



# *Skinny Briefs*

October '04



## Important Dates

2004

**Trail Maintenance weekend:**

October 23-24

**Tri-Advisory:**

November 6-7

**OEC finals**

**Bay Area:** November 13

**Modesto:** November 14

**MTR 2 Prep Class**

November 20-21

**First Patrol Weekend:**

November 26

**Candidate Weekend:**

December 11-12

2005

**Winter Backcountry Awareness (Dodge)**

January 8

**Winter Awareness (USFS)**

January 9

**On The Trail Training:**

January 15-16

**MTR 1**

February 5-6

**Winter Backcountry Awareness (Dodge)**

February 12

**Winter Awareness (USFS)**

February 13

Welcome to the October edition of skinny briefs...

We have a great newsletter for you this month! With the OEC refresher behind us, we have a follow-up article on the traction splints presentation by Steve Donelan. We also have a special article from Leave No Trace Master Instructor and NSP alumni Brent Petty.

The time has come to begin our preparation for the up coming patrol season. Please take some time to look through our newsletter and take note of the event dates. Mark your calendar and sign up for patrol days on the webpage.

 <http://www.pinecrestnordic.org>

From the Patrol Representative...

First and foremost, thanks one and all for attending the refresher. It was great to see everyone there and another excellent opportunity to sharpen up our OEC skills. Its going to be a great season so don't forget to sign up for patrol days early so we know who's going to be on the trails during or patrol weekends. We're still looking for team leaders so if you're interested please express your interest. Its a great way to advance your own skills and work with different members of the patrol.

Looking forward to seeing you at the trail maintenance weekend.

*Jeff Gurrola*

How To Enjoy The Wilderness Without Harming it.

*By Brent Petty*

It snowed yesterday. It snowed a lot. This morning has dawned cold and clear - the storm has passed. The smooth layer of fresh snow covers everything in sparkling round shapes. It is totally silent. It is your

duty as a ski patroller to be out here in the backcountry before anyone else. You become still, looking around and your brief pause lengthens. You feel yourself disappear. You have the sensation

Mountain Travel and Rescue 1



By David Kelly

This year's course will be held on the weekend of February 6 and 7th 2005. As like the years gone by, we'll be needing a whole lot of people to make this event a success. I would like to open invitations to instructors or instructors in training (who have done the Instructor Development class) who are interested in teaching a component of the course or who can help out at the skills stations on Sunday. I have already heard from a few people who have expressed interest - Thanks!.

Please contact me, preferably by email, at [plhdpk@earthlink.net](mailto:plhdpk@earthlink.net) or phone (408) 749 0887. I will be asking for teaching preferences over the coming months,

**Leave No Trace (from page 1)**

that all the interstitial stuff, the ski gear, the patrol schedule, the ride up the lift has fallen away. Their only value was getting you to this indescribable place at this indescribable moment. You feel gratefully alive, at peace and somehow profoundly connected.

Sound familiar? Many of us not only have fun in wild places, but also are also aware of their power to touch us deeply. Such places hold great value in our lives beyond just a good time, an adventure, and a challenge. They are the backdrops for many of our greatest moments. And at some point we ask ourselves some ethical questions. "What is my role in preserving the integrity of these special places?" "Is what I am doing out here diminishing them?" As a ski patroller and outdoor educator and potential role model for others, we may feel an extra responsibility. "What can I do to encourage other wildland users to help protect the land?"

*"Leave No Trace is the most simple and noble concept growing in the outdoor movement today." - Royal Robbins*

Fortunately, there is a program designed to teach backcountry users how to enjoy the wilderness without harming it. Most of you have probably heard the phrase "Leave No Trace." Behind that phrase is a non-profit outdoor education organization, the Leave No Trace Center for Outdoor Ethics headquartered in Colorado. Originating as an educational initiative of the four Federal land management agencies (the U. S. Forest Service, U. S. Park Service, the U.S. Fish and Wildlife Service and the Bureau of Land Management), LNT has grown into a highly respected and widely adopted international movement. Based on research on recreational use of wildlands, LNT has developed a body of outdoor skills reflecting the latest in minimum impact practices. These skills have been adapted for many different environments (deserts, alpine tundra, river corridors, seacoasts) and many different recreational activities (backpacking, climbing, stock use, mountain biking, etc.) In addition to developing the recommended practices, Leave No Trace has created a variety of very high quality educational materials to help spread the word (videos, books, booklets, hang tags, posters, patches, t-shirts, etc.) Another thrust of the LNT program is creating a cadre of Leave No Trace Instructors among outdoor educators, land management agency personnel, youth group leaders, outfitters and guides.



How can you get involved? The first step is to get yourself educated and start practicing the LNT Principles personally! Visit the website [www.lnt.org](http://www.lnt.org). Here you will find background on the program, details about the LNT Principles and skills, educational and promotional materials for purchase, and details and schedules of LNT Trainer classes throughout the U.S.

➔ <http://www.lnt.org>

Many of the leaders in the Pinecrest Nordic Ski Patrol have taken the time to attend the two-day LNT Trainer Certification courses offered on the Stanislaus National Forest during the summer – ask them about LNT!

Among them are Larry Crawford, John Kretschmann,

Irene Patton, Penny Hutchinson, David Kelly and Mariano Caunday. If you are interested in this class (or have any other ideas or questions about LNT) contact Brent Pettey at the Summit Ranger District at (209) 965-3434 or at [bpettey@fs.fed.us](mailto:bpettey@fs.fed.us).

