



## Bogus Basin Ski Patrol EMS Update, 5/26/10

On May 21, 2010, Mr. Tim White, NSP Executive Director, wrote to you summarizing the results of the 5/19/10 meeting of representatives of the NSP/Ski Area Joint Task Force and high level

ers from IM and PNW divisions, Regions, individual patrol representatives and ski area stakeholders. Recognizing the above it is wise to yield to the Task Force inertia and follow its lead. That does not, however, suggest that as patrollers we have no active role. Quite the contrary, we do have an important role and this letter so advises.



All together now: Awards ceremony photo

representatives of Idaho State Government. The Task Force is "point" on addressing the Idaho EMS rule making agenda. The team has made substantial progress, is well connected, has the attention and support of appropriate parties and has communicated very effectively with NSP-Idaho Patrollers. Included in these communiqués are NSP Patrol lead-

Important theme: Any action at the local level must dovetail with and must appreciably, not adversely, contribute to the national (Task Force) scope of work.

Last evening, the Bogus Basin Ski Patrol Board of Directors met and discussed the issue at length. In preparation of that meeting, your Board and representatives had been carefully monitoring and engaging in the communication

addressing the evolution of events. Short term, prudent action had been taken. Last night, your Board made several decisions and directed this communication via your patrol leader.

## **ATTEND TOWN HALL MEETINGS**

Tim White wrote:

### ***What You Can Do!***

*For now, we suggest that you continue to listen to the leadership within your divisions, including Pacific Northwest Division Director Dave Ulrich and Intermountain Division Legal Counsel Scott Eskelson, summarized [here](#). They are doing an outstanding job of providing good counsel and leadership on this issue.*

*This counsel includes the recommendation that all patrollers in Idaho attend the [town hall meetings](#) and voice your concerns in a respectful manner about regulation and how it would affect the NSP and your ability to continue to serve the skiing public.*

Your webmaster has also placed all of the Town Hall Meeting Dates on the calendar <http://bbbsp.org/calendar/calendar.asp> At calendar, click on the date, i.e.: 27 for expanded view.

The Fruitland meeting is tomorrow evening, 5/27/10. Mountain Home follows on 6/3/10.

The members of the BBSP are a passionate and dedicated group. We are also exceedingly professional. Accordingly, the BBSP Board asks that, in attendance, we follow a few simple guide-

lines:

- 1) Show up and be represented. Sign in!
- 2) Wear colors if you wish or just your hat. Your uniform speaks volumes by itself.
- 3) Listen carefully. Recognize that there are other non-patrol EMS participants there too.
- 4) Express your thoughts but avoid confrontation, debate and redundant comments.

6) Recognize these meetings to be informational and not a forum for resolution.

- 5) Do not comment to the media. Inaccuracies, perhaps, have already been conveyed in that space by otherwise well-intended patrollers at other areas. Refer media reps, if approached, to your Patrol Leader.

Allow me to relay the Board's most important decision of the evening: With due diligence, the BBSP will continue to conduct its work **business as usual**. We fill an important community service role year-round. This shall continue and you are valued and needed.

I will keep you apprised of what is developing via this medium and via the forthcoming newsletter. Anticipating your **Strong Work**. Thank you for your time and efforts.

By direction of the BBSP Board of Directors,

Joe LaGue  
Patrol Leader  
Bogus Basin Ski Patrol  
[www.BBSP.org](http://www.BBSP.org)

### **PPL: Karen King**

What an incredible patrol! I'm

proud to be part of such an outstanding group of people. I know everyone is 'just doing their jobs' but that translates into a cohesive whole that does it's job well. It's been a year of interesting snow and even more interesting incidents on the mountain. Things that we had never seen but still managed to handle with professionalism and great focus. Great celebrations and camaraderie. Good snow. What else can you ask for?

It's also been a year of changes and challenges. I'm excited about our new

Mountain is Dave's replacement as our new region director. Congratulations to both. It is my understanding that the region advisors will remain the same as they were last year.

Refreshers are currently scheduled for Sept 11 & 12 and Oct 2 & 3. Unless things change, OEC will be at the POST in Meridian. The instructor refresher is tentatively scheduled for Aug. 28 at the Bogus Basin office on Bogus Basin Rd. Keep those dates free on your calendars and watch the website for updates on



The Funds crew after a very successful evening of parking cars. Great job people!

board, especially with non-senior patrollers able to hold positions. It should bring a bit different perspective than we've had before. Outside of our patrol, the discussions on requiring helmets continue. At the state and national level, there is talk of requiring helmets for all snow sport guests on the mountain as well as all employees. I'm hoping Idaho will continue to leave it up to the judgment of the individual, much like our bicycle and motorcycle laws are now.

