



**W**elcome to the first edition of Asparations for 2010. Being the first edition for quite a while, there is a fair amount of new information contained in this edition. This includes details on a revised bleeding protocol, explanation of the sign-in process for ASPA courses, an update on FIPS 2011 and an update on nationals training plus a whole lot more.

Asparations is an important tool for keeping in contact with the broader Australian Ski Patrolling community. It provides a medium to keep patrollers informed of what is going on in terms of protocol changes and national courses plus other relevant bits of information. It also will hopefully have a somewhat revitalised role in providing a medium for patrollers (well, for those who are interested anyway!) to share their stories and opinions on patrolling in Australia and abroad. The ultimate aim would be to have a newsletter that not only provides useful information to patrollers, but also gives an occasional snapshot into the people, environment and culture that make it worth coming back on patrol each season.

Asparations is interested in your thoughts, if you have something you'd like to contribute that you think would be of interest to other ski patrollers out there, send it through to [editor@skipatrol.org.au](mailto:editor@skipatrol.org.au)

Cheers,

James Trezise

Editor  
Asparations

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# From the President



Welcome to the first edition of ASPArations for 2010. It has been some time since a printed version has been collated and sent out for you to read, and you have James Trezise our new editor to thank for this, and hopefully it will be the first of many to come.

Since the last printed copy has been produced, we have moved to electronic news with articles being posted on the website and these are all still available in an archive for you to view if you choose to. While this is a good idea and saves considerable cost, not to mention trees, from comments made it is clear that we have not kept you as well informed as we could have, and there have been a lot of things happening.

Those who have attended the courses this year will have seen a number of changes in the way the course is run, from the open book pre-course questionnaire, to short quizzes during the course, right through to the final assessment which has changed to a more complex exercise, with all these items forming a part of the final result. Not everyone has been satisfied with these changes and they have provided feedback to the Education team who will review it and adjust the program for the next year's courses starting in October.

Through our funding for public safety initiatives from the Department of Health and Ageing, we have been able to supply signage via the Snowsafe brand to promote the Alpine Responsibility Code to the resorts as well as conduct helmet campaigns for kids through Activity Books and colouring in competitions. All this has become possible through the improved relationship with the resort operators via the Australian Ski Areas Association (ASAA), and we now work very closely with their CEO, Ashley Blondell. There are new ideas and programs coming forth all the time.

Most of all, the white stuff is now falling, and it's cold. I hope that you all have a safe season, with plenty of turns.

Warmest regards,  
Mark Spilsbury  
President  
0413 843 545

# Bleeding protocol updates

As those who have attended ASPA Advanced Emergency Care (AEC) courses this year would know, the ASPA bleeding protocol has changed slightly to be inline with the Australian Resuscitation Council's (ARC) guidelines. All patrollers should be updating their fundamental resuscitation skills annually through recertification processes, whether on the hill or at annual seminars. Below is as an overview of the revised guidelines that have been held by the ARC for some time now.



The primary difference to previous bleeding control protocols is the sequence of when a tourniquet should be applied in the instance of a casualty with a severe, persistent bleed. If direct pressure followed by a 1<sup>st</sup> and 2<sup>nd</sup> application of a pressure bandage and pad is unsuccessful at stopping bleeding, patrollers are now able to remove the original bandages to ensure that the wound is adequately covered, then re-apply the wound dressings. If re-application still fails to stem the bleeding and it appears that bleeding may be life-threatening, a tourniquet should then be applied following ASPA AEC protocol (ie on the upper arm or upper leg), the time should be noted and tourniquet should remain on until the patient is handed over to further medical care.

Below are the guidelines from the ARC for controlling external bleeding:

### Direct Pressure Method

*Where bleeding point is identified control bleeding by applying pressure as follows:*

- Apply firm, direct pressure sufficient to stop the bleeding
- Apply pressure using hands or pad ensuring that sufficient pressure is maintained and

*that pressure remains over the wound. If bleeding continues apply another pad and a tighter dressing over the wound.*

*To assist in the control of bleeding, where possible:*

- *elevate bleeding part*
- *restrict movement*
- *immobilise the part*
- *advise the victim to remain at total rest*

