

the lift lines



AN ONTARIO DIVISION PUBLICATION

Volume 9, Issue 1

January 2003

President's Message

Brian Low

Ontario Division President

Welcome to the ninth annual edition of the CSPS – Ontario Division – “the lift lines”. As you read this issue, I hope we are all well into our season with many days of powder and untracked runs enjoyed. Our hope is that you will find the information shared here both informative and enjoyable. We have exciting things happening... and I'm proud that you and I are a part of it!

Ontario Division has a “mission”: “We of the Canadian Ski Patrol System, Ontario Division, are committed to support the system through leadership and training. We strive to create opportunities for members to develop their skills, and to promote their personal growth in an enjoyable and professional environment.”

The Division Executive members are committed to supporting Zones and their members across the Division as we fulfill our CSPS mandate... “To promote safe snow sliding and to provide assistance to injured snow sliders...”. I'm very proud to

be associated with such a group of dedicated, committed patrollers... check out their names in the newsletter and join me in thanking each for a job well done!! Don't hesitate to contact any of us with your ideas and suggestions. Our Zone Presidents and Zone Executive members are unbelievable in their energy and time committed to supporting patrollers and the system. It's a pleasure to work with each throughout the year.

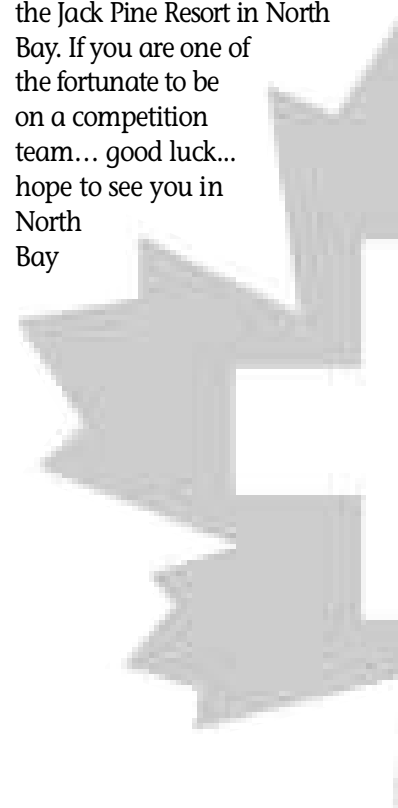
Ontario Division has been a leader for the past number of years in promoting safety through training, events, resources and promotional materials. We have been very fortunate to have continued financial support from safety-minded partners such as the Ontario Ski Council, Royal & SunAlliance Insurance and Tetrapak who have been generous in helping us get our message across to skiers and boarders throughout the province!

The importance of promoting safe and enjoyable snow sliding has not been lost on others. The keynote presentation by the President of the Ontario Snow Resort Association at their Fall Meeting focused on Safety Promotion!

Richard Schreier, our National President, titled his message in the Fall 2002, SWEEP: Safety – A renewed commitment! We now have a National Safety Program Director in Sandra Williams, former President of Mountain Division. The message is catching! Safe Snow Sliding is not contradictory to Fun, Excitement, Exhilaration, Thrilling... they all go together! We spend the majority of our time snow sliding with the public and resort staff when we have the perfect opportunity to encourage, support and promote safe enjoyable snow sliding. How many ways can you figure this can be done at your resort? Let us know your ideas... and we'll share them with everyone. Vivienne Ball is our VP Safety and Communications.

Of course we can't forget that we are the Ski Patrol System of Choice in Canada because of our very high emergency first aid standards! Just check out the article in this issue on WSIB to read about the further recognition and benefit we receive for the high standards we maintain. We are seeing continual improvements in our instructional and

examining approaches to maintain this excellence. One of the ways we can demonstrate our first aid skills is through continual practice and exhibition of our skills within our Patrols. We also place a great deal of emphasis and importance on our First Aid Competitions. From the selection of a team(s) at the Patrol level to proceeding through the Zone level we bring the very best we have to compete at the Division level. This year Algonquin Zone is hosting our Division Competition at the Jack Pine Resort in North Bay. If you are one of the fortunate to be on a competition team... good luck... hope to see you in North Bay



March 1, 2003! Our individual responsibility is to be ready at all times... what better way than to be the very best in our Division!

We are very privileged and proud to have the National Annual Conference (NAC) in Ontario in 2003. As you have read in SWEEP, viewed on the NAC Web Site (www.canskipatrol.com/nac2003.htm), the place to be May 8-11, 2003 is Niagara Falls! Steve Slack, Western Zone President and his Organizing Committee have done a terrific job setting up an event that truly is "over

the top"! Hopefully by now you have booked your rooms or made plans to register. We expect a record group of patrollers from across the country to descend on the "falls" that weekend... can you imagine all of us on the "Maid of the Mist"? This is a unique opportunity for patrollers throughout Ontario to attend even one day to see our National System in action... and at fun. Bring a group, bring the family... bring yourself to the NAC!

Enjoy the rest of "the lift lines"... have a great season... and keep thinking ***SNOW***!



Harassment Policy

The CSPS (Ontario Division) nor its member zones tolerate any form of harassment and undertakes to protect all members regardless of their race, ancestry, place of origin, colour, ethnic origin, language or dialect spoken, citizenship, creed (religion), sex, sexual orientation, disability, age, marital status, family status or record of offence, from harassment by other members of the CSPS with whom they may have contact.

The complete text of the CSPS Ontario Division Harassment Policy and the CSPS Ontario Division Harassment Guidelines are available at: www.skipatrol.on.ca.



Bill Kennedy – National VP Operations

National

Your value in the workplace – One more benefit of membership

Do you know what benefit you get from patrolling that can be used on your resume and make you a more valuable employee?

Workplace Safety and Insurance Board

(WSIB) Certification. It's one of the benefits that you receive as a qualified patroller.

