



Asparations

OFFICIAL NEWSLETTER OF THE AUSTRALIAN SKI PATROL ASSOCIATION INCORPORATED

Newsletter No.3 2013

FROM THE PRESIDENT:

ASPAs are an organisation of Ski Patrols.

The committee is elected to represent the interests of Ski Patrols and to ensure all Patrols are resourced and trained to the highest possible standard. The committee met regularly on Skype and face to face.

		% of meetings attended
Peter Mowbray	President	100
Ed Mahon	Senior Vice President	60
Mark Spilsbury	VP NSW	70
Craig Larrison	VP TAS	0
Raoul Picot	VP Victoria	90
Douglas James	VP Training	50
Rik Head	VP FIPS	70
Jonathan Lillis	Secretary/ Treasurer	80
Anthony Butler	Immediate past President	50

The committee invited Vanessa Chase to attend the meetings as the accountant.

Your committee has been very proactive in working towards the aims of ASPA.

In the past 12 months ASPA has;

- Continued to build relationships at committee level, the wider ski industry and government.
- Gained the financial support of government without there being any hold ups

or issues related to governance. We provided PMC with drafts of our application in advance of the due date and modified our proposals in line with recommendations.

- Commissioned an audit of the RTO.
- Implemented the recommendations of the audit;
 - * Including retaining a specialist RTO support company. ASPA's RTO is in a position to pass external audit.
 - * Reduced the scope of units offered by the RTO to reflect ASPA's core business.
 - * Purchased and implemented a data base that is ASQA compliant.
- Improved training and assessing in line with best practice for adult learning
 - * All pre course work, mid course work and exams are linked to the data base. In 2014 all competencies will be linked to the Data Base. All exams and competencies have been modified to reflect the new scope.
 - * Published the dates for 2014 courses in July 2013 to allow for all potential candidates to prepare and plan for their training.
 - * Purchased new training equipment.
- Purchased and implemented a new web site.
- Purchased resources for patrols.

- Re empowered the medical committee. This group is currently updating the manual.
- Published two editions of Aspirations.
- Developed policies with the aim of being transparent and fair to all members equally.
- Developed a relationship with Patagonia clothing company to support uniforms for ASPA trainers.
- Began to develop a relationship with the Japanese and Chinese Ski Patrols. This relationship may see ASPA provide training to Ski Patrols in both countries.
- Promoted SnowSafe at the trade show in Canberra.
- Liaised with the ASAA in relation to snow safety.

Personally I thank all the hard working people who make ASPA a successful organisation. I had the opportunity to attend all ASPA training courses, meeting lots of amazing people who are passionate about patrolling and their patrols. We cannot lose sight of why we became patrollers and we need to foster greater participation in ASPA and its governance.

As we move into 2014 we welcome new members to the ASPA committee.

- Stuart Clark as Senior Vice President,
- Kristen Campbell as Vice President Education/Training,
- Douglas James as Vice President Tasmania.

Our plans for 2014 include;

- Evaluation of the SnowSafe resource material.
- Re writing the exams and scenarios for the AEC.
- Revise the visual resource material for the AEC.
- Development of an apply first aid course.
- Complete and publish a new version of

the ASPA manual.

- Complete the development of a new constitution.

As we move into ASPA's forty first year we need to recognise and say thankyou to all those people who over the past forty years have made a positive contribution to our organisation. If ASPA is to remain the peak body for ski patrols in Australia we need a new generation of leaders to volunteer their time to support all ski patrols in Australia.

*A very Happy Christmas and may the New Year
bring peace and happiness to all*

Peter Mowbray

President

Education Committee

ASPA introduced eLearning for the 2013 AEC courses. All course material including pre course quizzes, exams and competencies were accessed online. The pre course work was completed by candidates prior to the course commencing. The new format aims to maximize time for practical experiences during the face to face component. This allowed participants to gain as much hands on experience as possible. The feedback regarding this new format has been very positive.

The change of format also included all competencies being assessed on iPads' which posed a challenge for those who had not used this device prior to the course.



Some Melbourne instructors having a lesson on the iPads

The education committee has been working hard to review and improve the eLearning material for 2014. The medical lectures have been re filmed, as with some of the equipment application clips, which have been done indoors. Due to the poor snow season in 2013, the planned re filming of equipment applications in the field did not eventuate but has been planned for the 2014 season.

ASPA has altered its scope of registration to include;

- provide first aid in a remote situation,
- provide pain management,
- provide CPR,

- first aid,
- advanced first aid, and
- apply oxygen in an emergency situation.