*If major bleeding continues it may be necessary to remove pad(s) to ensure that a specific bleeding point has not been missed. The aim is to press over a small area and thus achieve greater pressure over the bleeding point. For this reason an unsuccessful pressure dressing may be removed to allow a more direct pressure pad and dressing on the bleeding location.*

#### Indirect Pressure Methods

##### *Embedded Objects*

- *Do not remove the embedded object because it may be plugging the wound and restricting bleeding*
- *Place padding around or above and below the object and apply pressure over the pads.*

##### *Tourniquet*

***As a last resort and only when other methods of controlling bleeding have failed, a tourniquet may be applied to a limb to control life threatening bleeding.***

*A wide bandage (of at least 5cm) can be used as a tourniquet above the bleeding point. The bandage should be tight enough to stop all circulation to the injured limb and control the bleeding. The time of application must be noted and passed on to emergency personnel. Once applied a tourniquet should not be removed until the victim receives specialist care.*

*A tourniquet should not be applied over a joint or wound, and must not be covered up by any bandage or clothing.*



## FIPS 2011 – Rusutsu



In early April, 2011 the Federation de Patrole de Ski will be holding their next Congress in the Japanese resort of Rusutsu on the island of Hokkaido, not far from the famed powder runs of Niseko Hirafu.

ASPA sends a delegation to each Congress and encourages the participation of all patrollers by funding a number of delegates. There are conditions attached to this funding, in that the delegate must prepare and deliver a presentation while at the Congress, report on a part of the Congress upon their return and present the outcomes of the Congress upon their return home.

The process for determining the makeup of the delegation involves submitting an application detailing the presentation that each prospective delegate wishes to make. The closing date for these to be submitted falls during August 2010, with the successful applicants being informed during October.

The themes for consideration include:

- Innovations in Education and Delivery
- Medical Drugs in Ski Patrolling
- Discussion on Terrain Parks

For further information on attending FIPS 2011, visit the ASPA website and download the application form online at:

<http://www.skipatrol.org.au/uploads/ufiles/fips/ASP A Application for FIPS 2011.pdf>

or contact the ASPA secretary.

# ASPA committee positions available!!!

Have you thought about volunteering to work for ASPA, now is the time to **act**. Any Patroller "Volunteer" or "Paid" is most welcome to apply. ASPA would like to hear from you if you would like to get involved.

The following are formal positions that are either available now or will be at the ASPA 2010 AGM in November.

- President
- Treasurer
- VP Marketing

But if you are interested in just being involved with ASPA **act** now, email or phone the secretary on the details below. Now is the best time to do it!

For further information contact the ASPA Secretary: Jonathan Lillis at [secretary@skipatrol.org.au](mailto:secretary@skipatrol.org.au) or on 02 9665 4521

## AEC course sign up

One of things that were raised in feedback on this years AEC courses to course directors has been the difficulty and confusion in signing up using the online system. The committee has provided this guide to try and make signing in a little easier.

### Instructions to Login

#### Step 1

Go the ASPA website, the home page:  
<http://skipatrol.org.au/>

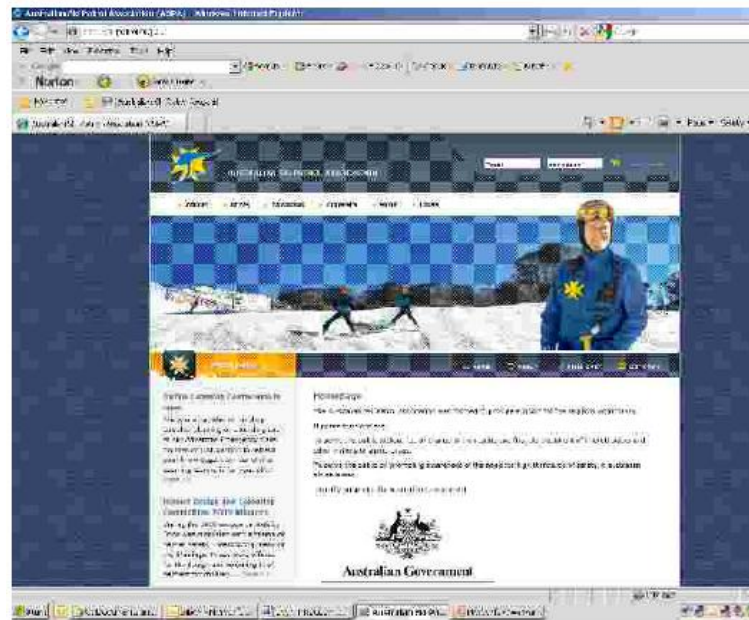
#### Step 2

1. Click on the "Email" login box (top right) and type in your current email address (carefully check it is correct)

2. Click on password box and type in your current password. This is case sensitive.

*(Note: If you don't know your password click forgotten password and follow the prompts to have your password emailed to your nominated email account).*

