



NEWSLETTER NO. 1 2015

ASPARATIONS

OFFICIAL NEWSLETTER OF THE AUSTRALIAN SKI PATROL ASSOCIATION
incorporated

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**30 August 1932 –
29 November 2014**



Presidents Report 2014 AGM:

ASPA is an organisation of Ski Patrols. After considerable consultation it will remain 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.

The committee you elected were as follows:

Peter Mowbray	President
Stuart Clark *	Senior Vice President
Mark Spilsbury #	VP NSW
Douglas James	VP TAS
Raoul Picot	VP Victoria
Kirsten Campbell	VP Training
Rik Head	VP FIPS
Jonathan Lillis	Secretary/ Treasurer

* Resigned in June for Family reasons

Resigned in May.

The committee accepted the services of Dr Guy Buchanan as interim VP NSW.

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;

1. Continued to build relationships at committee level, the wider ski industry and government.
 - Liaised with Perisher Management for Perisher Volunteers to again be trained by ASPA.
 - Liaised with the NSW VRA for continuing provision of workers compensation insurance.
 - Consulted members in relation to the new constitution you will vote on at the AGM.
 - Consulted widely and presented ASPA comments to ASSA for the new Alpine Responsibility Code.
 - Supported the Tasmanian patrols to have gazetted new rules allowing them to use Entonox and Penthrane.
 - Liaised with the two patrols in Tasmania to conduct ASPA courses on a three year rotation commencing in 2015. Part of the course will be held in Hobart while the other part will be in Launceston.
 - Supported two representatives to attend the FIPS Conference in Canada.
 - Conducted consolation meetings for the development of a national snow shedding policy.
 - Gained the financial support of government without there being any hold ups or issues related to governance. We provided Department of Health with drafts of our application in advance of the due date and modified our proposals in line with recommendations.
 - Partnered with an external provider to gain financial support for up skilling our trainer/assessors. From 2015 all trainer/ assessors will have Certificate 1V Workplace Training and Assessing qualifications.
 - Developed a positive relationship with the new owners of the Corrin Forrest Resort, assisting them with establishment of a ski patrol.
2. Commissioned a third audit of the RTO. ASPA's RTO is in a position to pass external audit.
3. Implemented the recommendations of the audit and the evaluations of candidates for the seven courses conducted in 2014.
 - Increased the scope of units offered by the RTO to reflect ASPA's core purpose and implemented a data base that is ASQA compliant.
 - Purchased new training equipment.
 - Improved training and assessing in line with best practice for adult learning.
 - All pre course work, mid course work, competencies and exams were linked to the data base.
 - All exams and competencies were modified to reflect the new scope.
 - Published the dates for 2014 courses in July 2014 to allow for all potential candidates to prepare and plan for their training.

4. Evaluated SnowSafe.
 - Purchased and implemented a new website for SnowSafe.
 - Developed a new logo.
 - Decreased the cost of printing.
 - Employed an administrative assistant responsible for SnowSafe.
5. Purchased resources for patrols.
6. Re empowered the medical committee. This group revised and published the ASPA manual.
7. Published one edition of Asparations. The editor would appreciate contributions.
8. Developed policies with the aim of being transparent and fair to all members equally.

Personally I would like to thank all the hard working people who do make ASPA a successful organisation. I had the opportunity to attend most ASPA training courses, meeting many of the 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.

Peter Mowbray
PRESIDENT

The 2015 committee as elected at the AGM is:

President
Vice President
Treasurer
Secretary
Ordinary Members:

Peter Mowbray
Kirsten Campbell
Raoul Picot
Jonathan Lillis
Guy Buchanan (NSW)
Douglas James (Tasmania)
Rik Head (International Relations)

Vice President Training - Report

I would like to start this report with a big thank you to the very active Education committee for the many hours of time they have volunteered over the past 12 month period during which the training material and LMS website has been significantly enhanced. As the committee chair I would like to acknowledge the efforts of Peter Mowbray, Alan Terrens, Stuart Clarke, Douglas James who have worked tirelessly during this period.

