

SWEEP



**Canadian
Ski Patrol
System**

4531 Southclark Place, Ottawa, Ontario K1T 3V2 (613) 822-2245 Fax (613) 822-1088 cspshq@snow.bidcon.net

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The CSPS gratefully acknowledges our sponsors:

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CANADA



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Geoff Speelman & AP Crawford —Editorial Team
Renée Scanlon—Coordinator
Wendy Gibson—Writer
JVP Business Svcs—Designer
Ernest Rix—Translator

More Than a First Aider!

For most of you, the past few months have been spent either qualifying for the first time, or re-qualifying your first aid skills in preparation for the 2001/2002 season as a CSPS Patroller. The first aid course or certification you have just completed is one of the most thorough in Canada, if not North America, and is one of the few that is specifically dedicated to rendering first aid in the snow sliding milieu. But, rendering first aid is only a portion of the skills you may be called upon to exercise during your CSPS career.

A CSPS Patroller is much more than simply a skier who takes a first aid course. The difference lies in our dedication and commitment to the delivery of patrolling services, and everything that entails. And while the public perception certainly leans more towards the provision of first aid services on the ski hill, our operational role is equally important.

As you embark on your early days at the ski hill, quite possibly even before there is snow, you'll quickly realize some of the other roles you play. Preparing facilities, testing and repairing equipment, building new teams, setting roster schedules and generally equipping your area with the tools they need to offer effective services.

Another role the CSPS patroller plays comes from our desire to promote safe snow sliding in order that we might prevent incidents from occurring in the first place. Many of you will recall the motto of the Canada Injury Prevention Foundation — accidents don't happen, they are predictable and therefore preventable. Over the past few years, our safety programs have been the subjected to many budget cuts and as

result we don't do as much as we have in the past. But, that should not prevent each and every one of you from carrying on your own personal safety program. Talk to people, be friendly, advise of possible dangers of certain activities and encourage people to have fun on the slopes while respecting the elements that surround them.

And finally, we are just one of many personnel at the ski hill who are dedicated to making the visitor day a happy one. Our relationship with patrons (and resort staff) contributes to how well the day goes. We are ambassadors of the ski industry and we have a responsibility to promote what we love so much. After all, if there were no snow sliders, there would be no need for patrollers.

Happy and safe sliding!

Richard Schreier
CSPS National President
Ras@globalserve.net
613-832-7769

Give to the United Way and Support the CSPS at the Same Time!

Did you know that you can designate the CSPS to receive your United Way donation? Just name the Canadian Ski Patrol System in the designated funds portion of the pledge form. It's best to print the name of the organization in full, rather than the initials. Please consider this course of action, and let others know about this opportunity to support your organization. We need YOUR support!

CSPS Patroller, Mike Wagner, Inducted into the Yukon Sports Hall of Fame!

As co-founder of Yukon Zone and its President and Training Officer for 13 years, Mike Wagner is responsible for the existence of the Yukon Zone and the respect and admiration that the ski patrol has earned in and around Whitehorse. Mike's contribution as a leader and builder of the sports community in the Yukon was officially recognized with his induction into the Yukon Sports Hall of Fame in October 2001.

Over the years, Mike's name has become synonymous with the ski patrol. He and Doug Solonik co-founded the CSPS Yukon Zone in 1983, at which time Mike stepped forward as the first training officer. In 1985 Mike took over as President of the Yukon Zone, and continued in that capacity until 1997! Although Mike retired as Zone President in 1997, he has continued to play an active role on the ski patrol.

As an ambulance attendant, Mike has been an excellent source of knowledge, maintaining a very high standard of first aid training in the Zone. In fact, his rigorous approach to training and instruction has earned him the nick-name "The Enforcer" amongst other patrollers! Add to this Mike's great organizational skills, and the result has been the delivery of quality rescue services to the skiing public.

Mike basically built the Yukon Zone patrol from scratch. This included the acquisition of toboggans, radios, packs, oxygen tanks and regulators, first aid equipment and so on. It also included building the Harrison patrol hut at Mount MacIntyre and the acquisition of a patrol hut at Mount Sima. When Mike Wagner took the reins as Zone President in 1985, the patrol was composed of only a handful of nordic patrollers. Last year, with a membership of over 60 patrollers (both nordic and alpine), Yukon Zone was awarded the Division "Outstanding Zone Award", and the National "Outstanding Zone Award".

