

Denver Safety & Leader Newsletter

September/October 2013

A communication for CMC Denver Leaders



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www.hikingdenver.net

www.cmc.org



Leader/Sr. Instructor Recognition Night – November 7th

DS&L will recognize all our hard-working leaders at the Annual Recognition Night. Active leaders, Emeritus leaders and trip leader school grads are cordially invited to the event beginning at 5:30 pm at the AMC.

In addition to leader recognition, Peter Laux, long time leader, naturalist and geologist, will present geology tips about Isabelle Glacier & Arapaho Glacier Overlook so leaders in the audience may lead these trips in the future.

Phil Kummer, leader and a Denver Conservation Committee member, will advise leaders about trails in Rampart Range and provide maps.

There are many leaders who have led trips during the last year but the trips are not identified as "COMPLETE" within the CMC data base. If a leader does not formally COMPLETE a trip, then not only is the leader not recognized as leading that trip, but the lack of COMPLETED trips, or a reduced COMPLETED TRIPS count may result in lower funding received from a variety of grant sources. See Four Simple Steps to COMPLETING TRIPS at the end of the newsletter.

Social Hour 5:30- 6:30 PM Beer, Wine, Pizza; 6:30-9:00 Leader Recognition & Program

No Fee but please register online at cmc.org under EVENTS so sufficient food and libations can be ordered in advance.

Thank You

A special thank you to *Wayne Johnson*, who served on the DS&L Committee for four years providing his mountaineering and emergency medical experience during discussion, deliberations and accident investigations. Wayne is the developer of the Emergency Evacuation Guideline Tool which will be offered to leaders at a future date when approved by CMC State Staff.

Education



Avalanche Terrain Avoidance (ATA) is required for those leaders certified after September 30, 2011 who wish to lead trips in non-backcountry terrain. Those leaders certified prior to October 1, 2011 have until September 30, 2016 to complete ATA if they wish to lead trips in non-avalanche prone terrain. Three sessions of ATA are offered with the first session being November 19th at the AMC.

AIARE Level 1 School (AL1) is required for those leaders certified after September 30, 2011 who wish to lead trips in backcountry terrain. Those leaders certified prior to October 1, 2011 have until September 30, 2016 to complete AL1.

Two sessions of AL1 are offered with the first session offered January 31, February 1 & 2 at Empire Community Room and field practice at Berthoud Pass.

Application for partial tuition is on page 6 & 7 of this newsletter; November 30th due date.

Safety Discussion

Skin Infections



A leader recently worked as a flood cleanup volunteer in Glen Haven. During the work he scraped the skin on his lower leg as the result of an earthen bank giving away when he stepped down.

Although there was no running water, he treated the scrape in the field within the hour and changed the dressing daily. Three days later while at home signs of infection appeared. On Day 5 he visited his primary care physician who prescribed an antibiotic. To make a long story shorter, by Day 10 the infection worsened to the state he was admitted to the hospital where he received antibiotics intravenously. Intravenous antibiotic treatment will continue for another 9 days.

Lesson Learned – even a minor puncture or scrape of the skin can result in a serious skin infection. To learn how bacteria are becoming more resistant to antibiotics, check out PBS “Frontline” video: <http://www.pbs.org/wgbh/pages/frontline/>

Suggested Treatment for Skin Punctures, Scraps, Cuts

In addition to these points provided by the leader, please refer to your Wilderness First Aid book, “Cleaning a Wound”, page 58, Third Edition.

1. Wash with soap & water. Don’t just put a band aid over the opening, take the time to wash it and get the suds out to do so.
2. Triple Antibiotic Ointment – check with your local pharmacist for an OTC product (carry it in your medical kit)
3. Take immediate care in the field, not at the next break
4. As most of us are aware age related factors also tend to result in higher risk situations whether a fall while climbing, hiking, or down climbing.

Although skin infections can result from only a small wound, the results can be very serious.



ANNOUNCEMENTS



Flood Relief Volunteers Needed

Many of the state and county parks in which we hike, bike & climb were severely damaged by September's floods. You can assist these areas and related communities with your time and talents.

This is a partial listing of sites that provides information status and identifies volunteer needs.