Weekly meetings during December, January and February ensured the LMS was at the required level prior to first course commencing in 2015. Ongoing review of some material aimed at continuous improvement is currently underway and will be reflected in future amendments. The many hours spent being "test" learners curved our social lives during this 6 week period but it was all for a good cause.

New training course code came into effect this year, they are:

HLTAID001 Provide Cardiopulmonary Resuscitation

HLTAID003 Provide first aid

HLTAID005 Provide first aid in a remote situation

HLTAID006 Provide advanced first aid

PUAEME003C Administer oxygen in an emergency situation

PUAEME005A Provide pain management

Review of training material began with the mapping of the new course codes. In order to complete the mapping, new chapters needed to be added to the manual to cover information areas of cultural aware and remote first aid.

Our medical committee has done an extraordinary job in reviewing and rewriting the ASPA manual, many thanks to all of the committee for their input, in particular to Dr Rowena Christiansen for chairing this process.

A key undertaking this year has been to standardise all the courses run by ASPA. With a dedicated group of trainers travelling between the 3 states - Victoria, Tasmania and NSW to ensure continuity of training between all long and short courses.

All trainers are required to attend a pre course information day which covered updates to manual, training styles etc. Competencies and assessment process covered. All trainers were required to view the pre course material and complete all the assessments tasks prior to them training at the courses. This was important in insuring that all the trainers knew the current guidelines that they teaching.

Major program is underway to ensure Cert IV in training and assessment qualifications for all trainers. Group314 is assisting with this process. A tender process for subsidised course was made available this year. All trainer and assessors assisting at ASPA course in 2015 will have this qualification. Many trainers with Cert IV currently, are upgrading to complete a new module LLN that in the past was an elective module.

All learner enrolments are completed online, once payment is processed, the learner is emailed a confirmation letter, with instructions and their user name and password to access the LMS.

Enrolments close one week prior to the course, and no late enrolments are accepted. This is to ensure that they have time to view all the pre course work. The learners are now required to view lectures and equipment videos, and answer questions prior to attending the courses, essentially all of the face to face time at the courses is now hands on practical work. Learners that have not completed the pre course work were not permitted to attend the course.

A special thanks to Alan Terrens and the members of the Buller patrol, for the new lectures that were filmed this year. The standard is very high and APSA greatly appreciates the time and resources sourced in the creation of these. Some equipment demonstrations have been sourced from external organisations, were the ASPA is yet to make the videos for these pieces of equipment.

The courses were run from a structured program via a trainer's resource manual. For each skill required, the learners have the skill demonstrated, the skill is then practiced followed by the skill being used in a scenario.

Complexity of the scenarios increases during the course.

Skill checklist covering numerous different splints is completed during the course.

Competencies in CPR/AED, Oxygen, Penthrane, Entonox, Traction splint & bleeding are completed during the course. A final multiple choice paper and casualty assessment are completed at the end of the course.

All competencies and final assessments are completed online via LMS, some teething problems occurred with this process, Education committee & Peter Burzynski are working with Burgstein to improve this process.

Library resources have been on the ASPA website, recently moved to LMS site so only learners and trainers/ assessors have access to the resources. Learners are asked to download and print where necessary the material and bring to the course, dramatically reducing our printing costs.

