

The “NEW Reversed” Brighton Ski Patrol - Annual Refresher – Sept 22nd & 23rd 2007

This year's annual refresher will focus on "Cycle "C" of the OEC. The refresher will begin at **7:30 am Sept 22nd, and 7:50 September 23rd, 2007 – Brighton Ski Resort – The Apline Rose and Brighton Center Buildings.** There will be 5 stations for this year's refresher. Three stations will be 95 minutes in length – 2 stations will be 45 minutes in length. The following information will be a general outline of the weekend's events. Please review the events for each day! The traditional format has changed!

Prior to the Patrol Refresher

Patrols Dues for 2007 – 2008

- **Payable to the Brighton Ski Patrol**
 - National Dues - \$ 35.00
 - Division Dues - \$ 12.00
 - Brighton Dues - \$ 28.00
 - Red Cross / CPR\$ 5.00

Total Dues \$80.00

Note: no pre-payment credit will be offered this year

Late fees will be assessed if dues are not paid by:

- \$10.00 Brighton late fee - end of the refresher
- \$15.00 National late fee – 11/01/07

Please mail payment to:

David Tamowski
8525 South 1000 East
Sandy, Utah 84094

Saturday – Sept. 22nd

- Available in the Morning
 - Juice, Coffee, Hot water for Tea and Hot Choc
 - Muffins and Bagels (various spreads)
- Registration Area – Brighton Center Lobby area
 - Please complete and turn in the following –
 - **Please put your name on all materials**
 - Information sheet
 - Turn in – place in assigned location / boxes
 - IDC test
 - Refresher / NSP book test
 - You are the Rescuer
 - CPR / AED recert test
 - Bring You are the Rescuer to the refresher for discussion
 - Turn in Board of Directors – Ballot – Will be posted on the patrol web site before the refresher.

Special thanks to the following:

- Debbie Peterson – OEC planning meeting & refresher organizational issues
- Stephanie Mitchell - Registration
- Joanne and her staff for handling the patrol benefits program.

▪ Outline of the Days Events - **Saturday**

7:00 - 7:30 am Registration – Brighton Center – Lower Level
7:30 - 7:45 am Welcome
7:45 - 8:15 am Awards
8:15 - 9:00 am General Patrol Meeting – Let's start the year
9:00 - 9:30 am Radio / Communication – Tobe
9:30 - 9:45 am Break
9:45 - 10:40 am Patient Care – Ginger / Paul

Lift Evac Refresher - Saturday

Pro-Director Patrick Eibs and Staff

10:45 - 11:30 am Lift Evacuation presentation - class
room portion – Brighton Center
11:45 – Balance of day – **Lift Evacuation** from chair lift
Pro-Director, Patrick Eibs and staff

(Lunch will be as you can during the day)

Paper work: Each member of the patrol must turn in a completed and signed lift evac station sheet. Please have the station instructors sign off the required tasks. PUT YOUR NAME ON THE SHEET. The completed sheets must be turned into the registration area - There will be a marked box for the sheets.

Lift Evac overview and objectives:

- Each year members of the patrol question why lift evac does not go faster or without issues in regards to rope management or belay movement within a belay station. The length of time involved in the entire lift evac training is based upon several requirements, 1st meeting the annual review of all components / positions involved with lift evacuation according to Brighton Ski Resort guidelines (as it pertains to volunteer patrol members). 2nd - allowing each patrol member to have hands on interaction and review of various techniques used within a rope evacuation of the ski lift.
- The lift evacuation review and training is extended by just the sheer number of members involved and the requirement for each member to move / assume all the various positions or functions. During a non-simulated lift evacuation (a real lift evac) members are assigned specific duties that do not require constant exchanging of the belay harness, positions or belay gear.
- The most important point of lift evacuation is – SAFETY.
- Last but not least of all is a simple fact in training or any time a large number of people are involved:
 - Someone is always FIRST (#1) and Someone is always Last (#100 approx)

Remember to bring a lunch on both days

Dress for the Weather

Something NEW

**This year lift evac could be warm!! Due to the early date.
Bring water to keep yourself hydrated while on the lift.
However it could be on the cool rainy side so bring appropriate clothes as a backup. **It can be cold sitting on the lift****

OEC Refresher – Cycle “C”

Sunday – Sept. 23rd

- Available in the Morning
 - Juice, Coffee, Hot water for Tea and Hot Choc
 - Muffins and Bagels (various spreads)
- Outline of the Day’s Events – Sunday
- Note: There will be “guests from other patrols” and Rescue agencies, Please extend them a warm welcome

7:15 - 7:45 am Station Set by instructors

Registration continued – **Alpine Rose – Main Level**

7:50 - 8:15 am Welcome and Review of Rules for the Day

8:15 - 9:15 am Review of “You are the Rescuer”

9:15 - 9:25 am Break

9:30 - 4:45 Stations and Lunch Break

4:45 - 5:05 pm Q&A – Review – Main Level Alpine Rose

5:05 - 5:35 General Clean up of the Rose and BC by all

Stations - Rotation Schedules: Please review attached schedule of time blocks assigned to stations.

