



SARA Update: March 2009

SARA Callout Review

A brief overview of some of our recent calls

January 25, 2009: 17:00-19:49

A male hiker was hiking off trail in the wilderness area east of Bear Canyon. He started to experience chest pain and called 911 for a rescue. Initial SARA teams located the patient and provided initial treatment of oxygen and packaged patient for transport. While medical was being provided other SARA teams prepared an area for DPS air rescue to come in for a hoist ingress. Patient was carried up to the helicopter loading area and flown out of the field; then transported by ground ambulance to the hospital. Follow up with the patient revealed he has experienced a myocardial infarction, in the hospital he received angioplasty and a stent; more information on this lifesaving procedure can be found here:

<http://adam.about.com/encyclopedia/Angioplasty.htm>

January 30, 2009: 16:47-1:20

A young male hiker self reported himself lost in the vicinity of Cathedral Rock. Initial teams started in from Sabino and Esperero canyon. A team was inserted via DPS Air Rescue to Romero Pass; while flying back the subject was spotted by air in Esperero canyon. Teams in Esperero reached the subject and everyone walked out.

February 21, 2009 20:22-02:30

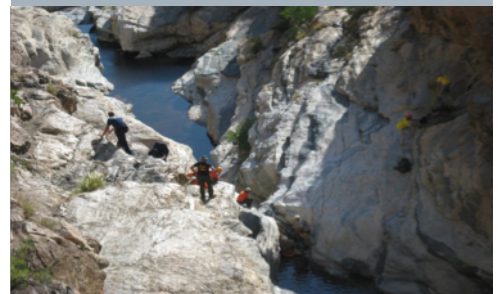
Two hikers reported themselves lost and without light off of the Marshall Gulch trail. Teams went into to Marshall saddle, from the saddle teams split onto the Aspen trail and the Wilderness of Rocks trail. Teams on the Wilderness of Rocks trail located the subjects a few hundred feet above the trail. The subjects were led up to the first saddle on the Aspen trail and everyone walked out the Marshall Gulch Trail.



Training

02

Recap of the monthly training and a look to next month.



March training:

04

TV falls orientation is 3/7, get the map and info



MRA recert:

06

SARA members work hard in the snow for a day.



High angle rescue training recap.

February 21, 2009

On Saturday morning a large group of SARA members and candidates met to practice high angle rope rescue techniques. Rigging ropes for vertical rescues is a bit different than our standard rigging techniques used for scree slope evacuations.

After setting up anchors and rigging, a stokes with attendant was lowered over the edge and brought back up. A callout cut the training short but a fair amount was learned by all involved. This will be the first of a series of technical trainings SARA will be putting on over the next few months.

Some of the buzz words from the trainings:

Long tail interlocking bowlines
Personal Purcells



High angle rescue training [continued]

Long tail interlocking bowlines:

This attachment point for the spiders has several advantages. It is easy to untie after it has been weighted and provides two attachment points to tie into; one for the attendant and one for the patient.

Personal Purcells:

A set a personal purcells consists of 3 pieces of rope: a short prussic loop and two adjustable purcells (one short, one long). A set of purcells has many uses such as: litter tending, ascending fixed lines, improvised rigging and adjustable daisy chains. *Remember anytime you get on a rope you should have the ability to both ascend and descend it!* Purcells provide a light weight way to ensure you can always ascend a rope.

Tying your own set requires about 30 feet of 6 mm accessory cord. Information on how to tie your own set can be found in references such as:

The Freedom of the Hills (available in the SARA library)

Technical Rescue Riggers Guide by Rick Lipke

Various sites on the internet

Other SARA members, (Dave Brown has a good method)



February training [cont.]

If you didn't make the training this month, don't worry. This will be the first of a series of technical trainings over the next few months.

March Training information:

TV falls orientation.

Each summer we have a fair number of calls at Tanque Verde Falls. This area is fairly complicated and SARA has some pre placed anchors for patient evacuations. Come see where they are before you need to locate them on a rescue.

Date: Saturday March 7th, 2009

Time: 8:00 am at Tanque Verde and TV loop

Bring your full rescue pack and plan to be finished by 1:00 pm.

24 Hours in the Old Pueblo review

While the primary mission of SARA is to provide search and rescue services to Pima County and the surrounding area, SARA has also started providing medical support for Epic Rides mountain bike events. This years first race was from noon on the 14th to noon on the 15th of February. SARA members responded to many injuries including a rider with a cervical spine injury.

The other mountain bike races SARA provides medical support for are:

The Whiskey Off Road Race; April 25th 2009 in Prescott, Arizona.

Tour of the White Mountains; Fall 2009, Show Low, Arizona

These events provide a great opportunity to practice medical skills in a slightly different environment than SARA normally operates in.

