

The Summit 2014 NSP Outdoor Emergency Care Class

Alpental Volunteer Ski Patrol
Snoqualmie Pass, Washington

Welcome to The Summit 2014 Outdoor Emergency Care (OEC) Class, being offered by the four volunteer ski patrols at the Summit at Snoqualmie (East, Central, West, and Alpental). 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 review and 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 be 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 addition we will be watching and evaluating you throughout this course, addressing issues and weaknesses as early as possible. We

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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 Alpental Volunteer Ski Patrol, PO Box 494, Mercer Island, WA 98040. A copy of this document including the registration form is available on the AVSP web page at www.AVSP.org under “2014 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 “2014 NSP OEC Class”.

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

Jim Benton, Will Rocca, Mike Redman and the crew

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LOCATION: In Town: Mercer Island Presbyterian Church, 3605 84th Ave SE, Mercer Island, WA
Snoqualmie Pass: Alpentel and Summit Central

SCHEDULE: In Town: 06:30pm-10:00pm, Mon & Thu, Aug 18 – Nov 13 (except 09/01/2014)
Fire Station: 08:30am – 05:00pm Sat, Sep 20
TBD : 08:30am – 05:00pm Sat, Oct 4 – Midterm

Note: A detail schedule is available on the AVSP web page at www.avsp.org under “2014 NSP OEC Class”.

COST:	NSP/PNWD Course Enrollment Fee (member/candidate)	\$70
	NSP/PNWD/NWR Dues	\$68
	NSP OEC Manual, 5 th Edition	\$85
	Misc Supplies	\$37
	(If you do not intend to join NSP, please see Registration Form)	----
		\$260

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 AHA course on the afternoon of Saturday, Sept 20, 2014 at the Fire Station on Snoqualmie Pass. If you need or wish to take the course, the following fees will be collected at the class:

Class Registration (CPR Card)	\$5
CPR Book (either the CPR Book or a free download e-book is required)	\$15
CPR Pocket Mask (you must have a mask at the class)	\$15

	\$35

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 this year on Sat, Oct 6 and repeated on Sun, Oct 7, Sat, Oct 20 and Sun, Oct 21. A CPR/AED refresher is included as part of the day. 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 “On the Hill” refresher (OTH) which addresses procedures related to Chair Evacuation, and area policies. OEC Class Students who are planning on joining one of the Snoqualmie Pass patrols should plan on attending the OTH session tentatively scheduled for Sunday, Nov 16th.

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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. Summit East, Central, West, Alpentel) (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	\$37	_____	(you may supply your own)
<input type="checkbox"/> NSP Member Dues/Fee	*		
National Ski Patrol Dues	\$50		
NSP Course Enrollment Fee	\$60		
Pacific Northwest Division Dues	\$13		
PNWD Course Enrollment Fee	\$10		
Northwest Region Dues	\$5		
Total NSP Member Fees	\$138	_____	
<input type="checkbox"/> Non NSP Member Enrollment Fee	\$300	*	_____
<input type="checkbox"/> Processing Fee for optional use of PayPal	3%	_____	(e.g . 0.03*\$260=\$7.80)
TOTAL (typically 85+37+138=\$260)		_____	Payable to AVSP

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