- **Boulder** Mudslingers, look for Boulder Mudslingers on Facebook at facebook.com/boulder.mudslingers
- **Foothills United Way** flood relief: unitedwayfoothills.org/floodrelief
- **Jeffco's Apex Park, Lair o' the Bear Park** and several trails have been **closed** until further notice
- **Denver Mountain Parks** posted September 24th that O'Fallon Park is closed for the season
- **Town of Lyons** <http://www.townoflyons.com/lyons-flood-2013>
- Other parks in Bear Creek canyon, **Little Park and Corwina Park**, have now reopened. Due to contamination, the **Evergreen Lakehouse and trails** are closed until further notice. Evergreen Lake updates from Evergreen Park and Rec District are posted [at their website](#). The rest of **Dedisse Park**, including the north shelter area, is open as usual.

Road Conditions:

- CDOT information: <http://www.coloradodot.info/>
Mobile app info: <http://www.coloradodot.info/travel/get-connected.html>
- RMNP: http://www.nps.gov/romo/planyourvisit/road_conditions.htm
- Closed for the season: US 34 Trail Ridge Rd through Rocky Mt National Park cotrip.org

Four Simple Steps to Completing a Trip

- Once the trip is complete, go into the on-line trip administration section of the cmc.org website
- Change the Status of the Trip from Approved to **COMPLETE**
- Scroll to the bottom of the roster and complete the boxes: Hours of Activity, Trailhead Location, Access Problems, Trip Narrative
- Click SAVE Roster & Update

Helpful Websites

These website references are recommended by one of our climbing leaders, Mike Zyzda.

Weather: 14ers.com – the weather tab allows the user to select a 14er peak on a map; the site provides an area forecast for the peak

<http://opensnow.com/state/CO> - looking for powder or good weather in which to climb? This is your site; there is also a phone app for iPhone users.

Avalanche: [Caltopo.com](http://caltopo.com) & [Hillmap.com](http://hillmap.com) – these sites provide overlays of slope angles; maps are printable

<http://avalanche.state.co.us/index.php> - this is the CAIC site which will resume daily forecasting and reporting November 1, 2013

BCA Avy Tour Planner – an app for iPhone users; the app focus is decision making in the field

Trip Leader Application for Avalanche Scholarship

CMC Denver Group

2014 AIARE Level 1 School

Directions: Copy this application into your word processor, complete it and email it to: Linda Lawson lk14er@comcast.net

- **The deadline for filing a scholarship application is November 30, 2013**
- **Once notified of the receipt of a scholarship, recipients must register for the class by contacting the CMC office in order to receive funding**

The Denver Group Safety & Leadership Committee has limited funds available for AIARE Level 1 Scholarships to certified CMC Denver Leaders. The total number of scholarships awarded will be determined based upon grant funds available. In 2013 there were 16 scholarships awarded for 50% of tuition.

Scholarships will be distributed among skiing, snowshoeing and climbing activities, based on applicants' trips led during FY 2013 (determined from the CMC "Trip Count" database), training completed (from CMC individual "Training Records" database) and history of volunteer service to CMC (a subjective ranking by the DS&L committee). Awards also may be considered for selected new trip leaders. The Denver S&L Committee will approve all selections. Applicants will be notified of their status after the November 30th DS&L selection date.

Memo of Understanding

Regarding Scholarship Awards
for Denver Group AIARE Avalanche Training

This is a memo of understanding between _____ (Applicant) and Denver Group Safety & Leadership Committee (DS&L) establishing expectations in return for financial assistance to attend AIARE Level 1 Avalanche Training. Recipients are expected to lead CMC Denver winter backcountry trips and/or instruct at CMC Denver winter schools, including the ATA class, for at least two subsequent winter seasons. This is not a binding agreement, but an understanding that the Applicant will try to fulfill.

Signed, _____ (Applicant) Date _____

Leader Name:

Member #

Home Phone:

E-mail:

Address:

City:

State:

Zip:

Type of Trips led:

I currently instruct or have instructed in these schools:

Signature: _____

Date Received by DS&L _____ Approved: _____ Date: _____
