



Mt. Hood Ski Patrol

Snojob

February 2010



Essential Reading

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

- First aid topic: Cardiac
- First Aid Chief answers your splinting questions
- Discount tickets for NSP members

General Meeting

Monday, February 8, 2009.
Clothing Committee opens at 6:30. Meeting begins at 7:00.
Athey Creek Middle School; 2900 SW Borland Rd; West Linn, OR.

Save the date

MHSP Awards Banquet
May 8, 2010
Timberline Lodge

President's Message

By John Gastineau, President, HC 1393



It's been an uneven season for snow so far. Early snow, dry spells with cold (depth hoar!), rain, and weird warm weather. New snow is only a hope, it seems.

But, even with barely enough snow to ski and ride, there's still plenty for us to do. Guests still get hurt, and the areas still need our trained help.

Now that the season is underway, this is a good time to be sure that all your gear is well maintained, and that you have your days planned.

- Give the first aid pack a refresh. Is your new SAM Splint in place? Plenty of cravats and gloves? By this time you've probably had enough cases that things might be a little thin. Don't get caught short.
- How are your edges? Get rid of the burrs with a stone, or touch up the edges with an edge tool. It isn't hard, and it can make firm-snow days a whole lot more fun.

- Are you waxing most days? This step is so worth the time. I find I can pass on flats most skiers on my snowboard, which means those skis must really be slow.
- Get your days dispatched for the March-May module. Spring is around the corner.

Sometimes on days with average snow you'll see people gathering inside rather than skiing. "Not much to do today", they'll say. But, there's so much to try, even on easy slopes. Work on riding switch. Try some demo equipment. Have someone capture a cell phone video of your turns so you can watch yourself. Hide a beacon.

But most of all, keep being a great patroller, and help the rookies to be the best they can be. Our new new-patroller program means that these patrollers need cases. Make sure they can get to them, and back them up well.

Thanks, everyone, for your work this year. Try a few of these things to keep it fresh.

SPIF!

Elections

By Carol Gleason, Senior Trustee, SS 90365



Nominations

Nominations are open for the Executive Council election to take place at the April meeting. All offices are for a one-year term (with possible re-election for one additional term) except Trustee which is a three year term.

To nominate a candidate you may make your nomination from the floor at the February, March or April meeting. Or you may speak to any member of the nominating committee.

The bylaws require that nominees must have been active member at the Bronze level or higher for the previous three seasons.

The following offices will be voted on at the April meeting:

- President
- Vice President
- Secretary
- Treasurer
- Patrol Chief (must be a hill patroller)
- First Aid Chief
- Associate Director (must be an associate patroller)
- Nordic Director (must be a nordic patroller)
- Mountain Host Director (must be a mountain host)
- Trustee (3 year term, traditionally someone with prior council experience)

The specific duties of each office are published on the member wiki <http://www.mthoodskipatrol.org/wiki/> . Use your dispatch login and password to access the wiki.

The members of the nominating committee are:

- Carol Gleason
- Wendy Stuart
- Darren Olson
- Brian Hurst
- Bob Parry

- Nancy Keith

Mountain Hosts

This will be the first election for Mountain Host Director. Only Hosts may vote for the Host Director and the Host Director is the only position Hosts may vote for.

You must attend the April meeting or request an absentee ballot to participate in the election.

Absentee Ballots

Absentee ballots will be available by request to Carol Gleason or may be downloaded from the wiki prior to the April meeting. Absentee ballots must be delivered to MHSP, PO Box 4384, Portland, OR 97208-4384 by 5PM the Friday before the election. Ballots must be in a sealed envelope with the name, patrol number and signature of the member.

If you have questions, call Carol Gleason at 503-930-2098 or e-mail skinut77us@yahoo.com.

OPERATIONS

Patrol Chief

By Jeffrey Weitz, Patrol Chief, HC 1236



Shout Outs!

Thank you to Matt Aimonetti and Margaret Usher for putting on some great skier enhancement training for the benefit of us all! Thanks to all our great patrollers for your dedication and commitment to patrolling in the rain! Thanks to all those involved in putting together Safety Week on behalf of the MHSP and the resorts - What a wonderful job !

Dispatch

The dispatch has been set up for the third module so please go ahead and sign up for March, April and May. Please sign up for your minimum days at first and give those who need to get in their days have an opportunity to do so. Again remember, if you can not make a scheduled commitment to get in touch with the hill captain and let them know you will not be attending and try to find a substitute.

