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# Changes to the AEC Manual for 2011

By Rowan Peck

A number of changes have been included into the 2011 edition of the AEC manual, following on from changes made by the Australian Resuscitation Council (ARC). Those attending an Advanced Emergency Care course in 2011 will have learnt about, and practiced, these changes in detail. For everyone else, this summary will serve as a handy reminder for the upcoming ski season. All Patrollers should be refreshing their CPR / AED and bleeding competencies each year, so make sure you brush up on the changes!



The updated AEC Manual is available to download for free from:

<https://www.skipatrol.org.au/library-resources/>

The major changes for 2011 are:

## CPR, Basic Life Support, and Approach to the Casualty:

The ARC has amended the Basic Life Support (BLS) flow chart to add two things:

1. DR then “S” for “Send for Help”. It should be noted that this measure is targeted toward the general public. In the patrolling context it may vary to a degree depending respective resort protocols.
2. After ABC, comes “D” for Defibrillator. ASPA has adopted “D<sub>1</sub>” for Defibrillator where CPR has commenced, and kept “D<sub>2</sub>”

for “Depth of Consciousness” where there are signs of life.

So the BLS flowchart is now:

**D**anger  
**R**esponse  
**S**end for help  
**A**irway  
**B**reathing  
**C**irculation (or Compressions if CPR)  
**D<sub>1</sub>**efibrilator (if CPR commenced); or  
**D<sub>2</sub>**ePTH of consciousness – incl. vital signs survey  
.....then E F G H I as before

If you are performing CPR on the casualty, you don't get past D<sub>1</sub> until they recover or CPR stops.

To open and maintain an airway, the preferred methods are now chin lift and head tilt. Jaw thrust is a secondary method.

Importantly, the decision for CPR is now based on **TWO** criteria. If the casualty is:

1. Unresponsive, and
2. Not breathing normally

If both requirements are met then CPR is started.

Once commenced CPR continues until:

- the casualty responds or begins breathing normally;
- a health-care professional arrives and takes over CPR;
- it is impossible to continue (e.g. due to rescuer exhaustion); or
- a health-care professional directs that CPR be ceased.

Patrollers should now commence CPR immediately with 30 compressions, then followed by 2 breaths, so when performing CPR:

**FIRST: 30 compressions**  
**THEN: 2 rescue breaths**  
**WITH: 5 cycles every 2 minutes**



As before, if the patroller is unable or unwilling to give rescue breaths, then it is better to just give compressions than nothing at all. All patrollers should be carrying face masks with them, so in most instances rescue breaths should be delivered when performing CPR.

### **Vital Signs Survey:**

The ASPA medical committee has moved more in line with clinical and ambulance protocols, by making a **pupils check** part of the Vital Signs Survey (D<sub>2</sub>). This means that patrollers must check that pupils are equal and reactive for both conscious and unconscious casualties. Another noted change is the frequency of checks of the Vital Signs, which should now be checked **every 5 minutes**. Vital Signs are still to be recorded whenever there is a change noted.

### **Automatic External Defibrillators (AED):**

Information about emergency use of an adult AED with a child under 8 years is included in the new AEC manual. There is no longer a check for the child's weight (which used to be over 40kg) as a criteria for using an adult AED. Where possible, paediatric pads should always be used when applying an AED to a child.

### **Other Changes:**

Some of the other changes you will find in the revised manual for 2011:

- Alternate forms of medic alert devices have been added (memory sticks, plastic bracelets, etc)
- New "all white" C style Oxygen cylinders described and pictured

- Entonox dissociation temperature has been amended to  $-7^{\circ}\text{C}$ , and the storage temperature amended to above  $10^{\circ}\text{C}$
- A section has been added in Pain Relief regarding S4 restricted substances handling and management.
- Section 14.2.4.2 has been amended regarding the management of Jellyfish stings.

## **A PROMISING START...**

When the lifts first spun at Perisher for two days back in May it certainly got the media's attention, well at least in NSW and the ACT anyway. But we all know May snowfalls are relatively common, and two weeks later the alps were drenched with that dreaded "clear snow" that always seems to fall at opportune times, such as school holidays or when you have to work at the one bump-hut on the hill without both a door and heating.