Ontario's Workplace Safety and Insurance Board oversees Ontario's workplace safety. Part of their First Aid Program states "No matter how many workers you employ, if you are covered by the Workplace Safety and Insurance Act, you must have adequate first aid equipment, facilities, and trained people in your workplace". The WSIB have a comprehensive application, review and approval program to determine if a First Aid Organization meet its standards. The CSPS (Ontario Division) is one of the organizations that meet the standard.

So what does this mean to you?

If your workplace is covered under the WSIB, and chances are it is, then as someone who is already qualified under the WSIB certification program you have added value to your current or future employer. The best part is that it is something that you already have. It doesn't cost you any more effort or money.

While certification does not cost you anything extra, there has been, and continues to be, considerable effort on the part of your Division Education team to first receive, and then retain WSIB certification. Course content and materials, as well as instructor training and certification must all be approved by the medical department at the WSIB. After that, an on site

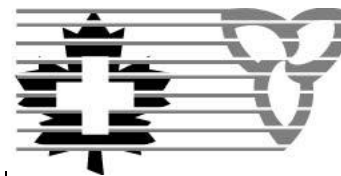
evaluation of our course is conducted. WSIB also carries out a re-evaluation of approved delivery organizations. We have just completed one of these re-evaluations in the fall of 2002, and the results are in! We have met and in some areas, exceeded the standards set by WSIB. Our appreciation goes out to the standard first aid course instructors who prepared their material and presented with a WSIB auditor sitting in to observe all sessions.

So the next time someone asks you why you patrol, as well as the first rate training, the great people, the chance to help others, and the fun skiing, you can include the added value you bring to your employment opportunities.



Division

Respecting your patient's personal space



When approaching an "accident site" patrolers are gathering information from their surroundings, making decisions about what actions they will need to put in to place once in "contact" with the patient(s). There is a lot on a patroller's mind at this point. Your emotions are heightened, and your adrenaline may be starting to flow.

As you approach the patient, stop for a moment and put yourself in their position. What emotions are they experiencing at that moment? Fear, pain, nervousness, anxiety, embarrassment...? The patient sees you as a person in authority – they want to trust and confide in you when they are in difficulty... carrying out the assessment with professionalism and respect is the way to earn their trust.

After the patient gives us their consent to help them, one of our roles as a first aider is to put the patient at ease and make them feel comfortable and confident with our first aid skills. This is one of the reasons we introduce ourselves by name. We must complete a primary and secondary examination to determine the nature and extent of the injuries. Applying first aid is a very "hands on" (tactile) skill and is an experience that may become very personal for the patroller and the patient involved.

As every experienced patroller knows, every patient we treat behaves and reacts differently to our application of first aid. We must keep this in mind and always respect the personal space and privacy of the patient. Our primary and secondary examination of the chest, abdomen and pelvic areas could be a less than comfortable experience for some of our patients. Keep in mind this patient is already experiencing many emotions, may never have seen or met you before and may not understand what you are doing. They may be less than comfortable having you examining their chest, abdomen and pelvis.

Communication is the key... Explain what you are going to do and tell them what you are doing as you work through the assessment. Be professional. Give calm reassurance to your patient.

The correct way to examine the chest is to "use the entire hand, not just the finger tips. Stressing the sides of the chest is just as effective as stressing the front of the chest regardless of the age. To assess the mechanics of breathing, the patroller uses their hands to stress the ribs. Push hard enough on the sides of the chest to flex the rib cage" ("Assessment of the Injured - The Priority Assessment An Instructor's Guide" Prepared by Terry Abrams

April 1995.)

The following are excerpts from the CSPA Training Manual 2002 Edition on examining the chest, abdomen and pelvis during the patient assessment.

Vital Signs - Breathing (pg 4-3)

Check the rise and fall of the chest visually. If this is difficult to see, put a hand on the chest to feel for movement.

Evaluate the Chest (pg 4-15)

Use touch and vision to evaluate the chest.

Weather conditions should always be considered before you perform a "to skin" evaluation.

Touch is your primary outdoor assessment tool.

Use your palms to push hard enough on the sides of the chest to flex the ribs.

Evaluate the Abdomen (pg 4-17)

While checking the abdomen by touch, gently press in all four quadrants of the abdomen with the flat of your hand.

Evaluate the Pelvis (pg 4-18)

Feel the pelvis for instability by pushing the sides of the pelvis together above the widest part of the hips and pushing down on the outer wings of the pelvis.

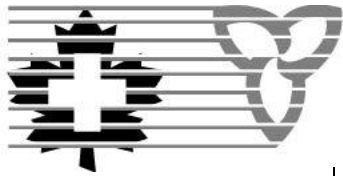
When we carry out the priority assessment our focus is to identify life threatening injuries. At the same time we have a responsibility to treat every

patient with respect and courtesy - keep in mind that they trust you to apply your skills and knowledge to the best of your ability. The person lying on the slope or trail is more than just a patient, they are a person. We want them to think of you as a friend ... do your best to make sure they do! ❁

Division Competition

The 2002/03 Ontario Division First Aid Competition will be held on Saturday March 1, 2003 at Jack Pine Hill in North Bay and will be hosted by Algonquin Zone. Check out the Ontario Division web page at www.skipatrol.on.ca for more details! ❁





Division

Safety promotion... it's our business!

Did you know that in addition to providing assistance to injured skiers, the mandate of the CSPS is to promote safe snow sliding to prevent injuries? We spend 90% of our training time focusing on providing emergency first aid that consumes less than 10% of the time we spend with skiers and boarders on the trails and slopes. Now think about how much time we spend focusing on the 1st goal of the CSPS: to promote safe snow sliding to prevent injuries. Keep reading to find out how you can promote safe snow sliding at your resort...

Lets talk about branding for a moment. Companies pay millions of dollars to associate themselves with an

image or a statement. What do you think of when you see...?

