParkSafety.org for an in depth review of the Smart Style Program.

Be the first to email the answers to this month's quiz to tailwaggin1@mac.com and get your pick of a certificate to REI, Shell, or Starbucks!

From the four messages of the Smart Style Terrain Park Safety Program, please answer the following:

a) Respect gets respect, from the _____ through the _____.

b) Every time you use freestyle terrain, make a plan for each feature you want to use. Your _____, approach and _____ will directly affect your _____ and landing.

c) Spreading the Message is Important. Don't go if you _____!

Last month's quiz winner was Krista Reyes with the following answers:

a) How often they should apply SPF ***30*** sunscreen to their exposed skin: every 2 ***hours***.

b) When looking for sunblock what spectrum and kind should be used:

- spectrum: ***Broad***
- kinds: ***Zinc Oxide or Titanium dioxide***

OTHER NEWS

Bluewood Aficionados

Last call for Bluewood! There are still plenty of spots open for the trip, and all patrollers, hosts, and friends of MHSP are welcome. A check will reserve your seat on the bus and we will be counting checks **December 15, 2013** to determine if we have enough people for the trip. So if you want to get in on this historically fun trip, send me a check soon for either $185 (standard fare) or $125 (Best Western option – book your own room).

Contact Larry Cahill, lokisea@comcast.net

Snojob Deadline is the Third Monday of the Month

By Lisa Hargrave, Snojob Editor, SHC 1053

Send your articles or photo submissions to snojobeditor@gmail.com. Please identify any people appearing in your photos.

CALENDAR

For the most current information and details check the online calendar at www.mhspdispatch.org.

December

2	Council Meeting
9	General Meeting
10	Senior OEC in town
16	Snojob Deadline
17	Senior OEC in town

January

NSAA Safety Month	
6	Council Meeting
11	Senior OEC at Summit
	Senior S&T at Meadows
12	Women's' S&T at Meadows
13	General Meeting
18	Mt. Hood Safety Day
19	Senior S&T at Meadows
20	Snojob Deadline
25-26	Senior OEC at Summit
26	Senior S&T at Willamette Pass

February

2	Senior S&T at Willamette Pass
3	Council Meeting
8	Women's' S&T at Hoodoo
10	General Meeting
15	Senior S&T at Meadows
17	Snojob Deadline
23	Senior S&T at Mt. Ashland

Morning Tour by Har Rai Khalsa

Northwest Ski Club Council Ski Fair. Photo by Jeffrey Weitz