When a "cyclonic Antarctic low" (to quote one weather reporter) hit the south east of the country on the 6<sup>th</sup> of June, all of a sudden everyone's attention was firmly affixed to the resort snow-cams. Skis were dusted off, accommodation booked and patrollers started hassling their managers about start dates. Scarred by memories of 2006, some remained sceptical.

With another front just passing on the 21<sup>st</sup> it actually does look to be a promising start to the 2011 season. With school holidays fast approaching it also looks like the resorts, and subsequently their patrols, will have their work cut out for them.

We all know how fickle mother nature is, so hopefully there is much more to come.

Maybe it has got something to do with the water in Lake Eyre...

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## RTO CEO Update

By Richard Hemsworth

### ASPA Registered Training Organisation (RTO)

June 2011 sees ASPA's RTO re-registered for another 5 years. The audit placed significant strains on the ASPA organisation with the increased requirements for documentation and regulation. About half of the RTOs who were offering first-aid training two years ago have gone out of business, and ASPA was pleased to be recognised by the official auditors as "in the top 10% of RTOs in the country".



***Integrated CPR and Defib training***

The Vocational Training Industry also has had a number of major changes. The NSW VETAB ceased to exist and has handed its responsibilities over to the Federal government. This has resulted in a considerable increase in fees to maintain the ASPA RTO. Fortunately, the Federal Government has sponsored our RTO, so we are able to keep the cost of ski patroller training to a minimum. Mostly, the trainers volunteered their time, and ASPA has decided that, like the ASPA Executive positions, no-one will receive remuneration as an instructor or assessor on future courses.

Since March, ASPA has conducted a full round of Advanced Emergency Care courses, in Tasmania, Melbourne, Sydney, Jindabyne, Bullocks Flat, and Mount Buller (see article below). Approximately 260 candidates were certified in six Units of competence. The new Australian Resuscitation Council Guidelines were built into the training by the team of dedicated instructors and assessors, all of

whom volunteer their skills and time. Some new units were added because of the changing requirements of national certification. Equivalent training for this number of units (conducted by external RTOs) is being charged at between \$600 and \$1300, so ASPA is very happy to be able to keep the cost to candidates so low. In addition to the AEC Program for first-aid, ASPA is offering Ski Patrollers certification as "Basic Operator" or the higher level "Rescue Worker". Each State of Australia is building these specification of skill-levels into their "State Rescue Plans" and is requiring that anyone who operates as a rescue worker be qualified. Emergency Management Australia already requires particular certification for anyone who works as a professional in emergency services. They have extended this qualification requirement to volunteers as well. In NSW, the Volunteer Rescue Association requires these Units of Competency for all of its members, and all SES Units now have this requirement also.

Fortunately, local ski patrols have had extensive training systems in place for a very long time. These local ski patrol training systems often exceed the requirements for national certification. All that needs to be done is to map these existing training systems to the national standard and for ASPA's RTO to certify the training through approved assessors and instructors.

We have issued through the ASPA's RTO, 241 basic operator sets of units:

The Units are:

*PUACOM001C - Communicate in the workplace*

*PUAOHS001C - Follow defined occupational health and safety policies and procedures*

*PUASAR022A - Participate in a rescue operation*

*PUATEA001B - Work in a team*

*PUATEA004D - Work effectively in a public safety organisation*

*HLTFA201A - Provide basic emergency life support*

*PUAOPE013A - Operate communications systems and equipment*

Altogether, 1928 Units of Competencies have been completed by members in the last 6 months and certificates issued.

The two qualifications that ASPA can now issue, though local training officers in resorts are:

- Certificate II in Public Safety (SES Rescue), made up of seven Units; and
- Certificate III in Public Safety (SES Rescue), made up of twelve Units.



*RTO pre-winter training programs underway.*

Perhaps of interest to some, there are now two Units of Competency that spell out snow-craft skills for rescue workers and also certification in snow mobile operations. Both of these were primarily written by the Victorian Police; however, they have been validated across industry and are now available within the ASPA RTO scope of units.