- The “golden arches”...
- Just do it...
- You belong outside ...

Interesting that when you see the phrase, you not only think of the company, but often the “quality” or “characteristic” the product presents... .hopefully it's positive.

Just like these successful businesses, the ski patrol continues to work towards “branding” the leaf and cross crest that we wear proudly on our jackets with Enjoyable... Fun... Safe... Snow Sliding and Quality Service. When the public sees the yellow & blue jacket or a resort ski patrol jacket on the slopes we would like them to think

that:

- Patrollers are more than first aid providers, we help people have fun on the slopes and trails while being safe;
- Along with the snow resorts, the patrol is a partner in the Snow Sliding Industry...we are part of the team that educates the snow sliding public about safe snow sliding.

We don't want the public to see us as those “hill police” who wait to pull tickets, stop kids having fun and transport injured people off the hill.

Safe snow sliding means knowing the risks associated with snow sliding and having fun while managing them. Here are a couple of

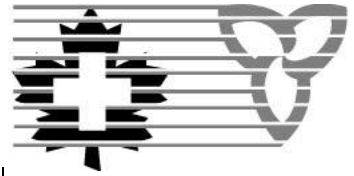
examples of messages we provide:

- Take a ski or boarding lesson before you hit the slopes. With the knowledge of the basic skills, you can slide injury free for the whole season;
 - Wear the gear: this might include wearing helmets, wrist guards, hats and warm clothing to match the weather and snow conditions;
 - Ski or board within your ability and stay on trails that are familiar and are within your ability level.
- Now that we all know what safe snow sliding means, here are some ideas that every patroller can use to promote safe snow sliding at your resort:
- Lead by example -

Ontario Division Executive

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Division Director of Finance & Treasurer	John Hogg	jhogg@halhinet.on.ca
Division Director On-Hill	Ted Kennedy	kennedyt@ucdsb.on.ca
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Frontenac Zone President	Dave Batsford	dbatsford@cogeco.ca
Kawartha Zone President	Ross Dunning	rossdunning@canada.com
Muskoka Zone President	Jay Neill	j.neill@sympatico.ca
SSM Zone President	David Schatzler	soo.zone@sympatico.ca
Superior Zone President	Millie Konderka	superiorzone@hotmail.com
Western Zone President	Steve Slack	sslack@canskipatrol.com





- practice the behaviours that demonstrate safe snow sliding like taking a lesson, wearing appropriate clothing for the weather, etc.;
- Mobilize your patrol - every patrol is already a team of dedicated volunteers eager to educate the sliding public through talks, presentations, activities, events;
 - Take advantage of the activities and programs that already take place at your resort like family days, ski school groups to promote safe snow sliding;
 - Smile, have fun;
 - Take a moment while riding up the lift with the public to hand out the alpine and cross country responsibility cards.

We also use Tony the Toque in our “branding”. Tony represents, enjoyable, fun, safe snow sliding... but only we can connect Tony with those messages. What are you doing to use Tony at your resort to “brand” the CSPS with Enjoyable, Fun, Safe Snow Sliding in Ontario?

Now that you are thinking about safety, the team at Ontario Division can provide your Zone and Patrol with the resources to make your events and activities a great success. Last season, Ontario Division distributed over 5,000 Tony the Toque key chains, 10,000 alpine and cross country responsibility cards, and hundreds of stickers, tatoos and decals to the eight zones across the province free of

charge. This season, we have more materials that are available to your zone, like Tony the Toque keychains, Tony the Toque tattoos, alpine and cross country responsibility cards.

To find out how to get some of these materials, talk to your Zone Safety Officer if your zone has one, or your Zone President. In order to get these materials this year, each zone has been asked to submit a safety promotion event plan to Ontario Division that includes the details of the safety promotion events or activities planned for this season as well as a request for the promotional materials listed above. To ensure that you have the promotional materials that

you want to support your safety event or activity, make sure that your event or activity is included in your zone plan!

On the National front, at last years NAC, Sandra Williams, was appointed as the National Safety Coordinator. This season, Sandra, along with the Division VPs of Safety will be refocusing our National safety initiatives, setting priorities, establishing funding, and revising some of the existing programs.

Promoting safety is more than just a nice thing to do ... its as much a part of being a patroller as providing first aid is... it's part of our job. But more important than that, it can be a lot of fun. ❄️

Ontario Division

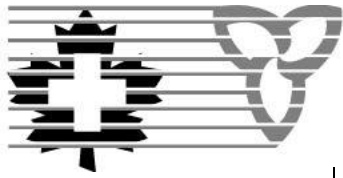
Membership Comparisons

<u>Zone</u>	<u>93/94</u>	<u>94/95</u>	<u>95/96</u>	<u>96/97</u>	<u>97/98</u>	<u>98/99</u>	<u>99/00</u>	<u>00/01</u>	<u>01/02</u>	<u>02/03</u>
Algonquin	107	112	95	97	93	85	133+	195+	83+	65+
Central	850	840	806	742	730	770	758	769	813	736*
Frontenac	88	73	65	71	59	45	43	32	30	25
Kawartha	246	229	218	236	233	219	238	229	196	237
Muskoka	38	36	33	34	29	38	34	30	34	39
SSM	63	61	55	43	32	30	38	37	47	36
Superior	160	173	136	127	110	94	57	82	81	56
Western	261	243	260	238	218	211	216	195	146	120
<u>Total</u>	<u>1872</u>	<u>1821</u>	<u>1719</u>	<u>1642</u>	<u>1552</u>	<u>1524</u>	<u>1517</u>	<u>1569</u>	<u>1430</u>	<u>1314</u>

+reflects amalgamation of Algonquin and Northeastern zones
 *estimate only, actual numbers not available.