Under Mike's leadership, the Yukon Zone's patrol has earned a reputation within the sporting community that has put their services in high demand for non-skiing events throughout the year. The patrol has played a prominent role in the Trail of '98 Road

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A Great Read for all Patrollers...

Just published is a must read for all patrollers called "Last Breath — Cautionary tales from the limits of human endurance", by Peter Stark, and published by Ballantine Books. Each chapter deals with a different life-threatening situation that is presented in a fictional scenario but incorporates extremely detailed medical/scientific information on the topic. The combination of fact and fiction is enthralling. This is a hard book to put down; in fact it's impossible not to finish a chapter before doing so!

The chapters address the following topics: Hypothermia, Drowning, Mountain Sickness, Avalanche, Scurvy, Heatstroke, Falling, Predators, The Bends, Cerebral Malaria and Dehydration. Not all scenarios are applicable to patrolling situations, however the medical facts are extremely well presented and complement the information we all have in our Manuals. The fictional part of the each chapter makes it all come alive. I strongly recommend this book for all patrollers.

Edward Burman (CSP 524)
Gatineau Zone

First Run.....

The day starts early, like most days depending on how long you've got to drive: 1, 2, 2 ½ hours. The drive can be very tedious & repetitious, but it's always the lure and thoughts of new snow, great weather and friends that await. Sign-in is at 8:00 a.m. Roster duties and the day's important info is announced. One last cup of coffee to clear the cobwebs. One more sweater and a neck tube for the ride up the Red Chair. It's -10C at base, wind blowing at top, probably low visibility too, and 10 to 15 degrees colder. A few quick stretches and a binding check. A glance east to the Lodge finds the first few people, hands full of equipment and packs, making their way up for the day.

It's quite a sight: 16-20 "yellow jackets" and a smattering of redcoats filing off to the lift. A little new snow overnight and no avalanche control to be done. The report is the mountain is stable and all runs are open. One more quick look at your roster lanyard: 1:15 — 2:30 top hut (damn, prime accident time!), sweep run is High Rustler, Twilight. Yeh, should be good powder in there.

We unload the T Rex and ski over to the Red Chair, wait for the signal and load on. The wind hits us at tower 10 and you wonder how much worse it's blowing on top, remembering how lucky you were to buy the backpack at the first of the year; it helps to reduce the wind chill. Raise it a little, aahhh, that's better. Ascending the chair, you remember the real good days where the wind is non-existent and the sky is clear and blue, and you could actually see where you were going. You unload and gather with the others, the Patrol Leader gives final details of the day's events and cautions as to which runs are open, closed or otherwise. Snapping your buckles closed on your shoulder & waist straps, you look down the valley to the North and South in awe that you're up here at 8:30 before anyone else, and ready for anything and everything that might come your way.

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How to Put Yourself Out There...

Here are some suggestions for how you can help promote safety on the hill. All it really requires is being a good role model. Taken out of context, these heading read like the six steps to building a better relationship. Maybe if you think of it that way, it will help you remember these simple steps to accident prevention. With any luck, and a little “role modeling” off the hill, and your love life will improve too!

1. Be a handy kind of guy/gal.

Maintain and check the condition of your equipment on a daily basis to ensure that things are working properly. Skiers should do a simple self-test of the binding by twisting/stepping out of your skis. Boarders can ensure their straps and hardware on the board are ready for the day.

2. Look cool, and always be prepared.

In this case it means wearing of proper clothing, such as ski pants, toques, layered clothing, goggles, sunglasses, and don't forget those latex products that protect you from more than the elements.

3. A good warm-up improves performance.

Warm-up with some stretching and light cardio-activity before you hit the slopes. Consider it “foreplay”.

4. Learn new techniques, perfect old skills.

Good technique makes all the difference! Work with another patroller and observe each other's skiing and toboggan handling skill. Give each other feedback. Do some self-rating of your performance and think about your; 1) balance and stance, 2) control of speed and direction, 3) edge control, 4) quiet, yet dynamic and lively action of you and your equipment. How would you rate yourself on these criteria ...are you satisfactory, good or excellent? Work on these skills to improve your performance. Think about taking some lessons from CSIA, CASI or CANSI instructors to take yourself to the next level.

