

# **Genesee Valley Region National Ski Patrol Outdoor Emergency Care Candidate Class 2006 Student Guide August 7, 2006**

Welcome to the Genesee Valley Region (GVR) Ski Patrol and the Outdoor Emergency Care (OEC) Candidate class. This is our second year as the candidate class Instructors of Record (IOR). Our responsibility is to be advocates for your success, offer encouragement, and to make the experience as enjoyable as possible for all.

Whether you are an alpine or nordic candidate, the OEC candidate class is the first step in becoming a Ski Patroller. Each individual has his or her own reason and purpose for becoming a Patroller. For some of you, becoming a ski patroller has been a lifelong dream. It is an opportunity to enjoy the sport of skiing and become a valued member of the skiing community. Over the next four months, you will receive classroom and hands-on training in outdoor emergency first-aid. You will then receive additional training in OEC protocol for your respective patrol, and begin ski and toboggan (S&T) training.

Although the candidate year is very time consuming, it also can be a very rewarding experience. Throughout the next several months, you will have the opportunity to work with a variety of dedicated instructors and Patrollers. Each of these individuals will bring with them a unique life experience and approach to Ski Patrolling. Do not hesitate to ask questions, most instructors and patrollers are eager to share their "war stories".

As adult learners with careers and families, we understand the difficulties you will have juggling your time. It may feel overwhelming at times. This is to be expected, and you will not be alone. The instructors have all experienced this program and they fully appreciate the undertaking and commitment you are making. If you feel the need for additional help outside of the scheduled classes, please do not hesitate to ask. Most instructors are willing to help if they see that a candidate is putting forth a "strong" commitment.

Do not hesitate to discuss (or just vent) any difficulties you may experience in the program. We are always available and open to hearing your concerns and suggestions. Our objective is to see each and every one of "our" candidates be successful in this program. If you come away from this program frustrated and confused, then we have not done our job. Therefore, always bring any concerns or difficulties to our attention as soon as possible. We can be reached at the following phone numbers and e-mails, and we check our emails on a daily basis.

Good luck...and much success to all of you!

Bill Teamerson  
Steve Duncan  
GVR Candidate Class IOR

## **Outdoor Emergency Care (OEC)**

The objective of the Genesee Valley Region (GVR) OEC candidate class is to provide the Ski Patrol Candidate with practical first-aid skills and the confidence to administer those skills in a variety of scenario's. The program consists of approximately 150 hours of classroom and hands-on training over thirteen weeks. You will be instructed by a number of patrollers who have been specifically trained by the GVR OEC Staff. Upon the successful completion of this program, you will receive your OEC card. This card indicates that you have successfully met the first-aid requirements of the National Ski Patrol and the GVR.

When this program is completed, your sponsoring patrol will provide you with additional training to familiarize you with their on-hill protocol. Afterward, your patrol's OEC staff may evaluate you before permitting you to take shifts or provide first-aid to the public. This evaluation may be similar in nature to the GVR final evaluation you completed, or simply consist of clinics for you to demonstrate your skills to the patrol OEC staff.

### **Instructors of Record (IOR)**

Bill Teamerson

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Steve Duncan

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585-265-4708

We will be your Instructors of Record (IOR) for the 2006 Candidate class.

Bill Teamerson. This is my 5<sup>th</sup> year patrolling at Bristol and working with the GVR. I am a Senior Patroller. I am certified as a Senior Trainer/Evaluator and a CPR/AED Instructor.

Steve Duncan. This is my 4<sup>th</sup> year as a member of the GVR and Swain Ski Patrol. I am a Senior Patroller and am Certified as a Senior Trainer/Evaluator.

### **What Will It Cost?**

A benefit which is enjoyed by all ski patrollers is free or reduced skiing at your home mountain for yourself and your family. However, this benefit is easily negated by the cost and time commitment associated with being a Ski Patroller. Your first year as a Ski Patrol Candidate will typically be your most expensive. In addition to the course fee of \$200.00 (Make checks payable to GVR NSP), you will also pay annual dues to your respective patrol, and be responsible for purchasing a patrol jacket, appropriate ski clothing, and equipment to complete your ski patrol uniform. Please consult with your accountant as you may find that much of your equipment and mileage is tax deductible.