The medical committee is reviewing the ASPA manual and a new revised version will be available online in 2014.

Kirsten Campbell
VP Education

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Mount Baw Baw's New Casualty All Terrain, Transportation and Rescue Vehicle.

The Mount Baw Baw Ski Patrol was very fortunate this year as the management committee was able to find the necessary funds to be able to purchase a Polaris Ranger Recreational 4WD vehicle. This vehicle was fitted up to be used for pick up and transportation of casualties.

During the 2012 Snow season the ski patrol experienced extreme difficulties with some seriously injured casualties.

It was decided that an alternative means of casualty transport was required by the resort for transportation of those injured in both white and green seasons (all year round).

The rear tray of the vehicle was fitted out with a Kimtec Ambulance Rescue tray. That tray is fitted with a seat and litter allowing patrollers to be able to monitor casualties at all times in a safe environment when being transported to medical aid.



Emergency Medical Rescue Slide in Skid Unit

The Polaris is fitted with tracks during the white snow season and 4WD wheels for the green season. The Patrol was able to purchase a new vacuum mattress which has been added to the equipment in the vehicle which enables the vehicle to have enough equipment manage most casualty operations in a very short response time.



A proud crew from Mount Baw Baw





Putting the safety message 'out there'.



In an attempt to get the message across through as many avenues as possible a hand full of devotees manned the SnowSafe stall at the Canberra Snow Industry days held in October at the Convention Hall in Canberra.

This is the first time SnowSafe has set up a stall to provide information to the snow Industry. Where retailers are able to access fliers, posters and DVD's to provide to their customers prior to them coming to

the snow. The ASPA committee is presently looking at more economical and more beneficial alternatives to getting the message 'out there'.



A REMINDER

Dates for the 2014 ASPA Course's are below Please plan ahead and take a note of the dates that you are able to complete your update if it is required. A reminder that registrations will be accepted up to 2 (two) weeks prior to the closing date. No late enrolments will be accepted.

The Jindabyne course that is scheduled will only proceed if there are sufficient enrolments. Please contact Kirsten Campbell VP Education.

MARCH

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30	31					

APRIL

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MAY

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JUNE

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29	30					

Melbourne	15/16 & 29/30 March
Tasmania	5/6 & 12/13 April
Falls Creek	19/20 April
Sydney	3 / 4 & 10/11 May
Buller	17/18 May
Thredbo	22 /23 May
Jindabyne	31 May/1 June

Course Convenor

Kirsten Campbell
Douglas James
Glenn McIlroy
Stuart Clark
Alan Terrens
Mark Spilsbury
Stuart Clark



WATER



(Originally published in *CHOICE Health Reader*, June 2013, page 3.)

Water is essential for life. The right to clean water, along with food, are basic human rights endorsed by the General Assembly of the United Nations. Many people, however, continue to live in areas where the scarcity or pollution of water makes daily life a struggle.

Water makes up between 30-70% of total body mass, depending upon levels of body fat. Of the parts of the body that are not comprised of fat, including the muscle, brain and internal organs, water is on average 73.2% of the total weight. Within each of these tissues the level of water is carefully managed to ensure optimal cellular function.

Managing water levels in cells is an ongoing process where electrolytes (salts) are continually pumped in or out of cells to control the osmotic pressure. Water moves from areas of low electrolytes (and hence high water concentration) to areas of high electrolytes (and lower water concentration).

Managing water in the body is even more complex because it is continually lost through a variety of ways. Everyday water is lost in respiration (expired breath), urine, faeces and sweat. Balancing this loss is water that is consumed in liquids or as part of foods, like some fruits and vegetables.

The desire for fluids is driven by changes in blood volume and the concentrations of electrolytes. Both mechanisms are not activated by subtle changes in hydrated status, so thirst is often felt well after considerable amounts of water are lost from the body.

Consumption guidelines

The wide variation in physical activity, climate and body size make prescribing required water each day extremely difficult. Given the widespread (and sometimes inaccurate) reporting that inadequate hydration impairs mental and sporting performance, it has become commonplace to accept the dogma that humans need 'at least eight glasses of water a day'. There is no scientific basis to this statement.

Fluid intake, preferably water, needs to be adaptable and increase when water loss is likely to be greater. Continuous swigging of water from an ever-present water bottle has no advantages, particularly in the absence of exertion in an ambient environment. In fact, there is some evidence that athletes perform slightly better by running themselves 'a little dry'.