5. Manners matter, everyone loves some attention.

Demonstrate courtesy and safety while skiing/ boarding and in the lift lines. Handle your equipment properly in congested areas, parking lots and around the chalet. Help others whenever you can. Remember that everyone out there is important and appreciates a friendly “hello”, a smile, or “how's it going?”

6. Be there for him/her.....

Probably the best thing you can ever do is to just be there, and be visible.

Just put yourself out there!

Richard Hornby,

National On Hill Coordinator
<hornby@telusplanet.net>

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Relay and the Arctic Winter Games, in addition to providing first aid services for triathlons, marathons, bike relays and even Remembrance Day ceremonies.

In addition to his contributions to the ski patrol, Mike has also been a president of the Whitehorse Rifle and Pistol Club, and he was the chief medical officer for the Trail of 98 Road Relay for several years. Mike volunteered his ski patrol talents for the Calgary '88 Olympics, for which he received the CSPS Appreciation Award, and the Alberta Achievement Award. Mike holds CSP #669, is a Zone Life Member and in 1999 he received the Zone Contribution Award and the Father Mouchet Award for his outstanding commitment to cross country skiing in the Yukon. Congratulations Mike Wagner for adding the Yukon Sports Hall of Fame to your long list of accomplishments and distinguished career in the CSPS.

SNOWSMART Piloted in Schools this Fall

Research shows that those at the highest risk for injury while skiing, snowboarding or snowmobiling are teenagers. Parks Canada, along with partners, the Canadian Ski Patrol System, and the Canadian Avalanche Association, joined SMARTRISK to research snow-related injuries and develop an educational program targeting those most at risk. SNOWSMART is the result of this partnership.

SNOWSMART is a multi-media program for Grades 7 and 10 students in both official languages and will run as a pilot program in selected schools across Canada this winter. The key messages are similar to SMARTRISK's key messages and will reach students through a fun and innovative SNOWSMART curricula on skiing, snowboarding and snowmobiling. Students will also receive a number of promotional items, including posters and collector cards that carry the key messages in a “cool” and trendy way.

To aid the teachers in the classrooms, a 14-minute video was produced that is structured much like a music video. It covers the key messages and talks to avalanche awareness with great music and exciting images. All the components of the program will be packaged in a single box and distributed to selected teachers across Canada.

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FreeSki Level 1 Instructor Certification Courses

Ski schools across the country are already developing Free Ski programs and are looking for instructors with the knowledge and the experience to teach the emerging sport. The CSIA is working in conjunction with the CFSA (Canadian Freestyle Skiing Association) in the development of a FreeSki Level 1 certification program. Both bodies are working hard to bring the best aspects of each skiing style together to create a quality certification program. Those who are successful in completing this Level 1 certification, will gain full membership status from the CSIA and Technical member status from the CFSA.

The Free Ski Level 1 Certification course is a 20 hour course or 3 days for any skier over the age of 16 that is a competent parallel skier and wants an introduction to teaching FreeSki skills. It is divided between all mountain ski improvement, park and pipe skills and teaching methods. The coaching/teaching outcomes are:

- 1. Skill Demonstrations** (demonstrate bumps, jumps and quarter/halfpipe skills for beginners in a safe environment)
- 2. Skill Analysis** (assess participant's skill level)
- 3. Coaching/Teaching** (teach a fun, safe skill development session in bumps, on a jump, in a half/quarter pipe or on a rail)
- 4. Planning** (Plan a skill development session in bumps, on a jump, a half/quarter pipe that is fun and safe)
- 5. Site Safety** (assess safety and risk factors for bumps, jumps and half pipe sites)

For the course schedule, please go to www.snowpro.com, click on "schedules and fees" and select "CSIA courses and seminars". If you would like more information about FreeSki Level 1 certification, please contact CSIA National Program Director, Martin Jean at mjean@snowpro.com or toll free at 1-800-811-6428.

Instruct the Instructor — CSIA is looking for FreeSki Course Conductors

A training and selection camp for Free Ski course conductors will be held at the beginning of the season in the east and in the west. The 2-day camp will address the 5 teaching outcomes of the course and the evaluation criteria.