The Leave No Trace program has developed partnerships with many non-profits, government agencies, corporations, educational institutions, guide services and outfitters and other leaders in outdoor education. The Pinecrest Nordic Ski Patrol could become more of a partner (formally or informally) with the Leave No Trace program as they become more and more involved in outdoor education programs for the public. These important LNT principles and themes could be woven in with the safety messages both in formal programs and in informal trackside conversations with the public. There are many ways to spread the word – maybe as simple as patrollers wearing a LNT patch. Your position of public respect as National Ski Patrollers can potentially make you very effective educators. Maybe the first step involves making a personal or group decision to become part of the solution for the lands we all love. When you make that decision, the LNT program will make it easy to follow through. Let's get together and talk about what we can do together in this important work for the wild!

### SPREAD THE PNSP WORD!!



Make sure you are keeping an eye out for places to post our flyers. John Kretschmann has a bunch of glossy colour printed 8.5x11 cards presented on 11x14 red backing boards. JK can send some to you. Its handy to keep them in the car for when you find yourself near an REI or similar outdoor/ski related shop. Laminated and

PDF versions are also available. Contact JK. Email: [nordicskr@aol.com](mailto:nordicskr@aol.com) or phone: (650)592-7697

## Pinecrest Outreach Programs

The backbone of our Patrol's community service are the Backcountry Awareness and Winter Awareness programs. These events are scheduled throughout the season and require the help of patrollers to help make them successful.

Dates for these events are:

2004:

- ◆ Dec 12 or 18  
Winter Backcountry Awareness (Dodge Ridge)

2005:

- ◆ Jan 8  
Winter Backcountry Awareness (Dodge Ridge)
- ◆ Jan 9  
Winter Adventures (USFS)
- ◆ Feb 12  
Winter Backcountry Awareness (Dodge Ridge)
- ◆ Feb 13  
Winter Adventures (USFS)
- ◆ Mar 5  
Girls Scout Program (USFS)
- ◆ Mar 6  
Winter Backcountry Awareness (Dodge Ridge)



Photo: Jim Krussow

## New Traction Splints

By Steve Donelan

In 1875, Hugh Owen Thomas developed the first practical traction splint, which changed very little for nearly a century. The splint that we improvise with two ski poles is essentially a Thomas half-ring. In the late 1960's, Glenn Hare developed a nylon ankle harness and ratchet that could be fitted onto the end of a half-ring splint. After Glenn and his brother started their own company, Dyna Med, their improvements evolved into the Hare Traction Splint, which is still used today. Traction is applied on a Hare by winding up the webbing attached to the ankle hitch on a ratcheted drum. In 1972, Joseph Sager and Dr. Anthony Borschneck developed an alternative traction splint, the Sager, which they patented, and began marketing in North America in the early 1980's.

The Sager splint ([www.sagersplints.com](http://www.sagersplints.com)), which is fitted inside the leg, has a padded cross-piece that presses against the ischial tuberosity for counter-traction. This avoids the problem of the Hare, whose cross-bar under the crease of the buttock can lever the proximal end of a fractured femur upward.

→ <http://www.sagersplints.com>

In 1986, Richard Kendrick introduced another alternative design, the Kendrick Traction Device (KTD), which was much lighter and more compact ([www.medixchoice.com](http://www.medixchoice.com)). It is essentially an aluminum tent pole, which fits into a socket on the groin strap.

→ <http://www.medixchoice.com>

A new traction splint, the CT-6 ([www.faretec.com](http://www.faretec.com)) is similar to the KTD, but even lighter, and considerably stronger – the segmented pole is carbon fiber rather than aluminum. Traction is applied by pulling a cord that runs through a ratcheted pulley, giving a 4:1 mechanical advantage.

→ <http://www.faretec.com>



An even more light-weight traction splint for backcountry skiers and patrollers, however, was developed by Dr. Sam Slushman .

→ <http://www.slishmansplint.com>

It is a modified Black Diamond collapsible ski pole , with a cord running back and forth around pins inside the pole (and emerging from the top of the pole grip), creating a pulley mechanism with a mechanical advantage of 4:1 for applying traction.



If you buy an unmodified BD pole with the Slushman, you can use them to ski, and always have a traction splint on hand without carrying any extra equipment.

## Upcoming Events

### **December 4th 2004**

Instructor Development  
Barbara Hickman (Modesto),  
bhickman@patterson.k12.ca.us

Sean Brennan (Bay Area)  
seanbrennan@stanford.edu

### **January 8-9 2005**

Level 1 Avalanche, Bear Valley  
Ted hullar  
tednsp@hullar.com

### **January 15 - 16, 2005**

Pinecrest Nordic OTH, Pinecrest -  
Steve Barr  
stevenbarr@alumni.usc.edu

### **February 5 - 6, 2005**

Level 2 Avalanche, TBA -  
Ted Hullar  
tednsp@hullar.com

Mount Travel Rescue 1, Pinecrest -  
David Kelly  
plhdpk@earthlink.net

### **February 12 - 13, 2005**

Level 1 Avalanche, Sugar Bowl -  
Ted Hullar  
tednsp@hullar.com

### **February 19, 2005**

Senior Emergency Manage, Dodge Ridge -  
Barbara Hickman  
bhickman@patterson.k12.ca.us

### **February 19 - 21, 2005**

Mount. Travel Rescue 2, TBA -  
Tim Helwig  
Kite\_dad@msn.com

### **March 5 - 6, 2005**

Level 2 Avalanche, TBA -  
Ted Hullar  
tednsp@hullar.com

### **March 12, 2005**

Sr. Ski & Toboggan Clinic, Dodge Ridge -  
Steve Barr  
stevenbarr@alumni.usc.edu