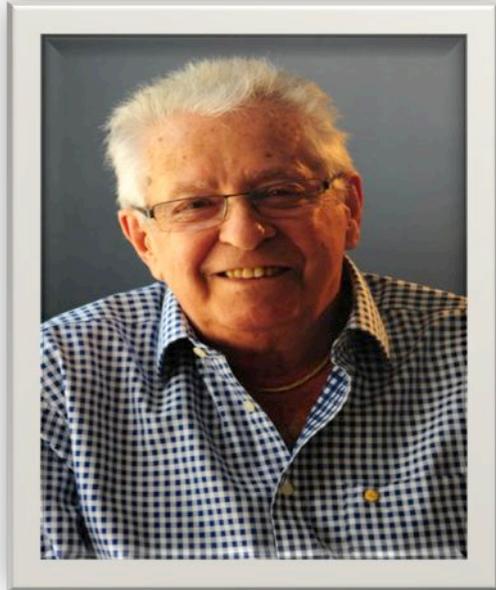
All training material is currently being reviewed and modified where necessary for the 2015 course. The aim is to have this completed and loaded by the end of December, then course enrolments can be opened.

Feedback for the new structure has been positive.

Thanks again to the Education committee and Medical committee for their tireless working in preparing the material for the ASPA courses.

Kirsten Campbell , VP Training

National Patrol Ski Patrol On Snow Manual can now be accessed through the ASPA website. www.skipatrol.org.au



GEORGE FREUDEN
30 Aug 1932 – 29 Nov 2014

George was born in Budapest on 30 August, 1932. In his own words, he came from an affluent and deeply religious family. His grandfather, originally from Poland, ran a Polish minyan in Budapest.

Sadly, everything was to change quickly and dramatically when the Germans marched into Hungary in March 1944. As George put it – 'life became a fight for survival'. His parents were astute and realising the horrific circumstances that lay ahead, they placed George, who was only 12 years old in a monastery with his cousin, who was just a year older, under the care of the monks who to their eternal credit had decided to try and save some Jewish children.

But George was homesick and escaped one day from the monastery and ran home, where he was scolded by his father. Fearful for their only child's safety, they told him that he could not remain at home and must return to the monastery. But it never happened because over that weekend the Nazis came to the monastery and they shot all the priests and all the children, including his cousin.

Only when we hear stories like this do we begin to comprehend how the smallest decision in those days could result in life for one, and death for another. It is impossible for those of us born after the war, to appreciate what it meant to have one's innocence, one's childhood stolen away – and how such experiences would inevitably toughen a person and steel their resolve in the years ahead.

One might say in one regard he was a little fortunate. Instead of being deported to the camps, he was sent into the ghetto. Again he describes some horrific experiences and yet

being a quite remarkable person, he was still able to say in later life that aspects of those times gave him the impetus and the ability to become a first-class first-aider, which in turn gave rise to the Ski Patrol which he founded, which as far as he was concerned led to great things.

At the end of the war the communist government made life intolerable, and so his parents arranged his escape. From a very young age George had to learn the fundamental survival techniques to get through, which have carried him throughout his life.

George was a caring, compassionate and generous man. He gave so much of himself to his family, his friends and to the communities he was involved in. That included the Jewish community, the local community and the skiing community, both in Australia and internationally. George engaged with the world around him. He did this through his love of sport and being active.

He played basketball, tennis and golf, raced 12 foot skiffs and of course, his great passion, skied the world. Skiing was a part of the fabric that made George. It was in his spirit, which he shared with his family. From a young age George made sure the Freuden kids spent every holiday and took time off school skiing in Thredbo, rain, hail or shine. Happy Jacks was their Thredbo home, all 21 square metres of it! Consequently they are a close knit family. George's passion for skiing was infused into his kids, and this opened their eyes to not only a love of the mountains and the natural environment, but to a broader world and more possibilities in life. From a very early age, skiing life shaped their perspective and values of life and how they choose to live it. They have George and Hilary to thank for that, it's an invaluable gift.

George had an adventurous spirit. He and Hilary travelled the world, and no matter where they went it nearly always included skiing.

He was able to combine his passion for skiing, travel and public service throughout his involvement with the ski patrol. George set up the Australian Ski Patrol Association; he co-founded the International Ski Patrol Federation; he was on the legal and safety committee for the International Ski Federation; he set up the international patrol exchange schemes with Val d'Isere in France and Canada and he spent time on the National Parks Advisory Committee. The personal connections he made globally in the ski fraternity were passed onto his kids, and where ever they went skiing in the world they were warmly welcomed. Those connections are still strong today. So close is his ski fraternity that

it rivals the Jewish community! When Hilary phoned Canada to inform ski friends of the sad news of George's passing, they already knew!

