

AVSP 2012 NSP Outdoor Emergency Care Class

Alpentel Volunteer Ski Patrol
Snoqualmie Pass, Washington

Welcome to the fall 2012 Alpentel Outdoor Emergency Care (OEC) Class. We are very excited to have you attend, and look forward to spending the next twelve weeks introducing you to the world of outdoor emergency care particularly as it applies to the ski patrol and other first responders in a mountainous winter environment. Our goal is to help you become a skilled Outdoor Emergency Care technician and become a part of the Emergency Medical System (EMS) here in the Pacific Northwest.

This class will be based on the Fifth Edition of the National Ski Patrol Outdoor Emergency Care manual. You should find this class very interesting and, we hope, rewarding. We have a lot of material to cover and perhaps it's been a while since you've been in a classroom environment, so it's time to get back into that student mind set. We suggest that to be successful there are some basic things you should do:

- 1) ATTEND every class. Most sections/chapters build upon prior sections/chapters; missing one can cause you to fall behind. In addition your lecturers, instructors and helpers are volunteers who will make every effort to be at every class; please extend them and your fellow students the same courtesy.
- 2) READ each chapter (before coming to class ... you should have ample time ... don't procrastinate). There are "Stop, Think, Understand" exercises and reviews in each chapter; take the time to complete them.
- 3) ACCESS your "my NSPkit". There will be a code in the front of your OEC Manual which will give you access to an online study companion with activities, games, quizzes, and other valuable information; use it.
- 4) RESPECT your fellow students. This is a "hands on" class. Body examinations, bandaging, splinting, lifting for transport all entail touching and being touched. You must be sensitive to the concerns and sensitivities of your fellow students. There will be no touching or exposing of private parts (breasts, genitalia) at any time.
- 5) COMMUNICATE with us. If you don't understand something, or feel a presentation doesn't make sense, don't wait, talk to us. If you are uncomfortable with any of the physical contact or have any other interpersonal issues, please talk to us immediately.
- 6) Finally HAVE FUN! There is a wealth of useful information to learn and interesting, dedicated people for you meet.

The general format of the in-town sessions will be:

- 1) 6:30pm – 7:00pm - Written test and prior topics skills practice
- 2) 7:00pm – 9:00pm - Lecture(s) (with a break midway)
- 3) 9:00pm – 10:00pm - Skills demonstration and practice.

The length of time in 2) and 3) may vary dependent upon the topics, but we will out the door, leaving a clean room, no later than 10:00pm. The sessions at the pass will typically be all day, possibly outdoors. We will have written and practical tests at midterm. We will have a final written and practical test. In

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addition we will be watching and evaluating you throughout this course, addressing issues and weaknesses as early as possible. We want you to succeed! Given all the written and practical tests, at the end of the course we need to be able to answer “yes” to the question “would I trust this person to care for my family and me”.

To register for the class, complete the following Student Registration form and mail with payment to the appropriate AVSP representative (specific mailing information is available from Mike Redman, redmanmc@comcast.net). A copy of this document including the registration form is available on the AVSP web page at www.AVSP.org under “2012 NSP OEC Class”. Please note that all participants in any National Ski Patrol event/training must sign a standard release form recognizing they personally accept the risk associated with participating in the event/training. A copy of this release is also available for your review on the AVSP web page at www.AVSP.org under “2012 NSP OEC Class”.

Again, welcome, we look forward to you becoming part of our team.