Daily fluid needs remain difficult to determine and fluid intake should be dynamic and not rigid. Water has few health risks, although there is a small risk of hyponatraemia (when the amount of water in the body dilutes the electrolytes enough to affect heart rhythms). Only dangerous in extremes and found mainly in endurance athletes, hyponatraemia is unlikely in the general population. The other side effect of excessive drinking is frequent urination. Exactly what constitutes enough water depends on your day, so drink responsibly and according to your body's needs.

For reference: Rush EC et al. Water: neglected, unappreciated and under researched. *European Journal of Clinical Nutrition* 2013; Jan 30. doi 10.1038/ejcn.2013.11. [Epub ahead of print].

Contributed by Rowena Christiansen

40 YEARS OF ASPA (AUSTRALIAN SKI PATROL ASSOCIATION)

This year marks the 40th Anniversary of the Australian Ski Patrol Association.

There are still a handful of the original patrollers active in ASPA today. I am only at this time able to name a few who were in attendance at the inaugural ASPA meeting. Thanks to Raoul Picot, George Freuden & B Young (?) for their devotion over this extraordinary period of time. Your contribution and involvement has contributed to a growing awareness of the Ski Industry in Australia, the health, safety and wellbeing of many guests at our resorts and to an ever growing list of Ski Patrollers over many years.

If you are aware of other original members of ASPA whether active or inactive that are still 'out there' would you pass on their details to a member of the committee or have them get in touch.

ASPARATIONS FROM THE PAST

I have been able to acquire a few past copies of Asparations. A couple of the articles have been included in this Asparations.

If you have any past copies of Asparations and you are willing to share them would you please let me know. I have found a couple of past copies but would like to put together a library of all old copies if it is possible. You can email scanned copies if you have access to a scanner or if you would like to contribute old copies post them off to me so they can be collated and stored for the future.

Thanks Ellen

ellenmowbray@yahoo.com.au

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Summer1995/6

Asparations

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Mountain Round Up:

A series of "bits" of news taken from the Patrol Reports from each mountain as presented to the ASPA Annual General Meeting.

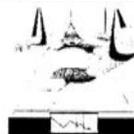
Mount Mawson:

An unusually long season lasting into October causing problems rostering patrollers. A grant of \$3,000 from the Tasmanian Government added to \$3,000 from the Patrol allowed the acquisition of 6 much needed radios.

Lack of Uniforms for patrollers remains a problem with the patrol still using red crosses on white bibs.

Any patrols out there with old uniforms that can help?

Til van de Vusse, who has been the convenor of the Southern Tasmanian Ski Association for 15 years, has not sought re-election this year. Til has been an inspiration at ASPA meetings for as long as the editor can remember, I wish her the best and hope she maintains a keen interest in the Mawson Patrol.



1995 saw 77 skier days at Ben Lomond, a total of 133 accidents, half during the week and half on weekends, with fewer serious injuries and less ambulance trips required. Snowboarder accidents are increasing as are alcohol and drug related injuries.

Continued on next page.....

Con/t from Page 6.....

Ben Lomond Ski Patrol:

Frank Wood Retires:

*From Tony Watts
Mt. Baw Baw Ski Patrol.*

The start of the 1995 ski season saw the retirement of Frank Wood, one of the most experienced resort managers who had dedicated over 18 years to the ski industry. Frank worked his way up from his early days on the car park at Mt. Buller to in the end managing and developing such resorts as Lake Mountain and Mt. Baw Baw.

During Frank's time as Area Manager at Mt. Baw Baw from 1989 to 1995, the Ski Patrol was given overwhelming support and achieved many milestones. In particular was the construction of a new patrol base, the purchase of a new skidoo and a much needed vacuum splint, the distribution of ARC patrol parkas and car passes to volunteer patrollers and so on. Frank was always keen to implement policies that would encourage Patrollers in the service and the one thing you never mentioned was touring in Europe unless you had time to spare on his many adventures as a coach driver. Overall, Frank had achieved much on Mt. Baw Baw itself with the development of the village car parks, the sealing of the resort's road and upgrading of the

water system, the fire fighting services and the toboggan areas.

The Mt. Baw Baw Ski Patrol has certainly appreciated all of Frank's work over his time on the mountain and wish him all the best for his retirement somewhere in sunny Queensland.

From Geoff Burrell - Editor:

I also had the privilege of working with Frank Wood during the early years of the Lake Mountain Ski Patrol until his move to Mt. Baw Baw. I first met Frank when the "first aid room" at Lake Mountain was a caravan and annex and that was the only "building" on the mountain. In the first year of the "new" incorporated Patrol the combined Administration and First Aid Centre was in full operation and the area really started to develop into the major resort it is today. Frank and his staff, won awards for the development of Lake Mountain, building it into the second most visited resort in Victoria, and the Ski Patrol always felt a part of that development rather than an addition. My personal view is that Frank (and also Richard Rogerson) have set the standard for how ski patrollers, both paid and volunteer, in any resort should be treated and supported by an Administration.