Other changes: Dave Ulrich is our new division director, replacing Dolores LaLiberte. And Phil Dixon from Soldier

both.

Congratulations once again to all of our new senior patrollers and to our new rookies. High fives to all of the folks who received awards this year and best of luck at the region, division and national levels.

There will be an order going in for Bogus Basin T shirts (red with white cross) this summer. If you are interested, please send me your name, shirt size, and either long sleeve or short sleeve or both. The hope is to find a supplier that has a polyester/cotton that is a bit cooler than the heavier cotton

ones. As soon as I have prices, I will send everyone an email with more information. Payment will be required before I order them.

Thanks for a great year! Hope you all have an awesome summer. Watch the website for upcoming events. See you all in the fall!

*Karen King*

### **APL: Bob Lee**



Bob lee contemplates a long day.

Assistant Patrol Leader! Well, that certainly sounds impressive... but I think that it's more grunt than glamour. Thank you everyone for your votes in the election and for your support in this coming year. OEC class is coming along well, and I'd like to extend my thanks for those who have been willing to invest their time in teaching this year's class. We have 16 (!) who are sticking with the class, and that is a testament to how well the SWAP program has worked. All seem to be very committed to finishing the class and to becoming active patrollers on our hill. They are all

bright and excited about their ongoing and upcoming training.

I'm looking forward to a busy, exciting year working with Joe, the rest of the board and with YOU, the members of the BBSP!

**BBB**

### **Liason: Omar Frickie**

Well, patrollers, another season at Bogus Basin has been put to bed and is now a part of history. We managed to get through the season without too many members getting injured. Our patrollers did better than the guests. There were 1042 incident reports filed, 22 of which were voided for one reason or another. Effectively, we are looking at 1020 valid reports. Our busiest time was from December 26, 2009 to February 28, 2010.

The folks with whom we had contact were from 20 different states from Hawaii to Pennsylvania. Their ages were from 1 year to 79 years old. Not surprising, the greatest number of injuries occurred in the age group of 9 years old to 24 years old. Over all the males had about a 2 to 1 lead over the females.

The injuries were from all over the mountain and even out of area. The real hotspots were close at hand.

Patrollers attended to a variety of incidents ranging from a code in the parking lot to internal injuries to spinal injuries. Backboards were used 64 times. There were the usual ski injuries—knees 211, shoulders 167, wrists 115 (these were the leaders). The fall OEC refreshers really paid off this season.

The out of area transports were in

the same ball park as the last 4 years. The difference was fewer air transports and more ground transports. Ground was 83 and air was 9, but the total was pretty much same.

We can compile a lot of information from the reports. Some of it is very helpful, some interesting, and some is “who cares?” Whichever category, the information comes from the patroller and the accuracy depends on the patroller who fills out the report.

Any suggestions as to how we can improve our recording and reporting of the incidents would be gladly accepted.

It was a good chapter in the history book. Keep up the good work.

Omar Frickey



Angel of mercy?  
Callie Putnam on the last day

## The Anxious Skier

*By Greg Mondin*

On any given day during the ski season a patroller is likely to encounter a skier who is experiencing anxiety for any number of reasons. The most obvious is that they might be hurt and in pain. However, they might be fine physically, but anxious because they are in terrain beyond their skiing ability, tired, or maybe lost. It is also possible that they suffer from an anxiety disorder or panic attacks. Knowing a few facts about anxiety and how to intervene with anxious person can not only help that person get down safely, but can also enhance their overall skiing experience.

There are two primary components to anxiety, physical and psychological. We feel physical anxiety as a pounding heart, sweaty palms, wobbly knees, muscle tension and quick, shallow breaths. Severe anxiety might also include nausea and even vomiting. Because of the physical “fight or flight” response of the body that often accompanies anxiety, the brain does not receive as much oxygen. When the brain doesn’t receive enough oxygen, it starts to think that it is going to die, and it sends out the “anxious signals.” These anxious signals actually produce a negative feedback loop that increases the anxiety. The brain feels oxygen deprived, so it tells the body to breath faster – hyperventilation – which actually reduces oxygen in the bloodstream, causing the brain to think it is suffocating, and so on. Some people respond to a symptom such as a racing heartbeat by thinking, “I must be anxious!” They can work themselves into a real panic without a legitimate reason.