Throughout his life a large part of George's time was dedicated to volunteering. Not just to the ski patrol that he was best known for, but also mentoring small business people through the Business Enterprise Centre and supporting various Jewish programs. He was the founder of the Macabbi Basketball Association; he taught kids to be strong and compassionate through the Courage to Care Program; he shared his Holocaust story with school children at the Jewish Museum and he supported many Jewish charities.

George's service to ski patrol and ski safety was formally recognised on several occasions. He was awarded Her Majesty's Silver Jubilee Medal in 1977 and in 1992 he received the Order of Australia Medal, an OAM. He received many other accolades and awards throughout his commitment to volunteering.

George was a man with very strong views. He was stubbornly determined and always fought for his ideas. Anyone who knew him knew his mantra "Just Do It!". This came way before Nike used it....they should be paying him royalties!

George didn't tread lightly. He has left a very large footprint on a global scale and he will be sorely missed.

Contributed

I first met George at the Jay Peak Vermont (USA), second FIPS meeting in March of 1980. At that time it was a small intimate group sharing common interests and the desire to exchange and learn from each other.

Today it has the same drivers, although larger with developed facets!

It should go without saying that George was a large part of the founding and continuance of FIPS but it must be highlighted that such a long term venture requires huge perseverance during its formation and as it grows. A strong bond between George and Mark Labow was a winning combination.

George brought the unrelenting energy and focus that was required to blend together with others who share that conviction, specifically that Ski Patrollers have lots to learn from and share with others around the planet, from all cultures; not to mention much fun and camaraderie.

Each FIPS meeting brought new elements; logistics, languages (FIPS has 3 "official"), cultures, jurisdictional frame works, politics and of course fabulous, sometimes exotic venues.

George, with international flair, European background, newworld business acumen, wry sense of humour, brass tacks approach and winning smile met each and every challenge head on. The blend of those early FIPSers; Mark Labow, Michel Gagnon, Francis Leger, Michel Curt, Keniche Takahashi, Kazuo Sonoyama created an early magic attracting many more over the next 35 years.

FIPS must have made perfect sense to George as it validates the international aspirations shared in all cultures; helping others and each other and enjoying the mountains, especially in winter. And of course travelling to see and ski around the planet !

On a personal level George was the personification of all things possible – his life, family, business, community involvements, sports, hobbies, vacation travel, whatever, all working and blending together. With George it was not enough to passively enjoy, you must participate and contribute to making them all better for your having been there!

Stories? I guess we all have those with George ...

George and Nelly (my wife) shared common backgrounds and home land. At one point George had been "home" to settle some personal family business and arrived at our hotel in Méribel with some homemade culinary specialities not available elsewhere ... the enjoyment those two had consuming these unpronounceable delicacies was legendary! The only sharing with the rest of us was the look upon their faces enjoying something they both realized was possibly the last time for such a treat !

Perhaps my most unforgettable moment with George was in 1983 at Val d'Isère on a back country guided ski tour. We halted for a look at the extra special view from on high. I looked down, way down the long and steep slope, and asked George what the corrugated metal protrusions between my skis were .. his reply took my breath away ... "those are the tops of the Avalanche fences holding the snow in place"!

RIP George FREUDEN ...
(Georgie-FreudenSan)

Bruce LOCHHEAD
Montreal, Canada,
December 11, 2014



GUIDELINE 10.4

THE USE OF OXYGEN IN EMERGENCIES



INTRODUCTION

Basic Life Support measures should never be delayed whilst waiting for oxygen or other equipment.1 [Class A; LOE Expert Consensus Opinion].

