

# Denver Safety & Leader Newsletter

## First Quarter 2014

*A communication for CMC Denver Leaders*



*Published by CMC Denver Safety and Leadership Committee*

[www.hikingdenver.net](http://www.hikingdenver.net)

[www.cmc.org](http://www.cmc.org)

### **Leader Gathering April 24<sup>th</sup>**

**Time: 5:30 – 9:00 pm**

**Location: American Mountaineering Center**

**Program: Three Evacuation Tales & What Does the CMC Liability Coverage Mean to Me as a Leader?**

**5:30 – 6:30 Food & Drink**

**6:30 – 7:30 Evacuation Tales – Moderator Terry Ploski**

**7:30 – 7:45 Mix & Mingle**

**7:45 – 8:30 What Does the CMC Leader Liability Mean to Me?**

**8:30 – 9:00 Evaluation & Wrap Up**

**Sponsored by DS&L Committee; no fee but please register on line under Events so sufficient food & drink will be available; registration deadline April 20<sup>th</sup>.**

# ***SAFETY DISCUSSION***

## **REFINE YOUR JUDGMENT – Know When to Turn Around+**

### **Signs you should turn back**

**Weather is awful (thunder, whiteout)**

**Acute mountain sickness or edema (severe headache, nausea/vomiting, shortness of breath)**

**You've reached your predetermined Turnaround time (even if you haven't reached the summit).**

**Snow appears unstable; learn the signs at [Backpacker.com/snowpack](http://Backpacker.com/snowpack).**

**You or someone in your party is injured or dangerously exhausted.**

**You've encountered conditions you're not prepared for, like crevasses or ice.**

### **Continue Cautiously\***

**Iffy weather (wind, cloud gathering) or distant storms**

**Mild altitude sickness (headache, fatigue, reduced appetite)**

**It's not turnaround time yet, but you or your teammates are struggling and losing time.**

**Snow is deeper than expected but stable.**

**You hear of an injury or rescue above you that has not affected your team.**

**You've encountered unexpected conditions, but you've practiced for them.**

**\*Revisit turnaround plans every 15 minutes if you notice these issues.**

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# EDUCATION

## Wilderness First Aid (WFA)

Contact: Carol Giffen

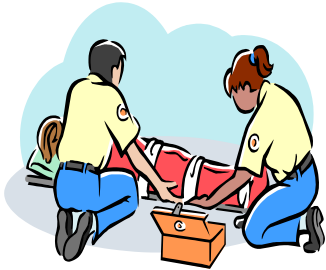
[cgbmeup1@msn.com](mailto:cgbmeup1@msn.com)

Location: AMC

Session 2- April 6 and 13, Sundays

Fee: Leaders/instructors \$67

Register on line.



## Trip Leader School (TLS)

Contact: Uwe Sartori

[uwesartori@mac.com](mailto:uwesartori@mac.com)

Date: June 7, Saturday

The format for TLS has changed to include a 2 hour lecture on topics such as CMC policies, legal and risk considerations, trip planning, group dynamics, situational awareness, the trip cycle, the CMC ambassador role and leadership. The LIT field practical is a five hour session in the field where candidates will engage in role modeling, working through trip scenarios and discussions in order to

gain a better understanding of what they can expect to encounter in the field and learn ways to manage a successful trip. There is a one hour weekday evening webinar that focuses on how to schedule a trip using the CMC Trip Scheduling System.



## “Ultimate Lightweight Hiking Skills”

Time: 7:00 pm

Location: AMC

Fee: \$10

World-class, long-distance backpacker Andrew Skurka will present a clinic on a variety of topics aimed at easing your load and increasing your daily trek mileage. Register on line.

# ***ANNOUNCEMENTS***

## **ECKART RODER DINNER APRIL 10**

**Mike Zyzda**, mountaineer, leader, instructor and recipient of a scholarship for AIARE Level 1 School, will speak at the Eckhart Roder Dinner on April 10<sup>th</sup>. The Eckart Roder Education Fund has provided grants to DS&L for three consecutive years supporting avalanche education for CMC Denver leaders. The program features Kevin Carson, the great-great-grandson of Kit Carson. Social 6:00 pm, Potluck dinner 6:30 pm; Program 7:00 pm. Tickets priced at \$15 are a tax deductible contribution to the Eckart Roder Education Fund. Reservations on line.

## **EARTH DAY TRAIL WORK APRIL 26**

In honor of Earth Day, CMC's first trail volunteer day of the season will be April 26 at the Audubon area of Chatfield State Park. To register contact Fred Griest at fredgriest@msn.com or 303-759-2194.

## **CMC CLUB-WIDE SUMMIT - MAY 3**

Don't miss our inaugural annual event at the AMC in Golden with members from across the state. The theme is membership! We will convene at 10 a.m. for a special presentation on national membership trends, followed by break-out groups on CMC membership topics (tentative: Appealing to Younger Members, Bringing in more Baby Boomers, Breaking CMC Barriers to Engagement) Enjoy lunch with members from across the state. Afternoon will feature meetings for state Safety and Leadership, Group Chairs, Adventure Travel and more. Register on line.

## **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](http://www.nps.gov/romo/planyourvisit/road_conditions.htm)