Timberline News

Great News! Timberline benefits have been finalized. We will be issuing Mountain Passes for those who commit to patrolling more than 10 days per season at Timberline. (A Mountain Pass allows you to get a ticket for yourself at Timberline on any day you would like to free ski or board including summer session.) Gold and silver members will also receive a voucher for each day of patrolling. Guest passes will also be available to silver (single pass) and gold (family pass) patrollers. Refer to the wiki for more details.

Please check the dispatch and sign up for the coming months, we are looking a little light. We need 5 associates and 6 hill patrollers plus supervisors and hill captains for each weekend day to fill the area's needs.

Training and Clinics

We had a wonderful women's enhancement clinic at Meadows with a record 12 ladies attending with instructors from Heavenly Valley and Bogus Basin leading the training. Fun times and great learning was had by all. The ladies have requested a 2-day clinic next time so look for that at Nuts and Bolts clinic coming to Timberline on June 4th-6th.

We will be coordinating another fantastic MCI event (Mass Casualty Incident) coming at the end of April this year at Timberline led by our own Eric Einspruch and many others - more on that to follow. This is an amazing opportunity to deal with multiple patients and injuries and use all our skills and training at one time.

Avy Classes and refreshers are continuing so sign up if you need to refresh.

Transfer training is in its final days so please look for our new transfers and welcome them to our patrol when you see them on the hill!

Senior S&T Training Clinics

We had a great combined clinic at Mt. Bachelor in January with 8 candidates attending. Senior Ski and Toboggan Clinics are open to all patrollers who would like to advance their Toboggan and Skiing techniques. Clinic dates are as follows: (All clinics will start at 8:00am meeting at the Govy Bldg and end by 3:00 pm)

- Jan 23rd Mt. Hood Skibowl – Mt. Hood Region
- Feb 20th Mt. Hood Meadows – Mt. Hood Region
- Mar 7th Mt. Hood Skibowl – Combined Region
- Mar 27th Mt. Hood Meadows – Mt. Hood Region

Let it Snow! SKI CZY

We love our Blankies!

By Jodie Jeffers, First Aid Chief, AS 90526



Just a quick reminder to EVERYONE!

- If a patient is transported directly from the outside sled into the back of the ambulance, then the blanket can stay IF it is secured under the backboard straps.
- Otherwise, the ambulances will have warmer and drier blankets to place on the patient while returning our blankets to us.
- Our blankets need to stay up on the mountain to dry out and be re-used again!

Also, our blankets have a much higher wool content and need to stay with the patrol for true outdoor usage! If you trade with the ambulance we end up with ones that don't have as much wool in them.

If blankets are used for training, please hang them up to dry so they don't mold. There are drying lines setup in the Govy building.

If you find any unmarked blankets, please return them to the Govy building. Put a note on them that they need marking so they can be collected and marked appropriately.

Thank you for your help on this.

News from Summit

By Diane Kindall and Claudia Pieters, APCs



Hello from snowy Summit—some by mother nature, some by Charlie and the snow factory. The new year's weekend brought lots of happy tubers, skiers, and boarders. The parking lot overflowed.

Remember that Summit is a great area to brush up on First Responder Skills for fun or for real. See you at Summit.

TRAINING

Women's Sled Clinic

A women's sled clinic was held at Mt. Hood Meadows on January 17th. Different techniques were demonstrated and practiced to improve sled handling skills. The instruction was so effective that patrollers who had never run a sled before were able to run one safely. Thank you to all the participants for coming and to all the coaches for helping.

- Heather Van Houten – Bogus Basin
 - Trudy Nye Heavenly Valley
 - Tammie Heavenly Valley
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FIRST AID

First Aid Chief

By Jodie Jeffers, First Aid Chief, AS 90526



There have been some questions asked about the Sam Splint Training Night that I want to briefly address again.

But, first and foremost, thank-you MHSP, Summit Ski Area and Santiam Ski Patrol for an awesome turn-out for that event!! Our final head count was 205!! You guys rocked, SPIF!!!!

If you want more of this type of group training, please let me know.

Questions:

Are we replacing our wire splints with Sam Splints?

No. MHSP will continue to supply wire and cardboard splints. Patrollers are welcome to carry and use Sam Splints at their own option.