Dec. 05/02 ❄️





Division

Meet your VP Operations – Joel Dodd

Joel has been your Ontario Division VP Operations for the past two seasons. Prior to that, Joel was the Zone President of Western Zone. Joel shared some reflections with me on being a four-season patroller...

Q: You patrolled for a number of years with an organization before you joined the CSPS. Tell us about that and when you joined the CSPS.

A: I first started patrolling in 1975 at the London Ski Club. I patrolled for one year with the CSPS and left London to live and ski in Banff for the following 2 seasons. When I returned to London I rejoined the patrol, which had left the CSPS for various reasons. I continued as a member of this patrol until 1986, when, in my second year as Patrol Leader, I convinced the Club to rejoin the CSPS. I was aware

that as patrollers we were falling behind in our level of training, which was a combination of St John's and Red Cross. Many thanks to Tom Smith for driving from Woodstock to London twice a week to train us our first few years.

Q: You have been involved with CSPS for a number of years in a number of roles. Tell us about them.

A: As a member of Western Zone I have held positions as Patrol Leader, First Aid Examiner, On Hill Examiner, Zone On Hill Director, Zone V.P. Operations, and Zone President. I currently am enjoying my role as Ontario Division V.P. Operations.

Q: How have you found being involved at the Division level different than being a part of a Zone?

A: Being part of Division Executive has been rewarding in that I get to work with a lot of great people. In my position as V.P. Operations I can still work with the Zone Presidents on issues relating to that level of our system. As well, I get to involve myself with National and the people working at that level. Working with the other Division officers is great. They are all dedicated to making the system better - it's a lot of fun feeding off each other's enthusiasm.

Q: How does patrolling impact your "other life"?

A: My wife Nancy has

sometimes answered our phone as "Ski Patrol, how can I help you". My two boys, Bryan and Brendan, know most of the exam questions and have been "victims" plenty of times. My staff is often typing reports etc. or packing and shipping CSPS materials to far reaches of our system. I owe a lot to my family and staff for their help in my patrolling, I could not have continued without their support. I have, as probably most of us, tried to balance home and work with the patrol, which can be trying at times, but also rewarding. I think that the CSPS promotes a healthy lifestyle example for my boys as well as showing them the rewards that come with being a volunteer.

Q: Describe your best experience as a patroller.

A: Watching other patrollers be recognized for their hard work is a lot of fun, as well as being recognized. Being present and seeing a patroller like Cliff James getting their 50 year pin was inspiring and humbling. Getting rid of my "Rainier Red" for the blue and yellow was a high point, as was returning to the CSPS after 10 yrs as a private patroller. Still high on the list is getting a nice Thank-You Letter from someone you were able to help. Visiting other patrollers, especially in the west is always a great time. Most recent that comes to

mind was 5 days of escorting the "Trans Canada Trail" in Southern Ontario.

Q: Describe your worst experience as a patroller.

A: Having to perform CPR on a man who was on vacation with his wife. The gentleman was on the lake fishing at the time, suffered a heart attack, and I reached him within seconds. He was not able to be revived, and I suppose that at the time I felt I was somewhat responsible. I know now that was not the case, but at the time it was hard to deal with. It still bothers me when I recert each year.

Q: You are a recipient of the CSPS's highest award, the Life Saving Award. Tell us about the events that led to that.

A: That event had a much better outcome. I was working in a yard one summer when a fellow in an adjacent property had a serious accident while cutting down a tree. The man was struck on the head by a large limb and toppled about 25ft to the patio below. He was unconscious and not breathing when I reached him. I was able to open and maintain his airway without moving him and summoned help by yelling for assistance. The victim subsequently was treated for severe head injuries and fractured c-spine vertebrae. He was able to eventually recover



and return to a normal life.

Q: You are an avid mountain bike racer and wear the colours of the CSPS at racing events like the 24 Hours of Adrenaline. How have you and your team been received by the public at these events?

A: The team has had a lot of fun mountain biking during the summer. We provide first aid to the various weekly and large event races at Boler Mountain in London.

The team members also take part in racing at several different events including the Mansfield Enduro and the 24hrs of Adrenaline series. The biking keeps us close over the summer and is great exercise as well. The publicity we get is great and we are always recognized by the event promoters. We answer plenty of questions about the CSPS and encourage others to join.

Q: What do you think is the most important thing that patrollers gain from their involvement with the patrol?

A: Being able to help others during a crisis is rewarding, as is the fellowship that evolves over the years. I have friends in the patrol all across Canada and have been treated as well as I could imagine by them and patrollers all over the U.S. We are all typically cut from the same mould, and I guess this is what draws us together. We

always find some original way to entertain ourselves when we do come together, and this keeps us close. The respect that the CSPS is given by the snow sliding industry and the public should make our members proud of their involvement.

Q: How has the CSPS changed since your early days at the London Ski Club?

A: The CSPS has worked hard at becoming the organization of choice for the majority of resorts, and has gained a respectful position within the industry. I believe that our survival is based on continuing to improve and keep pace with the industry as it evolves.

Q: If you could change one aspect of our system, what would it be and why?

A: I think we could be a little more forward thinking as to the eventual changes in the snow sliding industry and how they could affect us. Being able to anticipate our customer's needs will keep us ahead of other service providers. The old adage that it is better to lead than to follow will ensure our viability in the future.

Q: What is your secret to staying active in the patrol for so many years?

A: Keeping involved is high on the list. Just today I volunteered a few hrs at a local speed skating event we had been asked to provide first aid for. Doing different

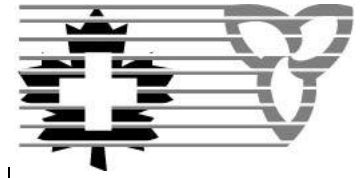
things, taking on different roles prevents it from getting boring...

Q: What do you like most about your position as VP Operations for Ontario Division?