Station "A" & "B" – 95 minutes

Instructors:

Lead instructors:

Station instructors:

Topics: Orthopedic Trauma, Neurological Injury Management, Transportation & Extraction

This station will focus on: Lower extremity injuries, Management and alignment of displaced long bone fractures, ski boot removal, Neurological Injury management. The station will also include transportation extrication and lifting techniques

Please note: this station will focus primarily on device application and neurological management concerns. An overall process of assessment will be discussed in Station D.

Devices: Back Board (standing & prone), C-collars, scoop, traction, jiffy

Chapters - 24, 25, 26, 27

Station "C" – 45 minutes

Instructors:

Topics: In depth review of the anatomy and physiology or the respiratory system. Oxygen & Airway adjuncts

Patrollers to demonstrate how to properly set up an O2 bottle. Select the proper delivery device and explain why. Review nasal and oral airways Demonstrate suction device and the BVM. The trauma pack will also be reviewed.

Chapter - 6

Station "D" – 45 minutes

Instructors:

Topics: Patient Assessment and Vital Signs

The focus of this station will be a strong primary assessment that can be used any time and modified to the situation. (Rapid body survey, focused history, physical exam, responsive trauma). The neurological injury portion of the station will focus on signs and symptoms. Understanding the mechanism of injury will play into the decision process. Anatomy and physiology of the skeletal system will be reviewed. The information gathered during the assessment will help develop and guide the patroller with the injury – accident management role playing required at the scene.

Example: scene safety, strong assessment, what assets or assistance is required, who do I contact, and will I need to give them information to initiate a larger support team - ALS, action by the clinic, mountain management. What transportation issues need to be considered (snowmobile, truck transportation from one side of the parking lot to the other?)

During the practical portion the patroller needs to call the appropriate top shack, identify location, request required supplies, additional patrollers, consider time issues,

Chapters – 7 & 10

Station "E" & "F" – 95 minutes

Instructors:

Lead instructors:

Stations instructors:

Topics: Specific injuries (eye, face throat, chest, pediatric, adaptive, mass casualty), **Environmental & Medical emergencies** (common medical complaints, poisoning, trauma in pregnancy). **Shock Management**

Chapter – 2, 20, 21 / 22, 28, 29 / 24, 25

Station "G" & "H" – 95 minutes

Instructors: Lead instructors:

Stations instructors:

Cold injury management- Common Outdoor Injury management

This station deals with the common / similar accidents that are associated with outdoor activities:

Skiing, snowboarding, swimming, tennis, soccer, bicycle riding, football, baseball, basketball. Similar injuries can be – but not limited to: ankle, knee, hip, and upper extremity, head, chest

Devices – ankle hitch, sling and swathe, forearm splint, jiffy splint, wrist splint. How to immobilize a leg, arm and finger if a splint is not available.

Discuss signs, symptoms and assessment of:

Expose to cold, frost bite, hypothermia, avalanche, ice and water issues, high altitude illness, heat exposure, lightning, drowning. The patroller will demonstrate how to recognize and care for cold injuries.

Chapters - 2, 15, 14 / 24, 25

Station Letter	Station A	Station B	Station C	Station D	Station E	Station F	Station G	Station H
Station Station Times (listed below) Station Length	Extended station A & B		Standard	Standard	Extended station E & F		Extended station G & H	
	95 minutes		45 minutes	45mnutes	95 minutes		95 minutes	
	•Orthopedic •Neurological Inj. Management •Transportation •Extraction		Air-way	Assess-ment	•Specific Injuries •Environmental •Medical Emergency •Shock Management		•Cold Inj Management •Common Outdoor Inj.	
Chapters	•24 •25	•26 •27	•6	•7 •30	•21 •22 •28 •29	•13 •17	•9	•2 •15 •14 •24 •25
Location	Entire 3rd floor of the Alpine Rose		Second Floor BC	Third Floor BC	Entire lower floor of the Alpine Rose		Public locker Bus loading area BC	
9:30- 10:15	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8
10:20 – 11:05	Group 2	Group 1	Group4	Group 3	Group 6	Group 5	Group 8	Group 7
11:10 – 11:55	Group 7	Group 8	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
12:00 – 12:45	Group 8	Group 7	Group 2	Group 1	Group 4	Group 3	Group 6	Group 5
Lunch 12:45 – 1:25								
1:30 – 2:15	Group 5	Group 6	Group 7	Group 8	Group 1	Group 2	Group 3	Group 4
2:20 – 3:05	Group 6	Group 5	Group 8	Group 7	Group 2	Group 1	Group 4	Group 3
3:10 – 3:55	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	Group 1	Group 2
4:00 – 4:45	Group 4	Group 3	Group 6	Group 5	Group 8	Group 7	Group 2	Group 1

Please watch for e-mail announcements concerning materials required to complete the Patrol refresher.

If you have any questions please contact:

Andy Peterson

- andy@nationalequipmentcorp.com
- Home – 944-6940
- Office – 266-5824 ext. 112