Here is a breakdown of what you can expect to spend during your first year:

OEC Candidate Class \$200.00  
Patrol Dues (paid annually) Varies by Patrol  
Patrol Parka/Jacket \$175.00 - \$250.00  
Patrol Vest (optional) \$85.00 - \$100.00  
Ski Pants/Bibs \$100.00 - \$200.00  
Fanny Pack/Back Pack \$50.00 - \$100.00  
Helmet \$75.00 - \$125.00  
Gloves/Mittens \$35.00 - \$55.00  
Plus ski w/bindings, boots, poles, misc. ski clothing, etc... \$?????? (your budget?)

## **How Much Time?**

Being a Ski Patrol Candidate requires a substantial time commitment. During the candidate year, you will easily accumulate approximately 200 hours of time dedicated to your training. This includes the OEC Candidate class, CPR training, patrol on-hill OEC clinics, and ski and toboggan (S&T) clinics and evaluation. This does not include the time that you will need to dedicate to reading the OEC book and completing the workbook. Afterward, you will be scheduled for a few shifts to complete your season. The breakdown of your time commitment will look something like this:

OEC Candidate Class 150 Hours (scheduled)  
Patrol On-Hill OEC Clinics (yearly) 16 - 20 Hours  
S&T Clinics and Evaluation 32 - 40 Hours  
Patrol Shifts, varies by Patrol

This does not include your drive time to and from classes. For the candidate class, you will spend approximately seventy (70) additional hours or more traveling to and from class. You can also plan on adding approximately 3000+ miles to your vehicles.

## **Reference Material**

The primary reference material resource for technical information and first-aid skills will be:

[Outdoor Emergency Care – 4<sup>th</sup> Edition](#)  
[Outdoor Emergency Care – 4<sup>th</sup> Edition Student Workbook](#)

## **Lectures**

Each evening class will consist of a lecture, followed by hands-on training and scenarios. The presentation will normally be between sixty and ninety minutes. An equal amount of time will be dedicated to hands-on training.

There will be a variety of instructors from the alpine and nordic patrols, who will lead the classroom lecture and the hands-on training. They will be assisted by a team of three to five additional instructors in the delivery of that evening's scheduled agenda. These instructors have a wealth of knowledge and experience. Do not hesitate to ask questions or have something demonstrated. The purpose of the instructors is to offer a variety of ways to accomplish an objective, and to help you be successful.

## Hands-on

A number of hands-on sessions have been scheduled for Saturday mornings. These sessions will begin mid-September and continue through the completion of the program. The location is to be determined. These sessions will begin promptly at 9:00am and go until approximately 2:30pm. We will break a couple of times to warm-up, discuss your progress and answer any questions you may have.

The purpose of the Saturday AM hands-on session's is to give the candidates the opportunity to practice. A majority of our time will be spent outdoors. The focus will be to work through a series of on-the-hill scenarios, which will give you the opportunity to practice and polish your skills. It is important to dress appropriately based on the weather conditions for the day. Wear comfortable clothing that will protect you from the elements. If you have Gore-Tex or similar high tech outerwear, it is highly recommend that you bring it along. Old or inexpensive ski bibs/pants are perfect for this activity. Bring a change of clothing if necessary. The patrol building will be available for you to change and store your clothing. You will be wearing your ski boots for the on-the-hill sessions.

Be prepared to work in a variety of conditions. It may be cold, damp, windy, raining, snowing or any combination of weather conditions during any of the sessions. We will be training regardless of the weather forecast. Bring snacks and something to drink.

## Attendance

Consistent attendance to the scheduled evening classes and weekend hands-on training is critical for your successful completion of the course. We understand the commitment you are making to this program and know that juggling work/family schedules can present a conflict from time to time. If you are aware of a future work or family commitment, which may result in missing classes, please notify your patrol OEC representative and the IOR. If something comes up at the last minute, emergency or otherwise, please send an e-mail message to your OEC representative and the IOR. Missing classes for casual reasons is strongly discouraged.

Classes are held regardless of government holidays and school dismissals. Classes are not normally cancelled or rescheduled. If a class is to be rescheduled or cancelled you will be notified ahead of time in class and/or email. In the rare event that class is cancelled due to weather, you will be notified by email and telephone. **You must provide an e-mail address for communication purposes.** The easiest way for all of us to contact each other is via e-mail. If you do not have an e-mail account, please make arrangements with one of the other candidates to be updated via phone regarding class changes, etc...

We have a lot of material to cover over the length of the program. Class will begin promptly at 6:30pm on weeknights and at 9:00am on Saturdays. We know that it can be difficult to make the commute from work to class during the week. Do not rush down if you are going to be late. We would rather have you arrive safely than not arrive at all. The earlier we can get started, the sooner we can get home to our families. This is especially true for Saturdays.

