

Denver Safety & Leader Newsletter

November 2016

A communication for CMC Denver Leaders



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www.hikingdenver.net

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FALL LEADER/INSTRUCTOR RECOGNITION GATHERING

- **NOVEMBER 16TH – REGISTER NOW**

Come to recognize your fellow leaders/instructors for the awesome adventures and school trips they have provided to our CMC Denver members.

WHEN: November 16, 5:30 PM -8:30 PM

WHERE: Conference Rooms AMC

PROGRAM: 5:30 – 6:30 PM – Social Hour, Food & Beverage

6:30 – 7:00 PM Welcome & Leader Recognition

7:00 – 7:40 “A Day in the Life of an SAR Volunteer” - Douglas County SAR Team Member

7:40 – 7:50 Break

7:50 – 8:30 “From Boots on the Trail to the Map in Your Pack” – Ray Ave’, Mountain J Publications

8:30 - 8:40 Closing Remarks

No fee but please register on line so we have sufficient food & beverage; registration deadline Nov 14

NEWLY CERTIFIED LEADERS

Congratulations to these new leaders who have been certified since the SALT (Support Aid for Leader Training) was initiated in January.

Brett Corning , Jeff Damp, Lou Henefeld, Ron Hileman, Deb Lachowetz , Kerry McCaig, Robbie Monsma, Durrie Monsma, Tammy Mullins, Dan Orcutt, Susanne Spandau, Joanne Young, John Wethey.

Additional leaders certified from October through December 2015 are Eric Esswein, Grover Cleveland, Sam Taggart, Joe Wojniak.

Leaders and Senior Instructors, please let your aspiring members/students know about the SALT program by directing them to the application at: <https://goo.gl/XuhvKm>

Leader applications should be sent to: CMCTripleader@hotmail.com

Both Technical and Non-Technical Trip Leader Applications can be located at:

<http://www.hikingdenver.net/groupresources>

TRIP LEADER PREREQUISITES

Although CMC Denver members no longer need a hiker classification equal to or greater than the trip classification to register for a trip, leaders may wish to screen a participant who has registered for the trip, or may wish to add a prerequisite to the trip.

When leaders schedule a trip there is a prerequisite box which lists a variety of schools by acronym (WTS/BKPS) or title (Fly fishing School). Leaders may select a school prerequisite using this drop down screen.

Or, leaders may wish to set a prerequisite as part of the trip details or notes, such as: "Participants need to be able to hike at a pace of 1000' per hour", or "Experience Using an Ice Axe Required".

You, as a leader, are in control of the skills and equipment you deem appropriate for the participants on the trip you plan.

GLISSADING

Glissading offers a fast, easy way down many snow slopes but can be hazardous.

Denver Group members have experienced accidents involving glissading during both a school field trip and on regular snowshoe trips.

The following points are critical for leaders to assess when glissading on snowshoe trips:

- ❖ Run out zone – what are the conditions, rock, ice, cliff. If you don't know, don't go.
- ❖ Snow pack – it is fresh, soft? Is it new snow on top of an ice layer?
- ❖ Slope angle – should be 25 degrees or lower to minimize possibility of avalanche if other avalanche conditions are present
- ❖ Who goes first/last– as the leader should you go first to assess the slope and snow? Or, should you go last to make certain all participants reach the end of the slope safely?
- ❖ Participant Knowledge – have you as a leader explained:
 - Techniques – snowshoes on or off? How long is the snow field? Is it reasonable that participants can hold their feet above the snow for the time required to glissade to the run out zone? If snowshoes are off, they should be securely stowed in the participant's pack.
 - Position - sitting, standing or crouching position, use of poles to control speed and direction
 - Self-Arrest – are participants trained in snow travel, do they know how to self-arrest without an ice axe, should you have group practice self-arrest on a low angle slope

before attempting the glissade, if not all participants are trained should you try glissading?

- Number of participants – do you want them to all go at once, in two's or three's?
- When they reach the run out zone what action do they take – go back up, go to trail, wait for all off to the side of the slope? To avoid accidents participants should not stand in the run out zone but move to the sides of the slope. Then what travel instructions will you give?
- Stopping – do participants know how to stop using poles, feet, body?