# BBSP Family & Friends



## Summer Fun Camp Out

By Popular Demand, we are having a Summer Patrol Camp Out. As previously announced it will be June 11, 12, and 13 at Anderson Ranch Reservoir, Curlew Creek Area.

Several of us are bringing Boats and Personal Watercraft and will be happy to share the fun. Wakeboards, Water-skis, Kneeboards, and Tubes are just some of the fun we are bringing to share. Just remember it is good manners and Karma to throw the boat owner a couple bucks to offset the fuel expense.

Please come and have fun, there is a small store near the reservoir in Pine, but bring what you need. The patrol will not be providing any food, drinks, gear, or anything else you may need.

Directions- 1.5-2 hours from Boise depending on what you are towing  
-From Boise take I-84 east to the 2<sup>nd</sup> Mountain Home Exit (Highway 20)  
-Continue North on Highway 20 towards Fairfield/Sun Valley  
-BEFORE Fairfield take the left at the "Pine" and "Featherville" sign, this is approx 30-35 miles from I-84, it is Forest Highway 61, however that is not clearly marked as such. There is a Very Large White road sand shelter at the junction and likely a few transportation department sand trucks in the yard  
-DO NOT take the turn that says "Anderson Ranch Dam", that is a very long way around and you will see that several miles before the correct turn, if you hit a dirt road, you are in the wrong spot, this route is paved the entire way.  
-Continue on Forest Highway 61 for approx 12-15 miles, the first boat ramp you will see is called Curlew Creek Boat Ramp and Day Use Area, again the signage is not real obvious, but it is the first designated area you should come to on the reservoir.  
-If you come to Deer Creek Lodge, you went a couple miles too far.

Look for the group on the beach area just upstream from the boat ramp.

The lawyer made me do it disclaimer- Although the camp out is for family and friends of BBSP members, it is not an officially sanctioned event of the BBSP, BBMR, or the NSP, therefore you are responsible and liable for yourself. You are invited because of your affiliation with BBSP, but that does not make anyone else responsible or liable for you, your actions, or the actions of others or the effects of those actions on you. We are all a big extended family, treat each other as such and a good time will be had by all.

Hope to see you all there, if you have questions, contact myself or Dave McCollum.

Charles Butrick  
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208-871-4163

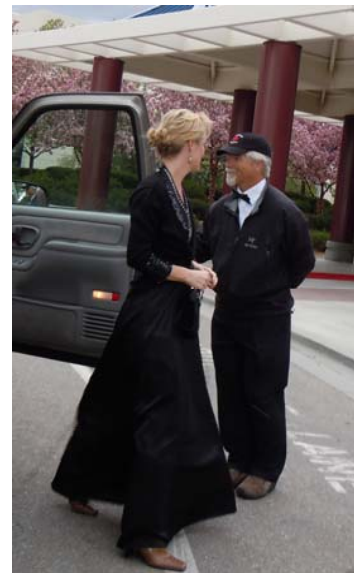
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208-440-7115

Psychologically anxiety manifests as a general sense of impending doom. We lose the ability to problem-solve and focus only on the negative aspects of our environment. Our perceptions also tend to be exaggerated when we're anxious. For example, to a beginning skier who is anxious, the slope of the Magic Carpet looks like Upper Matchless. If there is a smooth, powdery slope with only one icy bump on it, the anxious skier might focus on that one icy bump as their obstacle to getting down. Many people with anxiety take anti-anxiety medication. On a SAMPLE assessment, they may tell you that they are taking Xanax, Klonopin, Ativan, or maybe even Valium. Some anti-depressants such as Paxil are also prescribed for anti-anxiolytic effects.

In almost any situation imaginable on the hill, there are a few simple interventions you can use to help relieve someone's anxiety. First and foremost, talking to your patient and keeping the engaged in what you're doing can help prevent or distract them from focusing on the "anxious thoughts." Eye contact is important, and asking them to "Look at me" while you talk to them gives them something to focus on instead of the anxiety. People who are hurt will often focus on some aspect of the injury; deformity, blood, or pain. It is often a judgment call as to whether you want to distract them from this focus. For example, if it appears that the sight of blood is increasing their anxiety, distract them. If they appear more anxious because they can't see the injury, let them take a look.