## Quizzes, Evaluations

There will be several quizzes during the duration of this course. It will consist primarily of the material scheduled for that week. However, there may be a few questions from any material covered in previous weeks. All the quizzes will be multiple-choice and will come directly from the [Outdoor Emergency Care –4<sup>th</sup> Edition](#) textbook and student workbook. Quizzes will typically be fifteen to twenty (15 – 20) questions in length. All quizzes will be graded and returned for you to study from.

The mid-term is two-part evaluation: a written test, and a practical evaluation of your first-aid skills. The written test will be given on a take-home basis and will consist of one hundred (100) multiple choice questions. The practical evaluation will be required to successfully demonstrate the following skills:

- Taking a patient's pulse
- Taking a patient's blood pressure
- Setting up and applying oxygen to a patient
- Apply suction to clear an airway
- Patient Assessment

The final evaluation will consist of scenarios and a written test similar in format to the mid-term. The written test will be comprehensive. Therefore, as candidates you will be tested on all the material covered during the program.

The second portion will evaluate your patient assessment and first-aid skills in a scenario-based format. Each candidate will lead three (3) scenarios and assist on six (6) other scenarios as helpers. You will be evaluated as a leader only, however, you are responsible for directing your help, and making sure that the scenario progresses in an orderly manner. More on this will be explained later. As the course progresses, you will have the opportunity to lead and help on many scenarios. Leading scenarios develops confidence, as well as strong, and polished first-aid skills. If you are unsure of how to do something, ask an instructor. They are there to assist you in developing your skills. Take advantage of the weekend hands-on training sessions to polish up your skills and develop confidence.

**REMEMBER – the more scenarios you lead, the more confident and polished you will become!!!**

## Medical/First-Aid Supplies

We will begin practicing patient assessment and basic first-aid skills almost immediately. As a part of your course fee you will be supplied with some basic first-aid supplies to practice your skills. You are required to have these supplies with you at every class and Saturday hands-on sessions. You will also need to provide some sort of pack to carry these supplies. Do not rush out and buy a pack to specifically carry your supplies. An old backpack or large fanny pack will suffice for the time being. As you progress through the course, you will have the opportunity to evaluate/inspect a multitude of backpacks and fanny packs from the instructors. There is no point in going out and spending money on something that you may be dissatisfied with later on.

**Basic First Aid Supplies (Region Provided):**

Penlight  
Set of airways (3)  
EMT shears  
SAM splint  
Glucose tabs Ace wraps  
Cling 4 X 4's  
Tape Cravats  
Band-Aids Latex/rubber gloves

**Optional First-Aid Supplies (Candidate/Patroller Provided):**

Leatherman Tool/Swiss Army Knife  
Blood pressure cuff  
Stethoscope  
Kendrick Traction Device (KTD)  
Large cravats Space blanket  
Energy bars Pipe cutters (tubing)  
Saw (cable) Tongue depressors  
Heavy gauge solid wire (16")

**Patrol Supplied Equipment (Sled Bag, Backboard, Traction Device)**

Each patrol will supply sled bags, backboards and traction devices for the candidates to use. The number supplied will be dependant upon the number of candidates each patrol sponsors. Typically, for each three candidates/patrol, one sled bag/backboard/traction device combo is required. The candidates will be responsible for caring and returning the equipment in good condition to their respective patrol. It is not the responsibility of the IOR or other instructors to transport equipment between locations.

**Region Refreshers**

There are two region refreshers scheduled in the fall. Each Patroller is required to attend one refresher each year to remain current. Candidates will participate in both refreshers as part of their hands-on training. As candidates, this will expose you to a variety of skills used by all patrollers in the region. The region refresher dates are scheduled, dates are listed below, and are posted on the region website, [www.nspgvr.org](http://www.nspgvr.org).