ASPA has also decided to add a new name to its certificates to broaden the acceptance of its certification within the marketplace. About five years ago, ASPA registered the name Australian Alpine Training Institute with the intention to use it for marketing its qualifications. This year, with the re-certification as an RTO, it officially added this name to the RTO's business. Our research tells us that this will provide wider acceptance of ASPA's certifications in the community.

## **2011 AEC Course Reports**

### **Melbourne Course 2011** *By Linda Godfrey*

The Victorian Course for 2011 was successfully run in Melbourne over March/April. There were around 60 candidates, all of whom successfully completed the program. The Police Academy

was no longer financially sustainable for a not for profit organization such as ASPA. So at a third of the cost we moved to Health and Well Being Centre, one of the large health simulation centers in Australia at Box Hill TAFE.



*Melbourne: Practicing application of a Donway splint*

Work for the course started months beforehand by the Education Committee, led by Dr Rowena Christiansen. For a variety of historical and other reasons the effort involved this year has been enormous both in terms of the required training materials and recovering/restoring ASPA's reputation in Victoria. The instructor development day laid the foundation of content changes and expectation management in terms of desirable standards and long-term objectives for the Melbourne course. We received very positive feedback from instructors who said it was the best professional development day they have ever attended.



*Melbourne: Instruction on use of bag-valve masks*

As ever these courses would not be successful if not the efforts of many volunteers who continue to give freely of their time. Notable Victorians who provided me with significant support for the Melbourne course are Dr Rowena Christiansen, Alan Terrens, Kirsten Campbell, Lyn Taylor, Libby Fox, Julian van Dijk, Murray Tucker and last but not least of all Raoul Picot.

## Snowy Mountains Course 2011

The snowy mountains course was run over four days during a cold and blustery week at Horizons Resort in Jindabyne, NSW. Over 60 people completed the course, which was conducted in an intensive format targeting recertifying patrollers. ASPA would like to thank all those who volunteered their time to run and assist with the course. As always it is a lot of work and these courses certainly wouldn't be able to happen without all the experienced patrollers and medical professionals that volunteer to lend a hand.



**Snowy Mts: Demonstration of Sager Splint**

One of the great things about the Snowy Mountains course is that it often brings patrollers together from different jurisdictions and it was great to see patrollers from Selwyn, Perisher, Thredbo, Falls, Hotham and Mt Stirling present and sharing their stories and ideas.



**Snowy Mts: Practicing the approach to the casualty**

Other AEC courses were also run in Sydney, Tasmania, Mt Buller and Bullocks Flat this year.

## New Vice President of Marketing and Communications



ASPA is proud to announce Gary Grant has accepted an offer to assist ASPA in the area of Marketing. Gary brings to ASPA a wealth of experience and formal degree qualifications in marketing. Gary's past experience as Marketing Director with Perisher Resort and his current role as President of the NSW Ski Patrol Association, plus a few other positions he manages to balance, will help place ASPA at the heart of the Ski Patrol industry. Gary is no new-comer to ASPA. He was an active member of the ASPA executive from the early 80's through the nineties and his past experience will greatly assist ASPA in moving forward. Gary has a string of achievements including President of the Perisher Ski Patrol Volunteers from 1993 to 2002, a life Member of both Perisher and ASPA and recently awarded a National Tourism Legend Award for services to Tourism in Australia. Gary's credentials and standing in the Ski and the Ski Patrol industry brings his knowledge and leadership qualities to ASPA. Welcome aboard Gary.

### Who's who in ASPA

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**If you have a particular query and are not sure who to contact, send an email to the secretary at: [secretary@skipatrol.org.au](mailto:secretary@skipatrol.org.au)**

## US H2B Visa Changes

In early 2011 the United States Government proposed a raft of changes to the laws that govern the issuing of foreign non-agricultural working visas, formally known as H2B Visas.

There is a modest cohort of professional ski patrollers in Australia who travel to the US each summer to continue working on ski patrol through the northern hemisphere winter, and they generally do so under a sponsored H2B working visa.



Following the announcement of the proposed changes by the US government earlier this year, resorts in the states flagged with their foreign employees (including ski patrollers) that the proposed changes will make it very difficult to retain existing H2B working visa arrangements and levels of foreign worker staffing. Whilst the proposed changes have been designed to better protect the rights of both US citizens and foreign workers, they are also thought to substantially increase the time and cost associated with employing a non-US citizen under a H2B visa.