The criteria to become an accredited Free Ski Course Conductor is to be a minimum Level III CSIA or Level II CSIA with a Level II CFSA.

For more information on becoming a Free Ski course conductor contact: Norman Kreutz out west at nkreutz@snowpro.com or John Gillies in the east at: jgillies@snowpro.com.

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Thinking back to October, when you were just finishing a great golf season and thinking about the snow and skiing, it all comes back to you: the endless hours of first aid training, exams, the cramming to be sure everything is ready for the beginning of the season. It's finally here. But it's cold, windy and low visibility. Nonetheless you skate, trudge, pole your way along Skyline Traverse. Your cheeks already feeling the sharp nip of frostbite, thanks again for the last minute reminder to pull up that neck tube. You traverse along fighting the wind and slide past the signs — 2 or 3 of them warning you of the area you're going into, and the hazards that exist. You travel along past Lone Star, Desperado and stand above the sign High Rustler. The wind seems to have subsided a bit, and the light seems to be clearer as you gaze down the 40+ degree pitch with it's 1000 vertical to the clearing at the bottom near Haig Lake.

You hesitate, then pole plant, drop over the side and start your journey down. Slow precise pole plants, precise turns, precise edging, always thinking "don't lose it or you're in for a ride". Two, three, six, ten turns — feeling better. The fresh powder bangs at your boot tops, and every so often at your shins and knees. Twelve, fifteen turns, yes you're feeling good — a smile starts forming on your lips, a warm feeling starts radiating through and you're really enjoying this. Seventeen, twenty turns, your thighs are starting to feel the pressure. Your breathing becomes a little quicker, and the neck warmer seems to be a thought of the past. Twenty-two, twenty-five turns, your thighs are starting to cry out, and the turns seem to be a bit more difficult to make. Two long sweeping last turns, and you edge to a stop; the snow building at your shins, and the sweat beading on your forehead.

A quick glance uphill to where you were 30 seconds ago shows steep terrain and carving in the snow from your descent. It seems more gentle, easier, calmer, quieter and warmer. You know you're somewhere that few tend to venture, and you're 1/2 way down. A smile arises from the once cold face. The Cinch Traverse looms in the distance, and after that the lower part of the mountain with it's groomed corduroy runs, and then to the base for a quick breath.

Ride the lift up again for more of the same. Might even get in a couple of runs before the first accident call. A thought comes to mind as you adjust your pack, your poles and goggles at Tower 1. "Yeah, it's all worth it — all the hours, the days, the effort". You think to yourself "I'm proud to wear the jacket and crest of the Canadian Ski Patrol System."

A Southern Alberta Zone patroller

AVALANCHE

Ski Pants



Style

Fullzip insulated rear bib overpant

Fabric

Twill Hydroflex Consoltex

Lining

100% nylon

Stitching

100% nylon

Insulation

40 gram 3M Thinsulate

Zippers

YKK

Sizing

Unisex—see sizing chart

Features

Straight leg with velcro closure snow cuff
Cordura Edge Protector
Full side zips
Reinforcement at knees and seat

2 pockets
Back bib with adjustable suspenders
Elastic waistband
Storm flaps over all zippers

Delivery

6 to 8 Weeks

Price

\$199. Full payment with order.

OFFICIAL SUPPLIER PROGRAM

ORDER FORM

AVALANCHE SKI PANTS



Ship to: _____
 Name _____
 Address _____

 Postal Code _____ Tel _____

What size are you? / Quelle est votre grandeur?

	XS	S	MD	LA	XL	XXL
Waist*	28	30	31	34	36	38
Hip	38	39	40	42	43	44
Inseam	27 1/2	29	29 1/2	30 1/2	31 1/2	32 1/2
Outside leg	38	39	40	42	42 1/2	44
Height	5'2"-5'4"	5'4"-5'6"	5'6"-5'8"	5'8"-5'11"	5'11"-6'	6' and more
Wgt. (lbs) Women	110-120	120-130	130-145	145-160	160-170	170 and more
Wgt. (lbs) Men	110-120	120-135	135-155	155-170	170-185	185 and more