## **Region Officers (that you may need)**

Mike Lord, Region Director, Swain [mglord@aol.com](mailto:mglord@aol.com)  
Bob Smith, Asst. Region Director, Bristol [nat5021@frontiernet.net](mailto:nat5021@frontiernet.net)  
John McManus, Asst. Region Director, Hunt Hollow [mcgroh@rochester.rr.com](mailto:mcgroh@rochester.rr.com)  
Mike Long, OEC Administrator, Bristol [mikelong@rochester.rr.com](mailto:mikelong@rochester.rr.com)  
Bob Andre, Senior EMM Advisor, Hunt Hollow [ehfl@direcway.com](mailto:ehfl@direcway.com)  
John Topping, Senior S & T Co-Advisor, Hunt Hollow [jtoppin1@rochester.rr.com](mailto:jtoppin1@rochester.rr.com)  
Jeff Baker, Senior S & T Co-Advisor, Hunt Hollow [bakernsp@rochester.rr.com](mailto:bakernsp@rochester.rr.com)  
Tony Imperato, GVR Nordic Advisor, Tony Imperato, [a2e2@aol.com](mailto:a2e2@aol.com)  
Bill Teamerson, OEC IOR, Bristol [bill@waysidegardencenter.com](mailto:bill@waysidegardencenter.com)  
Steve Duncan, OEC IOR, Swain [sduncan@lucent.com](mailto:sduncan@lucent.com)

## **Patrol Directors**

Brantling, Marsha Wait, [hrwaitco@aol.com](mailto:hrwaitco@aol.com)  
Bristol, Cathy Bentzoni, [Catherine.bentzoni@co.ontario.ny.us](mailto:Catherine.bentzoni@co.ontario.ny.us)  
Nordic, Tony Imperato, [a2e2@aol.com](mailto:a2e2@aol.com)  
Hunt Hollow, John Topping, [jtoppin1@rochester.rr.com](mailto:jtoppin1@rochester.rr.com)  
Northampton, Tony Simoni  
Powder Mill, Doug Bennett, [dcbennett1975@yahoo.com](mailto:dcbennett1975@yahoo.com)  
Swain, Tim Cassidy, [timothy.c.Cassidy@kodak.com](mailto:timothy.c.Cassidy@kodak.com)

## **OEC Representatives**

Bristol, Bill Smith, [jbsmith0843@msn.com](mailto:jbsmith0843@msn.com)  
Hunt Hollow, Sue Navarra, [skinurse1@hotmail.com](mailto:skinurse1@hotmail.com)  
Nordic, Grant Fowler, [grantfowler@frontiernet.net](mailto:grantfowler@frontiernet.net)  
Swain, Tim Cassidy, [timothy.c.Cassidy@kodak.com](mailto:timothy.c.Cassidy@kodak.com)  
Powder Mill, Barb Collins, [bandbcollins@juno.com](mailto:bandbcollins@juno.com)  
Brantling, Pete Peterson, [mjandp@aol.com](mailto:mjandp@aol.com)

## **Websites**

NSP, [www.nsp.org](http://www.nsp.org)  
GVR NSP [www.nspgvr.org](http://www.nspgvr.org)  
Bristol [www.bristolmt.com](http://www.bristolmt.com), [www.bristolskipatrol.org](http://www.bristolskipatrol.org)  
GVR Nordic [www.moosewarinc.com/gvnordic/index.php3](http://www.moosewarinc.com/gvnordic/index.php3)  
Hunt Hollow [www.hunthollow.com](http://www.hunthollow.com) , [www.hunthollow.com/html/patrol.htm](http://www.hunthollow.com/html/patrol.htm)  
Swain [www.swain.com](http://www.swain.com), [www.swainskipatrol.org](http://www.swainskipatrol.org)  
Beyond-X [www.beyondx-usa.com/specialoptions.html](http://www.beyondx-usa.com/specialoptions.html)  
Conterra [www.conterrastore.com](http://www.conterrastore.com)  
Leedom [www.leedomhelmets.com](http://www.leedomhelmets.com)  
Moore Medical [www.mooremedical.com](http://www.mooremedical.com)  
Mountain Uniforms [www.mountainuniforms.com](http://www.mountainuniforms.com)  
Sierra Trading Post [www.sierratradingpost.com](http://www.sierratradingpost.com)  
Traverse Rescue [www.traverserescue.com](http://www.traverserescue.com)  
OEC Zone, [www.oeczone.com](http://www.oeczone.com)

**Genesee Valley Region Calendar 2006**  
**Event Location Date**

Bristol On-Hill Refresher, 9/9/06  
Swain On-Hill Refresher, 9/24/06  
Brantling On-Hill Refresher TBA  
Hunt Hollow On-Hill Refresher TBA  
GVR Nordic On-Trail Refresher TBA  
GVR Refresher #1, Honeoye High School  
GVR Refresher #2, Honeoye High School  
CPR Henrietta Ambulance  
CPR Henrietta Ambulance  
OEC Candidate Written  
OEC Candidate Practical Mid-Term Bristol  
OEC Candidate Final Written Test  
OEC Candidate Final