3. Click on double yellow arrows >>



#### Step 3

1. You are logged in as a member, the text at the top right will confirm this.



2. Click on text "My Account"
3. You may update "My Profile" data and change your password (at bottom of page). Press "SAVE" (at bottom of page) if you make any changes.

#### Step 4

1. You may click on "Courses" on tool bar (at top of page). Register for a listed course by clicking on the double black arrows and follow the prompts.
2. When you complete all required entries you will be returned automatically to your "My Profile" page. Here page down and click on "SAVE". Your transaction will not be complete until you save on your "My Profile" page.

#### Step 5

1. You may log out (top right).

If you have any problems with the log in email [secretary@skipatrol.org.au](mailto:secretary@skipatrol.org.au) for assistance.

# Online Learning Centre - now open!

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In keeping with the theme of all things online – ASPA has recently rolled out an online learning centre to help with preparing for upcoming AEC courses.

The online Ski Patrol Training site contains a range of resources to assist you enhance your knowledge of ski patroller skills.

Go to : **[www.skipatroltraining.org.au](http://www.skipatroltraining.org.au)**

and create an account with the same username and password that you registered on the ASPA homepage. Then select Advanced Emergency Care from the course category Ski Patroller and you're off! There are a range of documents online to help with the next AEC Course that you do.

## National Patrol update

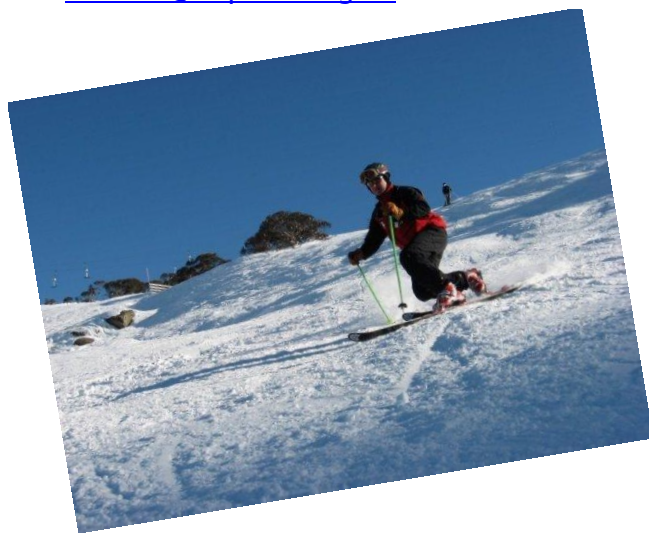
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The National Patroller concept is based on a common level of excellence which already exists amongst the best patrollers in Australia. It offers a stimulus to individuals and patrols to improve their skills and raise the overall standard of patrollers throughout Australia. It further acts as a forum to compare ideas, share expertise and develop camaraderie between patrollers and patrols. The ultimate aim is to develop one recognized standard of skills common to all patrols in Australia and ideally every patroller should aim to attain this standard.

The 2009 National Exams were held at Perisher. The exam resulted in 85% of candidates achieving National On-snow in Sled disciplines, Skiing disciplines or both. Following the exam debrief feedback was provided to the On-snow team from candidates on the day. As a result of some of the feedback provided, the ASPA On-Snow team are currently working on a National package that should be available soon on the ASPA web site. The purpose of the package is to provide candidates wishing to do Nationals the opportunity to download the package and read and understand the On-snow guidelines, fill out the appropriate application form and disclaimer, become aware of a new appeals process and if they want, fill out a general feedback form. This should make for clearer expectations in terms of candidate skills as

well as reduce some of the administrative paper work that has generally been happening on the day of the exams. It will also provide a clear feedback and appeals process for candidates.