Frank Wood relaxes at work

I too have spent many enjoyable hours with Frank, breathing in the smoke fumes, talking about his driving days in Europe, resorts, skiing, development and many other subjects. Welcome to Queensland Frank and I hope we can catch up with each other at some time so I can thank you personally for the enjoyable times, the support and encouragement you gave to myself and many other patrollers over a long period of time.



DO YOU WANT TO MAKE A CAREER OUT OF FIRST AID?

From Nick Crombie.

In NSW ASPA has arranged that Ski Patrollers who hold an ASPA First Aid Certificate at National level can take the St Johns Ambulance occupational Health and Safety First Aid course and so become qualified in this field. The course is recognised by the Dept of Health (Workcover) as suitable for professional occupational First Aiders. Having a National level ASPA certificate gives you entrance without doing any of the basic first aid courses that are normally required. On successful completion you will get a combined certificate from ASPA and St Johns. The allup cost is \$476.00 which includes a \$50.00 Manual and all other bits and pieces. I think that, for paid patrollers, your employers should foot the bill as they will benefit from your increased skill.

Further information:

Contact:

*Dr. Nick Crombie,
5 2B Nield Avenue,
Balgowlah, NSW, 2093.
Tel. (02) 9486008.*

*Continued from Page 5 - Post
Traumatic Stress Debriefing.*

For More Information:

CONTACT:

*The Institute of Psychiatry
Cumberland Hospital
5 Fleet Street
PARRAMATTA NSW 2150
Tel: (02) 8403833*

Ski Patroller of the Year 1994: Tom Pelly - Mount Hotham

Congratulations to Tom Pelly for being named as Ski Patroller of the Year - 1994.

A report, from Roger Haddrell - Resort Manager, on the incident which earned Tom his well deserved title follows:

AVALANCHE H GULLY 6/8/94

"At approximately 11.00 am on 6th August 1994, Andrew Edwards skiing alone triggered an avalanche at the top of H Gully, which is outside the patrolled area at Mount Hotham.

Over several preceding days considerable snow loading occurred at the head of the gully caused by wind blown snow. After two turns the skier activated the slide as detailed.

- Depth/Height at ski face 1200 mm.
- Width of release 25 m.
- Elevation of release 1830 m.
- Length release point to toe 300 m.
- Elevation at toe 1500 m.
- Skier carried 100 m.

After extricating himself from the debris some 100 m from the point of release, the skier managed to drag himself up the slope 30 m and into the edge of the tree line. Unable to continue the skier prepared a shelter and waited.

At 3.30 pm two Cross Country skiers returning over the summit thought they heard a yell. With strong winds

and poor visibility prevailing the skiers, though not convinced, reported the incident to the Ski Patrol.

With the Patrol preparing for sweep, Tom responded at 4.00 pm on skidoo with one of the reporting skiers. Once on site a faint indistinct call for help was heard, however no patient was visible. In traversing the head of the gully and viewing the release area Tom was convinced that at least one person had been involved. The Patrol responded as Tom continued searching.

Poor weather conditions hindered the search and eventually louder, distinct calls were heard. The skier was found and he confirmed that he had been skiing alone.

Tom quickly assessed the situation and called for the required equipment and manpower. With the assistance of Mike Dunkin the patient's condition was stabilised.

The location and weather conditions would not allow a helicopter evacuation and it was obviously apparent that neither doctor or ambulance officer could safely access the site.

The rescue sled and additional equipment was lowered to the site with Andrew Tuller (*Exchange U.S.A. Patroller*). The top crew worked frantically to anchor the mountain rescue winch, this proved impossible with sheets of ice peeling from the ridge line due to the increasing wind strength.

The ASPA Calender

National Patroller dates contact Robert Montgomery (02) 907 9917
Saturday 11th November - Annual General Meeting - Thredbo.
Thursday 19th - Sunday 22nd October - First Aid Course at Thredbo

The background is a deep red color. On the left side, there are several large, round, red Christmas ornaments hanging from thin white lines. Each ornament has a white, starburst-like pattern on its surface. To the right of the ornaments, there are numerous small white stars and hearts scattered across the red background. The text is written in a white, elegant, cursive font, centered on the right side of the image.

*We wish all a very
Happy Christmas
and a
Snowy New Year*