A: Helping other members of the System achieve their goals is always rewarding. Being part of a team striving to make things better can be a lot of work but also a lot of fun.

Q: We know that next year's NAC will be held in Niagara Falls and that you have been one of the driving forces behind bringing the event to Ontario. In your opinion, what are some of the reasons why patrollers should plan to attend this event?

A: In my opinion the conference will be of value to members of the system no matter what their level of involvement is. The topics are far reaching in their ability to make each delegate that much more a part of the success of the System. The more information we can present to our members in attendance, the more the public and the patrol will benefit. Not to mention that we as the organizing committee have some great social events lined up. ❁



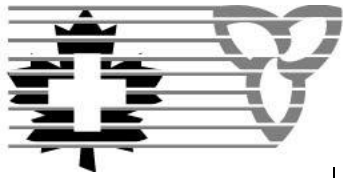
CSPS Ontario Division
Vice President Education

We need your questions...

The CSPS is always looking for new questions to add to the National data bank of exam questions. If you have a question you would like to see on a future written exam, pass it along to your First Aid Instructor or Vice President of Education. Be sure to include four possible answers, and indicate the correct answer. We also require the reference page to the correct answer in the manual. Keep in mind that the question does not need to be on First Aid, it could be from any section of the manual.

Thanks for your input! ❁





Division

On-Hill Training Report

By the time you read this, your new equipment has been purchased after much deliberation, or last season's equipment has been tuned, cleaned and inspected, and your muscles and joints have been strengthened and stretched to ensure a strong safe start to the new season.

From the On Hill Training (OHT) side, the new Instructor's Resource Guide that has been under development here in Ontario for the past couple of years is being formatted on CD and once pictures are completed, the document will be forwarded to each of the zones. It's been a long process to bring this project to the point where the final format will provide current and helpful

information, which can easily be updated as changes, and revisions in our training processes occur. The document represents the work of a large number of people from across the Division and the Country who have contributed considerable knowledge and experience to produce a resource document which will benefit OHT instructors across the Division.

The new document will be formally introduced at the Division Meetings and On-Hill Seminar to be held along with the Division Competition at Jack Pine Hill in North Bay on February 28 and March 1, 2003.

Ontario Division has been a leader in the development of On Hill Training and evaluation over the years. It therefore seems logical that

some areas in Ontario Division will participate in a pilot project sponsored by the National Education Committee, which will incorporate some new and different training, assessment and evaluation techniques during this season. Two pilot projects are scheduled for Beaver Valley and Snow Valley, both in Central Zone and a third is tentatively scheduled for one of the northern zones. At their October meeting the National Education Committee voted unanimously to bring about some changes to the OHT assessment and evaluation process which will reflect current practices and bring the OHT group closer to the type of assessment and evaluation process that has

been introduced in First Aid training.

More information will be shared with your Zone On-Hill Coordinator about this project over the next few months. It will include feedback from patrollers who will be working with the material as well as the introduction of updated visual resources, which will enhance the delivery of the On Hill Training program across the country. The intent is to create a more "patroller friendly" process, which will ease the stress for both instructors and OHT candidates.

Please contact me, Ted Kennedy, the Director of On Hill Training, Ontario Division, if you would like more information about this exciting pilot project. ❁



National Annual Conference

"Shoot for the moon. Even if you miss, you'll land among the stars"
(Les Brown)

This message is brought to you by Karen Graham of Panacea Coaching & Consulting Inc. Karen is a former CSPS patroller at Devil's Glen in Central Zone and is a success coach. She will be one of the featured speakers at the National Annual Conference to be held in May 2003 in Niagara Falls. Karen will be speaking about conflict management strategies that patrollers may find helpful for their patrolling duties.

For more about Karen and Panacea Coaching, check out www.panaceacoaching.com





Zone President Elections

Call for Nominations

In
**ALGONQUIN
CENTRAL
MUSKOKA
SAULT STE. MARIE**

Please be advised an election for the office of President of Canadian Ski Patrol System in Algonquin, Central, Muskoka and Sault Ste. Marie Zones has been called. The term of office will be for a period of up to two (2) years commencing May 2003 to May 2005.

Nominations will be received until 6:00 p.m. on February 14, 2003 by:

*CSPS ONTARIO DIVISION
c/o Linda Andrews
66-2350 Grand Ravine Drive
Oakville, ON L6H 6E2*

To be eligible for nomination as President of a Zone, the nominee must have been a registered Patroller in good standing in the System for a period of 18 months at the time of nomination.

All nominations must be made in writing, stating the nominee's experience and qualifications, and must be signed by two (2) Patrollers in good standing in the Zone at the time of nomination. The nomination must also contain a signed statement by the nominee accepting the nomination and indicating a willingness to serve if elected. (A sample nomination letter is shown here).

Nominees may be interviewed by the Ontario Division President.

Brian Low, President



NOMINATION FOR THE POSITION OF

ZONE PRESIDENT

_____ is hereby nominated for the position of President of the Canadian Ski Patrol System for _____ Zone.

Nominated by: _____ **Seconded by:** _____

Name: _____ Name: _____

Address: _____ Address: _____

Phone: _____ Phone: _____

Zone: _____ Zone: _____

Position held: _____ Position held: _____

I.D. Number: _____ I.D. Number: _____

Signature: _____ Signature: _____

Nominee Data:

I, _____, hereby accept the nomination for the position of Zone President in _____ Zone. I will abide by the Election Rules and Regulations as set out by the CSPS. I accept that the Ontario Division President and his Executive members shall operate, appoint and scrutinize the election for _____ Zone at the Zone's expense. I certify that I have been an active member for 18 months, and am a member in good standing.