Remember, the principles of Splinting are the same, regardless of the splint.

- Check circulation, movement and sensation (CMS/CSM) before and after applying the splint.
- Pad the splint and empty spaces. SamSplints mold to the extremity and are already padded. Wire splints also mold to the extremity but need covering and possibly more padding. Cardboard splints needs lots of padding.

Are we replacing our current C-collars with Sam Splints?

No. We will continue to use our adjustable C-collars.

The Sam Splint collar was shown to us as a possible alternative to a plastic C-collar. Just like in OEC, we learned other possible methods (blankets, towel rolls, etc.) to support the neck if the C-collar didnt fit correctly, as is children.

Do we put the collar on before removing the Helmet?

No. Removing the helmet requires an orchestrated process with continuous adjustment of the supporting hands and fingers while the helmet is removed.

Hence the C-collar goes on AFTER the helmet comes off.

Do we tape around the board for the chin strap?

No, DO NOT circular wrap around the board for the chin strap piece. There is too much risk of the airway being compromised or occluded. The function of the chin strap is to assist in reminding the patient not to move to maintain spinal stabilization. However, caution must be taken to frequently check placement to ensure it has not slipped and impairing the airway. It is also important to ensure adequate padding and proper strapping to the body so that the head does not become a fulcrum as well.

Do we take the boot off with splinting?

Yes.

- Always remove the boot before applying a Sager splint.
- Whenever possible, remove the boot before applying a J-splint.

Remember why we expose the injury:

- To check for bleeding
- To check CMS/CSM
- To check for uncontrolled bleeding
- To determine the extent of the injury

This information may cause you to change the response and mode of transport off the mountain for that patient. Don't assume you don't need to expose the area or that it takes too long just because you have not practiced boot removal in a while.

Never assume nor say it takes to long because your have not practiced it a while.

How do I get more Sam Splints?

The American Red Cross has teamed up with Sam Medical with special \$10.95 price for any size splint and the diagram booklet for splinting. Just go to Red Cross Chapter office and ask for the ARC Sam Splint.

Everyone who attended the December training will receive an SL Sam Splint for your pack. But you must come to the February meeting to pick it up.

Dont forget to mark your name and the MHSP phone number 866-828-9205 on your splint so that it can hopefully be returned to you.

Prior Practice Precludes Poor Performance

Everyone needs to practice, practice, practice, your training. Whether it is pulling a sled, assessments, first aid skills, recognizing red flags, call signs, location of runs, etc. no matter what it is or aspect. Otherwise you are not fully prepared and your patient does not get the quality care they should.

Questions? Just give me a call or email tailwaggin1@mac.com so that I can clarify.

Monthly Topic – Cardiac

By Jodie Jeffers, First Aid Chief, AS 90526

Since it's February, we should focus on the heart!

Heart means life when it's pumping. It can indicate shock, chest pain, cardiac arrest when it is not functioning correctly.

Shock

Shock is the decrease in tissue perfusion that is inadequate to meet cellular metabolic needs.....*hmmm sounds familiar but what does it mean to me as a patroller?*

Remember there are several types and varying degrees of shock. Let's review them:

- **Hypovolemic**- loss of fluids- blood- internal or external, vomiting.
- **Cardiogenic**- trauma to the heart (pumping machine), allergic reactions.
- **Neurogenic**- trauma to the spine/brain, fainting.

Signs and Symptoms:

- **Level of conscious:** confusion, altered mental state
- **Vital signs:** Heart and Respiratory Rate and Blood Pressure changes.
- **Skin Color:** Pale, sweaty, blue tinged, rashes-(insect/other reactions)
- **Uncontrolled bleeding?**

Remember, varying degrees of shock present as things change.

- It is essential to take vitals early and to repeat your repeat assessments at frequent intervals.
- Pediatric patients tolerate changes longer but crash harder and hence harder to reverse.
- Check on medications. The patient may be taking something that affects the heart or slows the pulse.
- Check on allergies for allergic reactions

Heart Attack

Brief reminders about Chest Pain from the American Heart Association Website.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often the person affected isn't sure what is wrong and waits too long before getting help.

Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

CPR

CPR Reminders from the JAMA Current Publications:

Maneuver	Adult: 8 years and older	Child: 1 to 8 years	Infant: Under 1 year
Activate	Activate / call for AED when victim found unresponsive If asphyxial arrest likely, call after 5 cycles (2 minutes) of CPR	Activate after performing 5 cycles of CPR For sudden, witnessed collapse, activate after verifying that victim unresponsive	
Airway	Head tilt-chin lift (suspected trauma; use jaw thrust)		
Breaths Breath check < 10 secs)	2 breaths at 1 second/breath	2 effective breaths at 1 second/breath	
Rescue breathing without chest compressions	10-12 breaths/min (approximately 1 breath every 5-6 seconds)	12-20 breaths/min (approximately 1 breath every 3-5 seconds)	
Rescue breaths for CPR with advanced airway	8-10 breaths/min (approximately 1 breath every 6-8 seconds)		
Foreign-body airway obstruction	Abdominal thrusts		Back slaps and chest thrusts
Circulation Pulse check (< 10 secs)	Carotid (can use femoral in child)		Brachial or femoral
Compression landmarks	Center of chest, between nipples		Just below nipple line
Compression method: Push hard and fast Allow complete recoil	2 Hands: Heel of 1 hand, other hand on top	2 Hands: Heel of 1 hand, with second on top, or, 1 Hand: Heel of 1hand only	1 rescuer: 2 fingers 2 rescuers: 2 thumb-encircling hands
Compression depth	1 ½ - 2 inches	About 1/3 – ½ the Depth of the chest	
Compression rate	About 100/min.		
Compression-ventilation ratio	30:2	30:2 (single rescuer) 15:2 2 rescuers	

NOTE: The above is a brief summary and does not include all aspects. Advanced Airway is with the paramedics- a tube they insert into the patient's lungs. This is not talking about an oral airway that we as patrollers can place.

Practice

How to practice? Some suggestions include:

- Checking for pulses quickly but accurately: carotid, wrist, elbow, feet.

- Practice performing CPR chest compressions on a soccer or other ball. If you aren't pushing straight down you will roll right off of it!
- Look over an AED and know where they are kept at each of the areas.
- Practice taking blood pressure with and without a stethoscope.
- Review your OEC textbook.
- Practice S-A-M-P-L-E.

Questions?

Please don't hesitate to call or ask!

OTHER NEWS

Mt. Bachelor Offers Discount to NSP Members

Mt Bachelor Ski Resort offers visiting National Ski Patrol members a 50% discount off the daily ticket rate. The guidelines for this program are:

1. The program will run from December 1st – April 30th.
2. Visiting NSP members will receive up to two discounted tickets per week at Mt. Bachelor.
3. NSP members must present a current photo season pass from their home mountain, their current NSP membership card, and a signed letter of introduction from their home area's patrol director stating the day(s) of visit and that they are a patroller in good standing. Present these items at the Guest Services Desk, located in the Guest Services Building in Mt Bachelor's West Village base area, to fulfill this offer. *Note: MHSP is working with Mt Bachelor to identify an alternate to a season pass for our patrollers, since many of our members do not have season passes.*
4. Privileges will be extended only if all requirements are met.
5. This program is valid seven days a week, including holidays.
6. Discounted tickets are only valid for visiting NSP members; family and /or friends of the visiting patroller are not eligible.

Contacts for this program are Nancy Gammond-Moody, Director of Employee Experience, Michelle Leonardo, Benefits Administrator and Heather Lewis, Recruiter. Our phone number is 541-382-2442 ext 2031. Mt. Bachelor's Employee Experience department hours of operation are Monday through Sunday, 8:00 am to 4:00 pm.

Olympics

Charlie Cutter of the Timberline Ski Patrol will be part of the Olympic Ski Patrol in Vancouver/Whistler.

Check out his blog at <http://flyski.blogspot.com> during the event.

The Snojob Wants Your Articles and Photos

By Lisa Hargrave, Snojob Editor, SH 1053



January Snojob deadline is 12/15/2009. 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.

CALENDAR

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

February

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

March

- 1 Council Meeting
- 6 Ski the Glade (Mt. Hood Museum & Cultural Center)
- 7 Senior Ski & toboggan
Basic Avalanche Refresher (predispatch required)
- 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

April

- 3 Senior Emergency Medical Management
- 5 Council Meeting
- 6 OEC Class starts (Tuesdays thru June)
- 11 Senior Ski & Toboggan Final
- 12 General Meeting – ELECTIONS
- 15 Snojob Deadline