The use of oxygen may be beneficial in emergencies with breathing and non-breathing victims. [Class A; LOE Expert Consensus Opinion]. There is evidence to support the use of oxygen as part of first aid management of decompression illness.2 [Class A; LOE IV].

The administration of oxygen and use of oxygen delivery devices, such as bag-valve-mask equipment or oxygen-powered resuscitation equipment, should only be undertaken by those who are trained in its use. [Class A; LOE Expert Consensus Opinion].

EQUIPMENT

There are many types of oxygen delivery devices available, ranging from the simple oxygen mask, which can be used with very little training, to the more complex bag-valve-mask ventilation equipment.

It is recommended that when bag-valve-mask oxygen resuscitation is used by trained but occasional operators, a minimum of two trained rescuers are required to provide ventilation for a non-breathing victim: one to manage the airway, mask and seal and the second to operate the bag.3,4 [Class A; LOE Expert Consensus Opinion].

If two trained rescuers are not available to provide ventilation for a non-breathing victim then mouth-to-mask breathing using a resuscitation face mask with supplemental oxygen will provide adequate oxygenation and ventilation. 5

MANAGEMENT

A victim who requires supplemental oxygen in a first aid setting requires further evaluation so an ambulance must always be called.

Pulse oximetry is not essential but may be available in some first aid settings. Victims with an oxygen saturation of 94% or above do not usually need supplemental oxygen unless there are signs of shock.

The short-term administration of supplemental oxygen to a breathing victim will not cause harm in most circumstances. In the non-breathing victim, oxygen may be used if available by mouth-to-mask, bag-valve-mask or positive pressure oxygen delivery system, if the appropriate equipment and trained personnel are available. [Class A; LOE Expert Consensus Opinion].

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3. Elling R, Politis J. An evaluation of emergency medical technicians' ability to use manual ventilation devices. *Annals of emergency medicine* 1983; **12**(12): 765-8.
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5. Harrison RR, Maull KI, Keenan RL, Paul Boyan C. Mouth-to-mask ventilation: a superior method of rescue breathing. *Annals of emergency medicine* 1982; **11**(2): 74-6.
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7. National Stroke Foundation. Clinical Guidelines for Stroke Management Melbourne. Retrieved 25 February 2011 from <http://www.strokefoundation.com.au/clinical-guidelines>: National Stroke Foundation, 2010.
8. Chew D, Aroney C, Aylward P, et al. 2011 Addendum to the National Heart Foundation of Australia/Cardiac Society of Australia and New Zealand Guidelines for the Management of Acute Coronary Syndromes (ACS) 2006. *Heart Lung Circ* 2011; **20**(8): 487-502.

LEVEL OF EVIDENCE

Expert Consensus Opinion

CLASS OF RECOMMENDATION

Class A

FURTHER READING

ARC Guideline 4 Airway

ARC Guideline 5 Breathing

ARC Guideline 7 External Automated Defibrillation in Basic Life Support

ARC Guideline 9.1.1 Principles of Control of Bleeding for First Aiders

ARC Guideline 9.2.1 Recognition and First Aid Management of Heart Attack

ARC Guideline 9.2.2 Stroke

ARC Guideline 9.2.3 Shock

ARC Guideline 9.2.5 First Aid for Asthma

ARC Guideline 9.2.7 Anaphylaxis – First Aid Management

ARC Guideline 9.3.2 Resuscitation of the Drowning Victim

ARC Guideline 9.3.5 Resuscitation of Divers who have used Compressed Gas

ARC Guideline 10.3 Cross Infection Risks and Manikin Disinfection

ARC Guideline 11.6.1 Targeted Oxygen Therapy in Adult ALS

ARC Worksheet 10.4:

- Among adults and children who exhibit symptoms or signs of shortness of breath, difficult breathing or hypoxia outside of a hospital (P), does administration of oxygen (I) compared with no administration of oxygen (C) change survival with favourable neurological/functional outcome at discharge, 30 days, 60 days, 180 days AND/OR 1 year, Survival only at discharge, 30 days, 60 days, 180 days AND/OR 1 year, shortness of breath, time to resolution of symptoms, therapeutic endpoints (eg oxygenation and ventilation) (O)

Contributed by Rowena Christiansen

November 2014



Bookings now open for 20th FIPS Congress in Italy in April 2016

Australian patrollers are invited to attend the 20th FIPS World Ski Patrol Congress at Adamello Ski, Italy 2-9 April 2016. ASPA is a founding member of the Fédération Internationale des Patrouilles de Ski (FIPS), the international organisation representing ski patrol and associated ski safety bodies from eighteen different nations.

Theme for the 2016 Congress is: **Innovation for Ski Rescue**. Conducted by FIPS in conjunction with the ski patrol in Italy, it brings together patrollers from throughout the world.

Find out about the latest advances for patrollers via the FIPS Special Interest Groups in the fields of medical, avalanche, legal and technology. There will be presentations, field demonstrations, workshops, international challenges and social time. Working together, patrollers will focus on innovation and identifying the direction of patrolling for the future.

The Medical SIG will focus on transport of the neurologically compromised patient and critical incident stress management in ski patrollers. The Legal SIG will report on the Colorado Supreme Court consideration "are avalanches within a ski area boundary an inherent risk of skiing" and the Technology and Avalanche SIGs will report on the latest technologies. There will also be a combined SIG session on hypothermia.

Over the week there will be opportunities to exchange ideas and compare notes with fellow patrollers on ski patrol areas of interest, ski the 3000m Presena glacier in the Adamello Ski area of Pontdilegno -Tonali Passo and enjoy Italy in the Spring.

Early bird bookings provide a saving until 31October15. There will be at least three patrollers from Australia attending.

For more information on the Congress go to FIPS-skipatrol.org or contact Rik Head who is responsible for International Liaison for ASPA at international.liaison@skipatrol.org.au or call Rik on 0419 888 254.

ASPA Funding Assistance to Attend FIPS 2016

Are you considering attending the 20th FIPS Congress in Italy in April 2016 or, in addition, have a presentation of interest to the world-wide patroller community; then consider applying to ASPA for some funding assistance. Here is an opportunity to actively participate at both an ASPA and a FIPS level.

ASPA is funding a FIPS early bird congress registration for one patroller. Applications must be received by 31Aug15. The assessment process will be completed and the successful candidate notified in mid September.

Requirements and an application form are available from your Patrol Director, on the ASPA web site or from Rik Head at international.liaison@skipatrol.org.au or 0419 888 254.

Part of the international challenge at FIPS Congress Big White 2014



The following photos are from ASPA Courses in 2015





Tasmania AEC



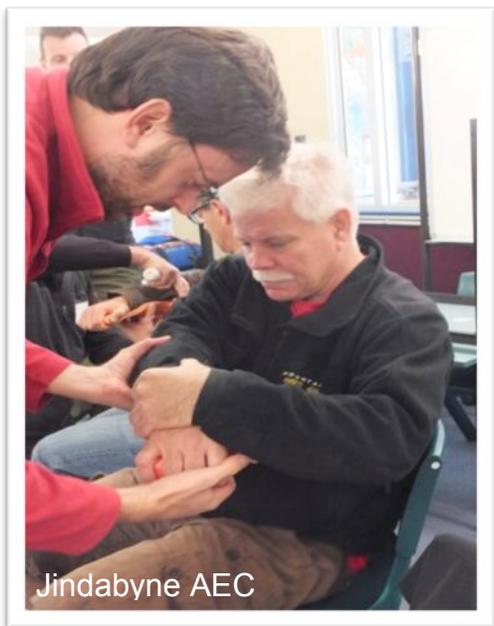
Tasmania AEC



Jindabyne AEC



Jindabyne AEC



Jindabyne AEC



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