For all National candidates the wearing of helmets is something that the ASPA On-snow team would like to encourage, as it sets a good example for the general public and has obvious safety benefits in steep, technical terrain where the exam may be held. The 2010 exam is currently scheduled to be held at Mt Hotham in the first week of September. Contact [national@skipatrol.org.au](mailto:national@skipatrol.org.au) for more info.



## Helmets on Patrol

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There is always a lot of discussion about the wearing of helmets whilst on patrol. It is something that ASPA actively encourages. As mentioned above it sets a good example for the public and is an important piece of safety equipment for patrollers (There's nothing like copping a chunk of rime ice in the head after deicing a sign, cable or rope!!!).

A number of patrols, both volunteer and paid, have established some form of program to either subsidize the cost of a helmet or provide one free of charge. ASPA is supporting those patrollers who do not have access to such systems or who find helmets provided unusable through a partial subsidy of the cost of a suitably fitting helmet that will be used for work purposes. This program will be coordinated through your Patrol Director, President or Captain and you should approach them in the first instance should you wish to obtain a helmet for patrolling.

For any further information contact your relevant ASPA State Vice President. Contact details are available on the ASPA internet site.

# PATROLLER PROFILES - PATROLLING YEAR ROUND

As the seasons change each year, most of us put away our skis and pull out the bikes, surfboards and kayaks ready for our summer adventures. However, for a few lucky individuals, the winter doesn't really end. Spring turns to autumn in the blink of an overseas flight and the build up to a new ski season starts just as the glow from the previous one is wearing off. Following are the thoughts from two full-time paid Patrollers who have been living the endless winter.

## Matt Dewaard

### Resorts?

Perisher Ski Resort, NSW and Deer Valley Resort, Utah

### How many winters back to back? How many on patrol?

17 ( I think I squeezed a summer in there early on), 11



### Best moment/memory on patrol from the 09/10 season?

Going on exchange to Alta in Little Cottonwood Canyon on a powder day. Hiking out on control routes, throwing bombs and skiing classic lines like the Far Wall in Devils Castle, Mt Baldy and the High Notch before the public. Getting an up close look at the 105mm Recoilless Rifle and it's huge shells. Back at Deer Valley it would have been having the opportunity to oversee the patrol medical response for the Freestyle World Cup in January.

### What keeps you patrolling overseas?

Variety. I moved into a supervisor role at DV so I get to be more involved in training, avalanche control work, investigations and the logistics of keeping a mountain safe. Bigger picture decision making that I never had to worry about too much as a rookie that now I am ultimately responsible for. Keeping track of and taming a group of patrollers. It's like herding cats. Oh and the skiing is fantastic!

### What are some of the differences between oz and overseas?

Overseas: Generally has bigger mountains, lighter snow and lots more of it. Avalanche danger and the risk and enjoyment of avalanche control work. Different clientele offering up their own unique challenges. No huge groups of kids descending all at once causing havoc.

Ski Patrol appears to have a much bigger overall decision making vote in the running of the mountain including a bigger say in day to day operations. Things like run/area openings, snow safety, lift openings, lift down procedures and evacs, mountain slope conditions, rescue and public relations are all taken care of by the Ski Patrol. There's a better awareness of Patrol amongst a lot of the other staff, and as a result, a fair bit more respect. There is also access to an awesome array of specialist medical care and dedicated air ambulance retrieval from directly within the resorts. If it's bad we can have you from accident occurrence to the rooftop of the University hospital in SLC in less than 30 minutes. We don't have quite as many of those freezing, rainy, 100kph windy days and its always a bonus to have a longer season. I did mention the powder didn't I?

Australia: Personality changing and challenging weather, we have more trauma than you can poke a stick at here and some of the more happy go lucky patrollers you'll ever meet. If you enjoy patrolling here then you'll love it almost anywhere. Plus the spring skiing in Australia can't be beat.

### What are some of the challenges of patrolling year round?

Relocating your life across to the other side of the world every 6 months poses a logistical challenge. Ski gear isn't light and those baggage restrictions are rough. Being away from family and friends for long periods of time is not ideal. Oh, and good luck saving money for a house.