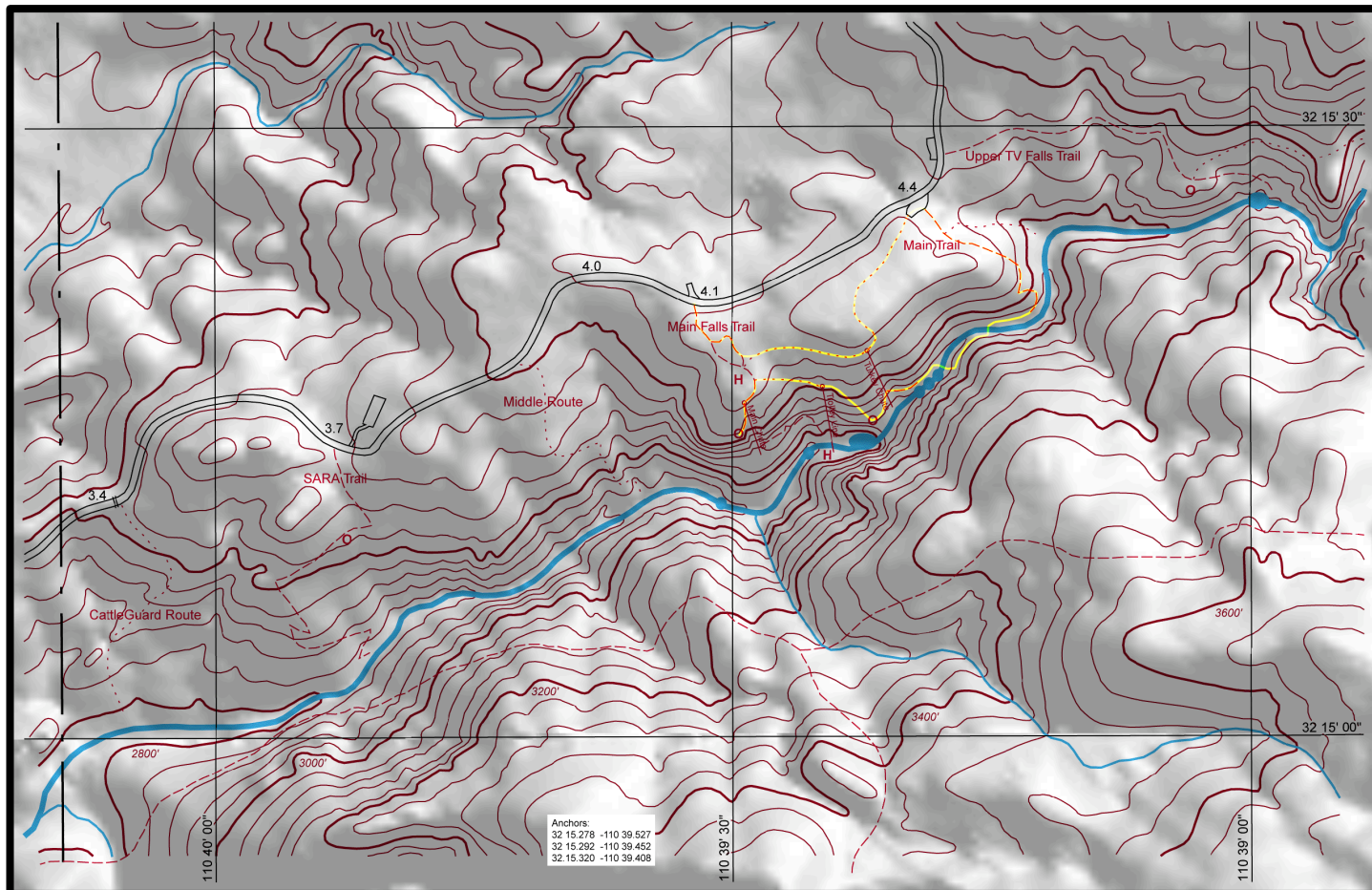
OEC assessment tip

While assessing your patient one of the most important things you can do is talk to him or her. One thing most new people struggle with is asking patient assessment questions while performing a hands on assessment. A great way to practice your assessment routine is to practice regularly on a pet, while the anatomy is different, it will help you get used to asking certain questions and develop your routine.



A SARA member performs an assessment on an ankle injury.

Focused Map of the Tanque Verde Falls area showing location of SARA anchors and routes. A good source of aerial photography for this area is <http://maps.live.com> or Google Earth.



2009 SARA Training and Events Schedule

March 7	TV Falls Orientation
April 4	Mine Rescue
May 2	Swift Water Rescue
June 6	Intro to Sonoran Desert Summer
July 4	Truck and Equipment, Base Camp Operations
August 8	Basic Rock – Intro to off trail movement with Stokes
September 5	Personal Rope Skills
September 12	Grand Canyon Cleanup
October 3	Technical Skills – Beyond Basic 4
October TBD	Vertical Mile
November 7	Technical Rescue
December 5	Medical/Technical Equipment

This is not an all inclusive list of SARA events for the year, dates are subject to change, stay informed via the SARCI blog (<http://sarci-info.blogspot.com>) of changes.

Winter MRA Recertification Recap

As you heard last month, the regular February monthly training was moved due to SARA needing to recertify the winter skills portion of our Mountain Rescue Association accreditation. On February 9th SARA members spent most of the day performing a mock snow and ice rescue that involved a technical evacuation; along with demonstrating building snow anchors, crossing avalanche zones, demonstrating roped travel, and avalanche probing techniques. Due to excellent teamwork SARA passed the test and was recertified for the snow and ice portion of our MRA accreditation for the next three years.

Information on the MRA can be found here:

<http://www.mra.org>



Photos:

(above) Brian Duffy accepts the reaccreditation certificate. (top right) stokes team read to be lowered, (right middle) a team demonstrating roped travel, (lower right) a team demonstrating arrest technique.