One of the most important things you can do with an anxious per-

son, especially a child, is to keep talking to them and let them know what you're doing. I've never been a big fan of telling people, "It's going to be O.K." For an anxious mind, it is too easy to simply respond, "No it isn't! I'm going to die!" However, if we tell the patient, "We're going to take care of you. We'll bandage this up, get you down to the patrol room and warm you up, and get you taken care of." Then it gives them a sense of what is going to happen, which directly counters their sense of "impending doom." You're basically giving them something else to think about that is more realistic and rational. Another important concept when working with kids is to get down to their level and talk to them face to face. If their parents are on scene, talk to the parents, and talk directly to the child too. This is especially true when you need to splint or bandage an injury on a child. Kids like the world to be predict-



Greg Mondin greeting the guests at Fundsy

able, and they need to know what is coming next.

Finally, one of the easiest techniques to address anxiety is breathing. In particular, deep, slow breathing. Having someone take a deep breath, or a few deep breaths counters anxiety both physically and psychologically. Physically, deep slow breaths introduce oxygen into the bloodstream, reduce muscle tension, and will slow the heart rate. When perceived by the brain these changes indicate calmness, and the anxiety feedback loop is altered. Psychologically, taking deep breaths gives the patient something to focus on besides pain or anxious thoughts. It also gives them something to do that may provide a little more sense of control in the situation. It's a good idea to have them take a deep breath before repositioning a limb or applying a splint as well, especially if you can engage the patient in a "work with me" relationship. When all is said and done, anxiety in a patient is really nothing to panic about, if you have a few simple techniques to use!

Greg Mondin

## OEC Corner

### Soft Tissue Injuries

The first aid care of off-season patrol activities such as civic affairs and bike races tend to deal with a lot of soft tissue injuries. Soft tissue injuries may be open or closed. Closed injuries include contusions, or a bruise, and hematomas, which are a pooling of blood under the skin. The first aid care for closed soft tissue injuries is rest, ice, compres-

sion, elevation and splinting (RICES).

Open injuries are abrasions, which are tearing of the superficial layers of the skin, lacerations, which are a smooth or jagged cut, penetrating injuries, and avulsions, which may be either a partial separation of tissue or a complete separation (amputation). BSI is a crucial part of care with open injuries. Emergency care includes ABC's, and control of bleeding. Bleeding control starts with applying a sterile dressing and securing it with a bandage. Elevation of the extremity is important. If the wound continues to bleed apply more dressings over the top and apply further pressure. Splinting will stabilize the injury and help to control bleeding. Pressure points proximal to the injury may be used to help control severe bleeding. Tourniquets are a last resort to stop bleeding, which commit to loss



Andrew offers a little encouragement

of the extremity.

The purpose of bandaging a wound is to control bleeding, protect the wound from more injury and from contamination. Further medical attention



often will be warranted with soft tissue injuries due to bleeding and contamination and treatment for improved healing.

Karen Jensen

## JIALDI

Bogus Basin Ski Patrol is part of the National Ski Patrol, dedicated to providing quality emergency outdoor care to the community. We are a very visible presence at Bogus Basin Mountain Resort during the winter and also serve the community at Special Olympic venues, bicycle races, car races, and other events in the Treasure Valley throughout the year. It is our great pleasure to have another opportunity to

## Calendar of events

- Jun 1 Town Hall Salmon: Lemhi County EOC 200 Fulton, Ste 102 7 PM
- Jun 2 Town Hall Ketchum: City Hall 480 E. Ave N. 7 PM
- Jun 4-6 Nuts & Bolts Toboggan Clinic - Mt Hood
- Jun 11-13 Summer Party/Campout @ Anderson Ranch
- Jun 15 Town Hall Ashton Ashton: Emergency Services Bldg. 283 N. 7th 6:30 PM
- Jun 16 Town Hall Soda Springs: Caribou County Fire Station 655 E. 2nd South 7 PM
- Jun 22 Board meeting 7:00 PM tentatively at Karen Kings
- Jun 25 Main St Mile - Join the Ski Patrol Team to run
- July 27–Aug 1 Jialdi festival (Need Volunteers!!!)

### **Bogus Basin Ski Patrol Board**

Patrol Leader	Joe LaGue	608-2123
Senior Assistant Patrol Leader	Tom Muncy	466-2134
Assistant Patrol Leader	Bob Lee	484-7880
Assistant Patrol Leader	Greg Mondin	484-5024
Secretary	Andrew Kaddas	409-2523
Treasurer	Charles Butrick	871-4163
Member at Large	Don Countryman	362-4426
Member at Large	Gary Dyer	344-5496
Past Patrol Leader	Karen King	860-9992
First-Aid Chairperson	<b>Pending Appointment</b>	
Area Liaison	Omar Fricke	332-5350

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