Description	Size	Quantity	Price (ea)	Total
Avalanche Ski Pants	XS		\$199	
	SM		\$199	
	MD		\$199	
	LA		\$199	
	XL		\$199	
	XXL		\$199	

Cheque, Visa, Mastercard or AMEX • 6 to 8 Weeks • \$199. Full payment with order • Forward to: Canadian Ski Patrol, 4531 Southclark Place, Ottawa, ON K1T 3V2 / Tel: 613-822-2245 Fax: 613-822-1088 • e-mail: cspshq@snow.bidcon.net •

TOTAL _____
GST (7%) _____
GRAND TOTAL _____

MC, VISA, AMX Card # _____
 Expiry _____ Signature _____
 Cheque/Money Order _____

AC 2002 THE MOST FUN YOU'LL HAVE WITH YOUR BOOTS ON!

Is getting closer! Everything is in full swing and the Westin assures us that the rooms will have a different look, as they are doing major renovations.

As well as the Administration and Education programmes, we will be running two concurrent streams on Friday and Saturday dedicated to Safety and Leadership.

It is the first time this has been tried and we are really excited about the workshops, which are open to Safety Officers, Patrol Leaders, APLs and any other Zone personnel.

The Safety seminars currently being planned include: "Back Country Rescue and The Profile of the Injured Person," by George Field, Kananaskis Country Warden; brain storming on Safety programmes—"what works and what doesn't;" Snow Smart programme presentation, including the unveiling of a new video for young adults and results of the pilot programme. Teachers involved will share their expertise in order to help with the School Safety Programs, an unusual Team Building/safety exercise with Brian Spear.

Leadership Seminars: four modules are to be presented. Contact your Division Education Officer for details.

As well, we are hosting the National First Aid Competition—registration to go through the National Competition organisers.

So, as well as National, Division and Zone executives, we hope to welcome Safety Officers, Patrol Leaders and Assistant Patrol

Leaders—bring them all! Please indicate on your registration which part of the conference you will be attending.

When the meetings are over, we have great fun planned. Friday night is "Western," so bring yer cowboy duds!

There will be a trade show during the day as well as the usual CSPS shop. We are also having a silent auction, so bring your money!!

The Westin Hotel is located downtown within walking distance of the Bow River, Eau Claire Market, the Calgary Tower and Stephens Avenue where restaurants and shops abound. The hotel has an indoor pool, sauna and fitness facility. It also boasts one of Calgary's finest restaurants, The Owl's Nest. Prices range for \$124.00—\$174.00 per night. **The deadline for booking rooms is April 8th, 2002.**

Reservations can be made by calling 1-800-937-8461. Quote "CSPS Conference" and date. If you plan to extend your stay call the Hotel directly at 1-403-266-1611. To check out the hotel online go to <http://www.westin.com/calgary>

The first trivia questions should be on the NAC web site—click and answer!

Calgary looks forward to seeing everybody and you can be assured of a warm western welcome!!

For more information on the AC you can visit the Calgary zone website <http://www.cspc-cgy.ab.ca>

CSPS AC 2002 — May 10 - 12, 2002 Registration Form

Return to:

CSPS AC 2002
c/o Doug Nickerson
55 Strathbury Circle S.W.
Calgary, Alberta
T3H 1R9

Name: _____

Address: _____

City: _____

Province: _____ Postal Code : _____

E-mail: _____

Telephone: (_____-) _____ (home)

(_____-) _____ (work)

(_____-) _____ (cell)

OPCS Division: _____

OPCS Zone: _____

OPCS Position: _____

Complete Package (Includes _____ x \$175.00 = \$ _____
Conference Attendance, Friday tickets
Western Social, Saturday CSPS
Luncheon, & Saturday Awards
Banquet)

Individual Event Tickets

Conference Attendance _____ x \$60.00 = \$ _____
(Required to attend conference tickets
meetings)

Friday Western Social _____ x \$45.00 = \$ _____
tickets

Saturday CSP Luncheon _____ x \$30.00 = \$ _____
tickets

Saturday Evening Awards Banquet _____ x \$55.00 = \$ _____
tickets

Total Price for Items ordered \$ _____

(Payment by cheque or money order must be attached.
Payable to CSPS AC 2002)

Note: Registration Deadline: March 30, 2002