### What is important to enable pro patrollers to keep going year round?

Money is always somewhere near the top of the list. No one does this job for the money, but at the end of the day, unless you have some supplemental income then patrolling doesn't pay enough to do much more than

just sustain you. It's like the old joke "What's the difference between a pizza and a pro ski patroller? A pizza can feed a family of four."

Recognition from the resorts for year round seasonal work and the various skill sets and experiences that come with the patroller. The opportunity for advancement knowing that you may not work year round for them but work in the same capacity winter to winter elsewhere.

**Sum up ski patrolling year round in 10 words or less?**

Living the dream, ignoring the nightmare

Getting ready for control work

Another one off to SLC



Early morning wake up call



**Anthony Salteri**

**Resorts?**

Thredbo. NSW  
Squaw Valley, California  
Val d'Isere, France

**How many winters back to back? How many on patrol?**

Haven't had a summer since the aussie 04/05 summer and in that time only one winter spent not patrolling (in Fernie).

**Best moment/memory on patrol from the 09/10 season?**

Too many to really pick one. Being winched out of the heli was fun, as was the skiing most of the time and



taking in the amazing scenery of the French alps... plus the daily 2-hour lunch with a wine or two. My 2-day visit to Chamonix was probably the best 2 days I've had on ski's in my life.

### **What keeps you patrolling overseas?**

The skiing. Being in a resort for the season means you are guaranteed to ski the best days of the season.

### **What are some of the differences between oz and os?**

The size of the mountains and the amount of the snowfall are the obvious ones and all the extra challenges that those two factors bring to patrolling. Things like avalanche control and cliff rescues happen almost every week at a resort like Squaw. There seems to be much more first aid work in Australia and the running joke at Squaw is they send patrollers to Australia to polish their first aid skills.

### **What are some of the challenges of patrolling year round?**

The downtime between seasons (especially between the end of the southern season and the start of the northern), but this depends greatly on what resorts you work at and how long their seasons are. The other major challenge is packing up and moving twice a year and effectively living out of your suitcase which almost always ends up with an argument at the check-in counter over excess baggage.

### **What is important to enable pro patrollers to keep going year round?**

Good early season snowfalls and late springs so resorts can stay open as long as possible and keep the pro's employed!

### **Sum up ski patrolling year round in 10 words or less?**

#\$%^&\*@ busy would be a good description right now! *(Provided to the editor in the mist of school holiday pandemonium with limited natural snow cover)*

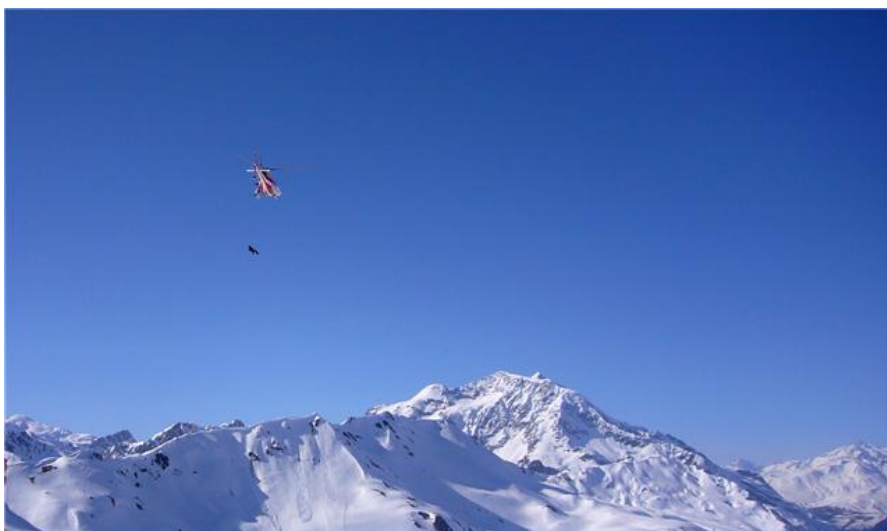
Getting the goods in Cham



Rapelling in



Just hanging out in the French Alps



# THE BACK PAGE

Got some interesting photos or stories to share but you can't think of where they belong...the back page could always do with some interesting shots from past or present!



Photo: Michael Nelson

Above is a shot from the days before the phrase "liability insurance" was in the regular vocabulary of Ski Patrollers.