

## PRELIMINARY - The Summit 2018 NSP Outdoor Emergency Care Class

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**Welcome** to the 2018 NSP Outdoor Emergency Care (OEC) Class, being offered by the Alpentel Volunteer Ski Patrol (AVSP). We are very excited to have you attend and look forward to spending about eight 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 a part of the Emergency Medical System (EMS) here in the Pacific Northwest.

This will be a hybrid class, based on the Fifth Edition of the National Ski Patrol Outdoor Emergency Care manual, and using the associated on-line Outdoor Emergency Care class from Pearson/Brady Labs. We will depend upon you to read the manual, review the on-line material, and take the on-line tests to become familiar with the topics presented in the manual. We will use the evening (and a couple Saturday) sessions to introduce and practice the required hands-on skills. At the end of the class you must demonstrate your comprehension of the information in the manual on a "Written Final", and your mastery of the hands-on skills in a "Practical Final".

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) **READ** the manual and take the associated tests in the on-line course. The manual contains a lot of interesting information; we'd suggest you start reading early!. The topics which will be covered on the written and practical finals are highlighted in "Objectives" and "Key Terms". There are "Stop, Think, Understand" exercises and "Reviews" for each chapter in the manual; take the time to complete them. Note that successfully completing all the on-line tests is a prerequisite to taking the "Written Final".
- 2) **ATTEND** class. The eight weeks of mastering the required skills will go very quickly. Note that successfully demonstrating your proficiency in the required skills (some simple, some complex) during the class sessions, is a prerequisite to taking the "Practical Final".
- 3) **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.
- 4) **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.
- 5) Finally **HAVE FUN!** There is a wealth of useful information to learn and interesting, dedicated people for you meet.

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

- 1) 6:30pm – 7:00pm – Facility Open, Instructors available for questions and review.
- 2) 7:00pm – 7:15pm – Announcements and session preparation.
- 3) 7:45pm – 10:00pm –Skills demonstration and practice.

We will be out the door, leaving a clean room, no later than 10:00pm. Any session at Snoqualmie Pass will typically be all day, possibly outdoors.

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

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](http://www.AVSP.org) under “2018 NSP OEC Class”.

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

Mike Redman, Jim Benton and crew

Alpental Volunteer Ski Patrol

Snoqualmie Pass, Washington