Name (print): _____

Address: _____

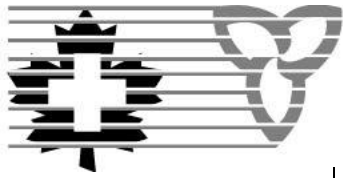
City: _____ Postal Code _____

I.D. Number: _____ Zone: _____

Present Position: _____

Signature: _____ Date: _____





Division

Should you put a lid on it?... CSPS National Helmet Policy

The debate about whether snow sliders should wear helmets or not has been gaining momentum over the last few years and nowhere has the debate been more lively than within the ski patrol from coast to coast. Here are some Q & As to give you some background on the issues involved and let you know where the CSPS stands on the question. With this information in hand to get you started, its up to you to make your own decision...

What is the CSPS National policy on wearing helmets?

The Canadian Ski Patrol System strongly supports the use of helmets by children and all snow sliders participating in competitive events.

The use of a helmet is a matter of personal choice and the Canadian Ski Patrol System supports the personal decision

of its individual members on the wearing of a helmet while participating in a snow sliding sport.

What does the research say about head injuries?

- According to an evaluation of head injuries associated with snow skiing and snowboarding by the American Consumer Product Safety Commission ('Commission'), the number of Emergency Room – related injuries dropped from 114,400 to 84,200 between 1993 to 1997;
- Even though the Commission study found that the number of overall hospital emergency room-treated injuries associated with skiing declined, the number of head injuries remained relatively constant. Snowboard injuries nearly tripled and the number of head injuries from snowboarding increased five times;
- Other research suggests that Traumatic Brain Injury ('TBI') is the leading cause of death and serious injury in most sports and recreation activities;
- Even though head injuries represent only 5 to 15 % of all injuries they are the number one cause of serious disabling injuries and death;
- Overall, head injuries represent about 14 % of

all skiing and snowboarding injuries. And for children under 15 years old, this increases to 22% of the total estimated injuries;

- According to the American Medical Association, although potentially serious head injury among recreational skiers and snowboarders under 17 years of age is rare, this group has about twice the risk of sustaining a serious head injury than older skiers do.

Do helmets protect us? If so, how?

- According to the American Medical Association, the purpose of a helmet is to prevent or lessen the severity of head injuries that occur when the head strikes a fixed object. A properly designed helmet is intended to dissipate the energy of impact and protect the head from absorbing the total force of the blow.

Why should I wear a helmet?

- In its 1999 study, the Commission concluded that helmets could prevent 44 % of head injuries to adult skiers and 53% for skiers under the age of 15;
- The American results seem to be confirmed by research from other countries around the world;
- A nationwide study of ski injuries in Sweden

concluded that the incidence of head injuries was 50% lower for skiers who wore helmets than for those who did not;

- A Norwegian study on ski injuries among children reported that head injury was more common among children over the age of 10 than among children younger than 10 years. The study suggested that this may be because younger children wear helmets. The study also concluded that the injury risk for beginner skiers was 9 times greater than the risk for intermediate skiers;
- Apart from the medical evidence, some people say that it just makes good sense to wear helmets.

Why shouldn't I wear a helmet?

- Some experts question the existing scientific evidence and speculate whether wearing helmets actually makes a difference;
- Critics say that the current research might overestimate the number of life-threatening head injuries because the studies were not conducted over a large population;
- Some people argue that sport helmets are generally designed to protect against low-speed, glancing impacts – and may not offer much protection at speeds over 12 mph;
- Some people think that





wearing helmets might make snow sliding more dangerous because helmets might give people a false sense of security and lead them to ski or ride in situations above their ability level;

- Some skiers and riders say that their ability and good judgment is all the protection they need – helmets are uncomfortable and limit peripheral vision;
- There is the “geek factor” associated with wearing a helmet – some people still think it is uncool to wear a helmet on the slopes;
- Helmets aren’t cheap; you

can expect to spend between \$50 to \$250 or more;

- Without standards, it is hard to know which model to buy.
- What else to I need to consider before I make my decision?*
- There are lots of opinions about whether to wear a helmet or not;
 - There are numerous scientific studies and lots of emotional anecdotal evidence out there;
 - Helmets may not prevent every injury;
 - Helmets might help in the event of a head-related incident – they may

reduce the severity of head injury even if they do not prevent injuries;

- The experimental data seems limited so it might be necessary to continue to collect information over a larger population and geographical area;
- The CSPS policy is consistent with the position taken by the National Ski Patrol, who has taken the position that wearing a skiing helmet is a matter of personal choice.
- There appears to be little research conducted on helmets and injuries in Canada.

Deciding whether to wear a helmet or not when you snow slide is a difficult decision, especially when everyone around you seems to have a different opinion. To get you started, we have given you just a sample of the information written about helmets and there is plenty more that has been published on the topic. So after you have done your own research, you decide whether to put a lid on it or not... ❄

“Buy a page” is back.

CSPS First Aid Manual

Sponsorship Program

Three years ago, the CSPS successfully established a page sponsorship program (“Buy a Page”) that assists in offsetting the costs of ensuring that the first aid manual is current and up to date. Traditionally, Ontario Division and its member zones have approached individuals, members, Patrols and businesses at the local level to sponsor one or more pages for a three-year term. Here we are three years later and most of those original sponsorship arrangements are up for renewal. We are hopeful that our original sponsors will renew their commitment to the CSPS.

Each year, the nine Divisions from across the country compete for the honour of being the National leader in pages sponsored. Ontario Division has been the leader for two of those three years! Let’s make sure that Ontario Division stays on top and receives the National Award at NAC 2003 to be held in Niagara Falls. Remember as well, that our Division has an award for the zone who obtains the most pages sponsored – the winning zone will be recognized as part of this year’s Division Competition in North Bay in March. Western Zone, last year’s winner challenges all the Zones in Ontario to reach for the top this year! ❄





Division

Algonquin Zone Profile

With the amalgamation in 1968 of North Eastern Zone (Timmins) and Algonquin Zone, we are one of the largest geographical zones in the country. To reach the boundaries of this zone by car, it would take you 12 hours, following the rules of the road, of course. It spans from Timmins, Tri-Towns, Mattawa, North Bay, Sudbury, Espanola and Elliot Lake. Given the geography of the zone, all areas are self sufficient with their own organizing committees and training teams.