Mike Redman, Jim Benton and the crew

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- LOCATION:** In Town: Bellevue **Foursquare Church** 2015 **Richards Road** SE Bellevue, WA 98005
Snoqualmie Pass: Alpental and Summit Central
- SCHEDULE:** In Town: 06:30pm-10:00pm, Mon & Thu, Aug 20 – Nov 12 (except 09/03/2012)
Alpental: 08:30am – 05:00pm Sat, Sep 22
Summit Central: 08:30am – 05:00pm Sat, Oct 13 – Midterm
Summit Central: 08:30am – 05:00pm Sat, Nov 10 – Final
Note: A detail schedule is available on the AVSP web page at www.avsp.org under “2012 NSP OEC Class”.
- COST:**
- | | |
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| NSP/PNWD Course Enrollment Fee (member/candidate) | \$70 |
| NSP/PNWD/PNW Dues | \$56 |
| NSP OEC Manual, 5 th Edition | \$85 |
| Misc Supplies | \$39 |
| (If you do not intend to join NSP, please see Registration Form) | ----- |
| | \$250 |
- SUPPLIES:** 5th Edition NSP Outdoor Emergency Care Manual
- We will provide you with a basic first aid supply package. A detail list is available under the OEC Class menu selection on the AVSP web page, www.avsp.org
- DRESS:** Comfortable clothes/shoes (you will be up and down, laying on the floor, backboards, etc.). You may prefer to wear a swimsuit under your clothes. For outdoor sessions you will need clothing adequate to keep you warm and dry in potentially cold rainy/snowy weather.
- PREREQUISITE:** Before course completion, each student must present a valid current American Heart Association or American Red Cross CPR/AED for the Professional Rescuer card. If you have not already completed this course, we will be offering an appropriate AHR course on Sunday, Sep 23, 2012 at Summit Central at Snoqualmie Pass.
- OTHER INFO:** An OEC card is good for 3 years. The four patrols at Snoqualmie Pass hold a combined one day OEC refresher each year based on a 3 year cycle (i.e. 1/3 of the OEC material is covered each year). At the end of the 3 year cycle participants get a new card. The refreshers are an all day event occurring on Sat, Oct 6 and repeated on Sun, Oct 7, Sat, Oct 20 and Sun, Oct 21. OEC Class Students are encouraged to attend at least one session.
- In addition to OEC (and CPR) refreshers, the four patrols at Snoqualmie Pass hold a one day refresher which addresses procedures related to Avalanche, Chair Evacuation, and area policies. Students who are planning on joining one of the Snoqualmie Pass patrols must plan on attending one of the sessions which are scheduled for Sat, Nov 11, Sun, Nov 12, Sat, Nov 17, and Sun, Nov 18.

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Student Registration Form

Registering for: ☐ Full OEC Course ☐ OEC Challenge (a copy of current certs/license is required)

Personal Information:

Name: _____ ☐ Male ☐ Female
Street Address: _____ Age (= or >18): ☐ Yes ☐ No
City, State, Zip: _____ Home Phone: _____
Occupation: _____ Work Phone: _____
Emerg Contact: _____ EC Phone: _____
Email: _____ NSP# (If appl): _____
Patrol (if appl): _____ Type (if appl): _____
(e.g. Alpentel, Summit East, Central, West) (Candidate, Volunteer, Paid)

Current Certifications Held:

Professional Rescuer Level CPR - Issuing Agency: _____ Expiration Date: _____
Other Medical Certs (MD, RN, EMT, etc.): _____

Course Fees:

<input type="checkbox"/> NSP OEC Manual, 5 th Edition	\$85	_____	(if not pre-purchased)
<input type="checkbox"/> Cost of Misc Supplies	\$39	_____	
<input type="checkbox"/> NSP Member Dues/Fees	*		
National Ski Patrol Dues	\$41	**	
NSP Course Enrollment Fee	\$60		
Pacific Northwest Division Dues	\$10	**	
PNWD Course Enrollment Fee	\$10		
Pacific Northwest Region Dues	\$5	**	
Total NSP Member Fees	\$126	_____	
<input type="checkbox"/> Non NSP Member Enrollment Fee	\$300	*	_____
TOTAL (typically 85+39+126=\$250)		_____	Payable to AVSP

(*) Select either NSP Member, or if you do not intend to become a member, the Non NSP member fee.

(**) If you intend to join the NSP, but do not intend to join the Alpentel Ski Patrol the NSP, PNWD, and PNR dues will be forwarded to appropriate patrol.