GLISSADING POSITIONS SOURCE: Mountaineering, The Freedom of the Hills, 7th edition:

Sitting – soft snow preferred but also works well on crusted or consolidated snow



Snowshoes OFF - Sit erect, bend knees and plant boot soles flat on surface; hold poles like a rudder along one side; hold poles with both hands; If legs are straight out in front of body, lifted above the surface of the snow, the position will increase speed.

Standing – firm base snow with softer layer on top; the softer the snow the steeper the slope needs to be to have sufficient momentum.

Position is similar to downhill skiing and use of feet mimics downhill speed control to move



downward;

safer movement.

if the snow is very hard then a lower slope angle provides a

Crouching – slower than a standing glissade

Assume the downhill skiing position and bend a little closer to the ground, drag the pole continuously alongside you in the snow until you reach the run out zone

NOTE: *Mountaineering, The Freedom of the Hills, 7th edition* cites ice axes being used for glissading but it is recognized that most snowshoe trips do not require ice axes, thus participants need to use both poles, held together in their hands, to aid in guiding travel direction.

VOLUNTEER OF THE YEAR AND SERVICE AWARD RECIPIENTS



At the Denver Group Dinner on October 30th, Tim Musil was recognized as 2016 Volunteer of the Year.

Bob Collins, Fred Greist, Linda Ditchkus, Debbie Hampton, Jim Kennedy, Debbie Markham and John Martersteck, and Pat McKinley were recognized with Service Awards. These leaders have each brought many skills, education training and great trips to our members. Please give them a “Shout Out” when you see them.

TRIP STATUS

Leaders, please close out your trips when they are COMPLETE or CANCELED. At the end of September there were more than 100 trips that retained the APPROVED status post trip date. Leaders should change the trip status using the Edit function of the trip listing. Once the trip status is updated to COMPLETE (click on Update at the bottom of the Edit screen) go to the Roster and complete the number of hours (trail head to trail head), indicate whether any participants were NO SHOW and add your comments about the trip in the boxes at the bottom of the screen. If the trip was canceled, there is no reason to move to the Roster screen.

CMC STATE BOARD OFFICERS

We thank Kevin Duncan, State Board President, and John Sidell, Pikes Peak Group, who have completed their term of service and resigned effective in January. Officers nominated for three year terms are: Matt Biscan, President; John Marotta, Vice President; Bill Flaherty, Treasurer, and Jeff Flax, Secretary. All are CMC Denver Group members.

TIPS AND REMINDERS

CMC OFFICE CLOSURE NOVEMBER 24TH & 25TH; DECEMBER 23RD THRU JANUARY 3RD

FIRST AID KIT SWITCH TO WINTER CONDITIONS Remember to check your first aid kit annually to resupply any OTC medications that have expired, band aids that you may have lost their adhesive quality, summer items that may not be needed in winter (chemical ice packs).

FEE PAID FOR GOLDEN PARKING GARAGES ON JACKSON The two parking garages on Jackson & 12th Street and Jackson & 11th Street will become fee paid on January 1, 2017. An alternative for covered parking is the RTD parking in the Jefferson Administrative complex. Be certain to designate the level on which participants are to meet as the floors are not numbered or color coded. The easiest description may be “highest covered level, just before open parking on top of the structure”. Copy and paste this link into your browser:

<https://www.google.com/maps/dir/39.7276017,-105.1990763/jefferson+county+government+center+rtd/@39.7262815,-105.2019516,17z/data=!4m8!4m7!1m0!1m5!1m1!1s0x876b84be8d56240d:0x9eb4d0b27be6cbb9!2m2!1d-105.1997608!2d39.7263025>

BRAINARD WINTER GATE CLOSURE - the winter gate near the Brainard Lake Recreation (Gateway Parking) entrance is closed for the season. Be aware of the additional mileage the closure will add to your trip.

HOW TO MAKE RESERVATIONS AT THE INDIAN PEAKS WILDERNESS Call the Boulder Ranger District 303/541-2500. Identify yourself as a CMC leader. Request to speak to a ranger regarding permits for a group of more than 8. Identify the destination location, date and number expected in the group (limit 12). The ranger will advise if that particular zone is available on the requested date. If available a paper permit will be sent to you by USPS; the permit must be displayed on your pack while hiking in IPW.

MISS GOLDEN CONE ZONE Avoid the construction at US 6 and 19th Street in Golden by turning off US 6 to Johnson Road. Go North on Johnson Rd to South Golden Road, then to Ford (one way) and to 10th & Washington, the AMC.

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