We are 95 patrollers dedicated in service to 6 alpine and 3 nordic resorts. The alpine resorts include Kamiskotia, Tri-Town Ski Hill, Jack Pine Hill, Adanac, Onaping Ski Hill, Espanola Ski Hill.

Although we are proud of our service level at these resorts, not all are a success story. This will be our 2nd year without patrol presence, due to lack of patrollers, at Mount Dufour in Elliot Lake. Mount Dufour is an excellent facility for a visiting patroller. If you take the three-hour drive from Sudbury, you have to try "Idiot", a very steep run. How steep you ask, well, you cannot see the bottom of the first tier from the top of the second, and it's not due to trees. Mont-Antoine in Mattawa, remains closed and will not open again in the foreseeable future.

Our patroller experience ranges from rookie to our one life member, our pioneering and very active Gordon Dysart. There is also a strong contingent of

former patrollers, active in recruiting and promotion. These former patrollers are organizing an Algonquin Zone reunion for all former and current patrollers. The reunion is planned for the fall of 2003 in Sudbury. If you are a former Algonquin patroller and are interested in this event, contact: Gil Quesnel gquesnel@sympatico.ca or Fred Norris norrisf@isys.ca (705) 523-5298

Some of Algonquin's initiatives include the promotion of helmet use by all patrollers in the zone by providing discounted prices from a Sudbury supplier. We would also like to see a revival of the monoski for use in the patrol.

Our off-season is exactly that. We believe volunteers need a holiday as well, so they can come back in the

fall with the energy level that it takes to run such a successful organization.

Algonquin Zone is proud to host this year's Ontario Division Competition at Jack Pine Hill in North Bay on March 1, 2003. We look forward to seeing many of you there and wish your teams the best of luck for what is shaping to be a good time. Many thanks to the organizing committee.

If you ever come up to the great white north and visit one our resorts, e-mail us at Algonquin_zone@hotmail.com, and we will connect you with the resort's patrol leader.

So, let's wish for avalanche conditions and deal with it if it happens! ❄

Congratulations!

Congratulations to you all for successfully completing your First Aid Training or Re-training. And welcome to the World of Patrolling!!

This fall the CSPS used a new format to evaluate its members. We are always striving to achieve the most efficient and appropriate technique to evaluate our membership.

This was the first season this new exam format had been used, so there will no doubt be some "growing pains". Please pass along any helpful evaluation you may have regarding this process to your First Aid Instructor, who will pass it along up the chain. Without your constructive feedback we can't get any better!

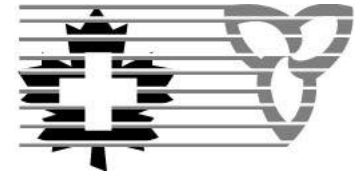
We trust many of you took advantage of the study guide published on the CSPS Training manual CD and copies of previous year's written exams on our web site.

Enjoy the snow sliding this season, and good luck with your on snow training! ❄



Division

Blood borne disease protocol



The material in this article is provided to patrollers for information purposes only. Patrollers should refer to the current CSPA First Aid Manual for specific universal precautions procedures.

There are a number of diseases that can be transmitted through blood, with Hepatitis B and C, and HIV being of greatest concern. The first line of defence is always prevention of further danger of injury which can be accomplished through the use of Universal Precautions. The CSPA First Aid Manual Chapter 3 "Infectious Diseases and Universal Precautions" has more information on this.

This line of defence does occasionally fail for a variety of reasons (for example the gloves ripped.) The first aider should cleanse the area well and allow it to bleed freely, and then proceed to a hospital Emergency Dept. Once at the hospital, he or she will have further assessment of

the injury and the possible exposure risk to blood borne diseases. Medication may be given to try to prevent transmission called Post Exposure Prophylactic (PEP). There are time restrictions for these medications, and a specialist is often required to assess the actual risks involved.

Hepatitis B transmission can be prevented through vaccinations. The CSPA First Aid Manual encourages that while there is no policy recommending Hepatitis B vaccination for patrollers, anyone who might come into contact with blood should consider it. There is no vaccine or PEP for Hepatitis C.

The first aider is encouraged to tell the injured person what their

status is and express the willingness to have testing done if necessary. They should then ask the injured (source) person if they have anything the first aider should be worried about, and would they be also willing to have testing done. Studies have shown that between 83-92% of source persons have agreed to testing when approached in a sensitive manner.

In a very few instances, the source person has refused to provide information or to have testing done. This has left the first aider in a state of anxiety. Bill 105 was passed in the Ontario Legislature (December 2001) in attempt to deal with this situation, and has been proclaimed and comes into effect on May 1, 2003. There is a process

with time guidelines that will need to be followed when this Bill comes into effect.

A compulsory testing procedure will not provide information in a timely manner as to whether the first aider should be started on PEP. If the test results come back negative, it will only be used to reach the decision to stop PEP that may have already been started.

Refer to the CSPA First Aid Manual for specifics on Universal Precautions and the Ontario Division web site [HYPERLINK "http://www.skipatrol.on.ca" "www.skipatrol.on.ca"](http://www.skipatrol.on.ca) for further information about Blood Borne Disease Protocol



On behalf of the
NAC Committee 2003,
we look forward to
being your hosts
in Niagara Falls
and to taking you
"Over The Top"!