It is uncertain when these new laws will pass or what form they will take. It would be a great shame if the opportunity to patrol in the US is curtailed by the implementation of the proposed H2B visa changes. For those Australian patrollers who currently patrol, or aspire to patrol, in the US, it is advisable to contact your resort of choice as early as possible to get a clear understanding of their position and the potential impacts of the proposed visa changes on your circumstances.

## National Patrol exams for 2011

The National Patrol system was developed to promote the improvement of patroller skills on the hill, and to provide a benchmark for patrollers to strive for that would be recognised around Australia and internationally.

This year the National Patrol on-hill ski tests will be held in Thredbo on **Saturday 3 September**, with **Sunday 4 September** allocated as an alternate test date. Those wishing to participate in Nationals this year should make themselves known to their Patrol Director or Captain in order for their details to be passed on to the host mountain.

The first discipline will start at 8:00 am on the Saturday to access uncrowded slope conditions. Candidates and examiners may wish to attend on the Friday before the exam in order to get in some practice and get their bearings around the hill.

For those wishing to participate in Nationals, disclaimers and application forms need to be filled out prior to the exam and handed in on the day. There is now a written application process which is available for download from the ASPA web site:

<http://www.skipatrol.org.au/national-patrol/>

Candidates must ensure that they have read, understood and completed all necessary documentation prior to arriving for the exams.

Good luck.



# SARINZ SEARCH AND RESCUE COURSE

by Gary Wardrope & Vicki Ash

Recently a number of members from ASPA were given the opportunity to attend two Search and Rescue courses facilitated by SARINZ (the Search and Rescue Institute of New Zealand) at Lake Mountain. Two of those who attended the courses, Vicki Ash and Gary Woodrope from the Mt Baw Baw Ski Patrol, were asked to give ASPA some feedback on the course.



The course was not only exceptionally taught and delivered, but extremely relevant to ski patrollers. The facilitators clearly knew their subject, imparting their knowledge with a good balance of theory and practice and a dose of humour thrown in. They certainly made great effort to cater for different learning styles and encouraging participants to work with different people throughout the day was valuable. We certainly feel they have a greater understanding of how a search should be conducted from the initial stages (when only the ski patrol may be involved) as well as how to best assist in longer, more extensive searches where Victoria Police involved.'

On the first course, "Track and Clue Awareness", participants were introduced to basic techniques for finding clues to help track people through various vegetations. This involved learning how to heighten

observation skills, analysing a person's tracks by looking at footprints evidence and stride, recognising paths of travel through vegetation. This included practical sessions during the day at night (using specific torch technique) following tracks in a variety of

different terrains.

The second course, "Search Methods" looked at the bigger picture of a Search and Rescue operation and participants were introduced to the concept of Lost Person Behaviour (LPB), profiling and the impact these have on searches. Participants practised a variety of search methods for both day and night, and for both responsive and unresponsive subjects.

It should be said that part of the course's success came in having a large range of search and rescue organisations involved. As well as ski patrollers from Mt Baw Baw, Lake Mountain, Mt Gwinear and Hotham, there were representatives from Victorian Police Search and Rescue, the SES, the CFA, Bush Search and Rescue, and Alpine Search and Rescue.

It has been suggested that an arm of SARINZ might be established in Australia with the support of a Registered Training Organisation and it is certainly recommended by those who attended that ASPA support this. Hopefully all ASPA members will soon be able to benefit from the quality training SARINZ is able to provide and their extensive search and rescue knowledge.



# BEN LOMOND RESCUE

By Peter Findlater

On the 22<sup>nd</sup> of November 2010 a solo rock climber fell and sustained life threatening injuries after something went terribly wrong. The fall wedged him 20 metres up in a narrow chimney while attempting to solo climb a technical grade 18 climb on 'Rock A Day Pitch' on Ben Lomond, Tasmania.

Police Search and Rescue called the Northern Tasmanian SES vertical rescue (VR) team to assist in the rescue. John Marshall from Ben Lomond Ski Patrol with over 30 years' experience as a Ski Patroller just happens to be an integral part of that team, and during that time has attended many minor, critical and life threatening

injuries and situations' as do many Ski Patrollers in their day to day duty.

John's SES Vertical Rescue skills, ski patrol first aid and many years of rock climbing were what were needed for this rescue. A 20 metre lead climb by John to the injured climber to assess his injuries and relay his needs to the paramedic waiting below started what would be approx 4 ½ hours of labour on the cliff. Between John and the rescue team the injured climber was eventually evacuated to the waiting helicopter and flown to hospital.

John is not only highly regarded in the Ben Lomond Ski Patrol but also within ASPA. Within the Ben Lomond Ski Patrol he is a mentor to other patrollers and Trainees and has held the positions of Captain and VC, President and VP, and Secretary for some years and has also been involved in lecturing, demonstrating and instructing at Tasmanian courses. All these years' experience has given John very sound skills in diagnostic assessment of critically injured people.

Over the years members of the BLSP have managed many situations on Ben Lomond where skiers have had life threatening injuries. John has been involved with many of these incidents and his ability to perform with skill and professionalism under these high pressure situations is a testament to his dedication as a

volunteer.

Another close member of the SES VR team on the day was John's son Joshua who also assisted with the rescue. Joshua has also been an ASPA qualified member of the Ben Lomond Ski Patrol along with his SES volunteering and rock climbing skills.

## **Technical details of incident**

**Initial assessment of patient:** Severe laceration to lower right leg with substantial blood loss (bleeding stopped spontaneously). Initial Loss of consciousness but patient alert and lucid on arrival. Minor head laceration. Suspected lower back fracture. Suspected hip or pelvis fracture (both fractures hard to assess fully because of location).

**Equipment used:** Oregon back splint (sked used as well once patient was off the cliff face) many bandages many ropes, carabiners, anchor devices and manpower

**Injuries actually sustained:** Laceration to lower right leg. Minor head laceration. 4 shattered vertebrae (wired and fused). Head of femur fracture





# MEDIA WATCH

This article appeared in the Sunday Examiner on May 15 acknowledging the years of service put in by patrollers from Ben Lomond. Well done!



Ben Lomond Ski Patrol volunteers honoured in Launceston yesterday included Adrian Sherriff, Peter Findlater, John Marshall, David Annear and Adam Culley. Picture: GEOFF ROBSON

## Gnome-less ski volunteers honoured

By PETER SANDERS

TWELVE Ben Lomond Ski Patrol volunteers yesterday received service badges and certificates recognising their years of service, while attending their three-yearly Australian Ski Patrol Association course at Riverside.

Presentations were made by recently retired Launceston politician Don Wing, national association president Anthony "AJ" Simons and life member Irving Fong.

The courses train volunteers in the latest rescue and first aid techniques.

The 12 volunteers have amassed 266 years of service, with Peter Findlater at the top of the list with 37 years as a volunteer.

"I started with the ski patrol in 1975 and this was my 10th ASPA course — I've been skiing on Ben Lomond since about 1971," he said.

"There have been a few amusing incidents over the years, but I reckon one of the funniest was when the ski lift operators kidnapped our gnome.

"We've had it for years and had painted it in ski patrol colours, but the lifties decided they wanted it.

"It was in our rescue sled and they ambushed us on the bridge to one of the lifts and took it away — but we thought it was all part of the fun.

"The national president was there that weekend and was horrified at such goings on."

Those honoured with Mr Findlater were John Marshall, 35 years; Adrian Sherriff, 31 years; Adam Culley, 25 years; David Annear, 26 years; Patrick Fitzgerald, 21 years; Andrew Davey, 23 years; Liz Caldwell-Koolhof, 21 years; Viv Locke, 12 years; Von Keller, 13 years; Douglas James, 12 years and Michael Chilver, 10 years.



The July / Aug edition of Australian Geographic Outdoor magazine has a nine page feature on the Thredbo Ski Patrol. Certainly an interesting read.

Got something interesting you would like to share with the Australian Ski Patrolling community? Send it through to the editor at: [editor@skipatrol.org.au](mailto:editor@skipatrol.org.au)

Pick up the June edition of theSKImag to check out Perisher Patroller Doug Chatten's article on exploring the NSW backcountry.