Stephen Slack – Western Zone President
Marketing Coordinator, NAC Committee 2003
sslack@canskipatrol.com





2001/2002 Awards Recipients

National Award Winners from Ontario Division

Life Membership Award

47 Linda Hatcher Central Zone

Canadian Ski Patroller Award

751 Keith Buchanan Kawartha Zone

752 Ross Dunning Kawartha Zone

755 Brian Low Central Zone

756 Janet Meesters Central Zone

National Appreciation Award

1348 John Redman Kawartha Zone

Public Relations Award

Jason Locklin & Ted McLeod Central Zone

25 Year Service Awards

John Ackery Central Zone

Tom Carr Central Zone

Dace Frayne Central Zone

Tom Smith Western Zone

Peter Wood Western Zone



Ontario Division Award Winners

Division Appreciation Awards

280 Cary Ackerman Western Zone

281 David Armstrong Western Zone

282 Steve Coulishan Central Zone

283 Pamela Foster Kawartha Zone

284 Andy Grandmaison Algonquin Zone

285 Steve Kohler Superior Zone

286 Rick Pierce Muskoka Zone

287 Robert Rocque Kawartha Zone

288 Colin Whitehead Western Zone

20 Year Service Awards

Vivienne Ball Central Zone

Kathy-Anne Carr Central Zone

Don Colwell Kawartha Zone

Barb Courtin Algonquin Zone

Gord Laidlaw Central Zone

Bart Meuring Central Zone

Eva Pala Central Zone

Paula Paquette Algonquin Zone

Robert Schuelein Algonquin Zone

Steven Shinton Algonquin Zone

Executive Award – Linda Andrews

President's Award – Western Zone

Doug Wilson Administration Award

Algonquin Zone

Division Achievement Awards

Jan Beard Central Zone

Bruce Boulding Central Zone

Pam Foster Kawartha Zone

Ted McLeod Central Zone

William Wright Western Zone

Division Competition Awards

Overall Competition Winners

Central Zone, Beaver Valley Carolyn Hamilton

Renee Oettershagen

Randy Scarrow

First Aid Winners

Western Zone, Cobble Hills Connie Bontje

Reid Doyle

Alison Smith

On-Hill Winners

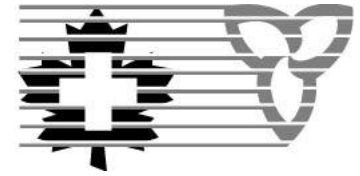
Central Zone, Centennial Patricia Krukowski

Scott Syme

Chris Wojciechowski



Division



Want to go over the top in 2003?

Attention all Ontario Division Patrollers

Western Zone of Ontario Division is hosting the National Annual Conference

May 9,10,11, 2003 in Niagara Falls Ontario at the Sheraton Fallsview Hotel and Conference Centre.

You recently received details on the National Conference in the latest issue of SWEEP. For more details, please visit our website at www.canskipatrol.com and click on Conference 2003.

For your convenience, on-line registration is available, or simply fill out the form on-line and print and mail your registration to the address indicated.

Niagara Falls, one of the seven natural wonders of the world is one of the most popular vacation destination areas, playing host to over 20 million visitors annually. The Sheraton Fallsview Hotel is just 330 yards from the brink of the falls, offers breathtaking views, and a comfortable setting to renew friendships, or begin new ones. To check out the hotel or to find out more



information on all that it has to offer, check out their website at www.fallsview.com. Rooms will be in short supply. With many of the allotted rooms already booked, you will not want to delay in making your plans to attend. The room rate is \$146.00 per night, which is fantastic, when considering this venue. You should book your room(s) directly

through the hotel. Please book now, so you won't be disappointed later.

To ensure that you get the most value for your money and to help make your experience in Niagara Falls a memorable one, we are planning an action packed, informative, and fun filled weekend for a conference full registration rate of \$199.00. For a breakdown of the various costs to

attend all, or portions of the weekend, please see the registration form.

If you would like an idea of what we have planned during this sure to be remembered event, our plans are well underway and are available now on the website.

Don't forget to check out the details on our photo contest, for your chance to win an "Over The Top" T-shirt.

Be a part of the excitement! Be a part of the fun! *



Ontario Division

First Aid Competition Rules

■ Team selection is entirely up to the Zone. Usually the overall top Alpine and Nordic teams compete in the Ontario Division First Aid Competition ('Competition'). If space is available, the First Aid and On-Snow winners from a Zone Competition may be allowed to enter the Competition. The decision to allow additional teams to enter the Competition will be at the sole discretion of the Ontario Division Competition Organizing Team in consultation with the Division President.

■ All Zones are minimally encouraged to send both an alpine and a nordic team.

■ **Teams must have:**

- Permission from their Zone president
- Competed in their Zone Competition if one was held
- Properly crested CSPA jackets or resort patrol jackets
- Current and valid ID cards

• Standard first aid kits and contents.

■ **Teams must not have:**

- Competed as a trio at the National level within the last 3 years (i.e. 2002, 2001, 2000)
- More than three members.

■ **Teams should have:**

- At least one first year patroller
- Won a Zone Competition

■ Snowboards, Telemark and Mini Skis are considered to be part of the alpine discipline. Mixed teams of snowboard, mini ski, telemark and alpine skis are acceptable.

■ Only those first aid procedures described in the current edition of the CSPA Training Manual are evaluated at the Competition.

■ Only standard CSPA equipment as described in the current edition of the CSPA Training Manual will be allowed. Backboards and toboggans will be provided at the competition site as required.

Team appearance will be

monitored at all times during the day of the competition. Teams may lose marks if they are not wearing the official CSPA / properly crested resort uniform as described in the current edition of the CSPA Training Manual.

PROTESTS

Any team wishing to file a protest is required to give it in writing to the Ontario Division Vice President of Education within one hour of the completion of the Competition.

■ A Competition jury will be formed to resolve any protests and their decision will be final. The jury will consist of the following:

- The Ontario Division Competition Organizing Team
- The host Zone President, or a suitable replacement appointed by the host Zone President
- The Ontario Division President

Revised December 2002



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