



Candidate Update: April 2009

SARA Callout Review

A brief overview of some of our recent calls
[Written by Mykle Raymond and Jason Bowman]

February 22, 2009

A group hiking up Molino and down Hollin Canyon was downclimbing a waterfall about 0.8 miles above the highway. One fell about 30', sustaining a broken leg, injured wrist, and bruising. He remained conscious and was found sitting at the edge of the pool, keeping his leg injury cool. With the last of the daylight, teams were hiking up canyon while Ranger dropped two people near the scene as the hasty team arrived. The patient was quickly assessed and injuries stabilized, finding him sufficiently stable to assist with loading into the helicopter at a low hover while the waterfall was blown over everywhere and everything. All teams walked out.

March 16, 2008, two calls in one day

Two male hikers were attempting to canyoneer down Upper Sabino Canyon from Box Spring to Hutch's Pool and then hike out on trail to the Visitor Center. Search teams were requested early Monday morning after the pair did not return to their Phoenix area home as expected on Sunday evening. Foot teams started in from Tram Stop 9 while the Posse started from Prison Camp. A foot team located the pair just above Hutch's as Phoenix Ranger was beginning to search the area. The pair was in good condition but had underestimated how long it would take to cover the technical portion of the canyon. Historically SARA has picked up many overdue canyoneers in this area. All hiked out to vehicles waiting at Stop 9. Later the same day...

Two hikers reporting them self lost on Palisades Trail after attempting to hike the loop from Sabino to Sycamore Saddle and out Bear Canyon. Again foot teams started in from Stop 9 and Posse (as well as foot teams) started in from Prison Camp. The team who escorted the subjects from the morning call out of the field recognized the description of the subjects as a pair they had spoken to earlier in the day. Survey 1 (PCSO fixed wing aircraft) was called to assist in the search. As the first team was approaching the Dam Site in Sabino, Survey reported that a pair was on trail and only 100yds from the team, moments later the team made contact and determined that this was the pair we were looking for. The one subject was complaining of knee pain, reportedly resulting from their hurried retreat toward the trailhead. An assessment was performed finding slight bruising above the patella on both knees. ACE Wraps were applied and trekking poles provided for the walk out.

To read about all of our calls this month please visit the SARCI newsletter at <http://sarci.org/newsletter>



Training

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



Gear

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Beyond the SARA minimum...



SARA house

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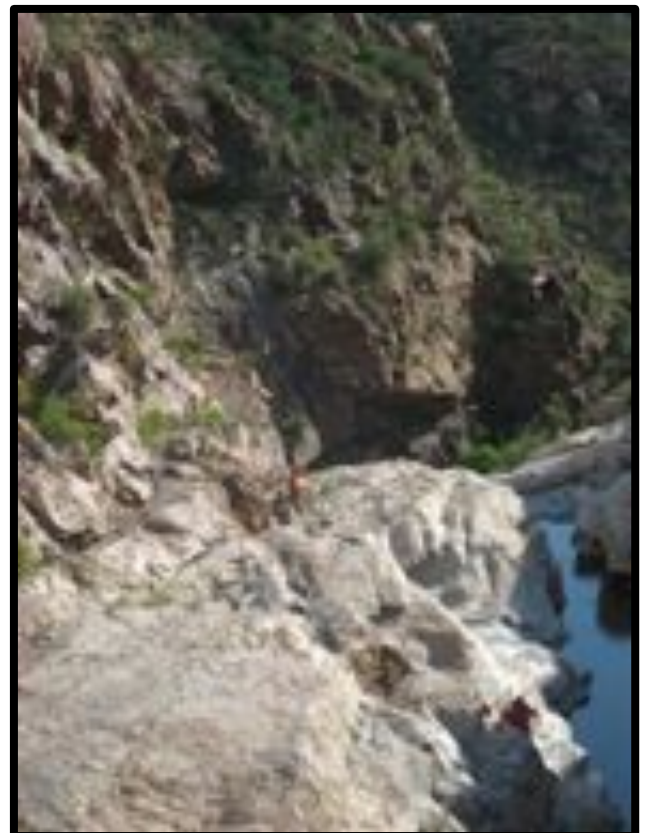
SARA breaks ground on the new house



Tanque Verde Falls Orientation Recap

March 7, 2009

Saturday morning SARA members and candidates met at Tanque Verde and Tanque Verde loop to do an orientation hike around Tanque Verde Falls. Tanque Verde Falls callouts are a fairly frequent occurrence and present several challenges to SARA operations. The area is readily accessible from the road and involves many different areas that go by a variety of names, therefore every TV Falls call starts as a search to find the scene. The terrain in the canyon is steep and rough. Because of this SARA has permanent anchors for haul, lower and trolley systems. These anchors can be difficult to locate if you are unfamiliar with the area and the distinguishing features. During the training the commonly used lookout points and haul/lower anchors were shown and discussed. Following this the participants were directed to locate the anchors on their own.



TV falls orientation [continued]

If you were not at the training, consult last month's newsletter for a list of anchor locations and map of the area.

Remember TV Falls callouts are often rescues and can be at times chaotic, maintain your situational awareness keeping in mind:

- Often patients and bystanders have been drinking and/or doing recreational drugs
- Rock fall potential is high, be mindful of those downslope of you!
- The rock is water polished; pay careful attention to your footing.
- TV Falls is a canyon, if it's raining upstream take appropriate precautions (upstream watch, weather watching)
- Some of the areas see heavy drug use, keep an eye out for syringes, needles, razors.
- Due to the close proximity to the road, we will occasionally work with other EMS agencies here. Remember a little diplomacy goes a long way.
- Often DPS Air Rescue is used on these rescues. Be especially cautious at all times around helicopter operations.
- Your safety is your first priority; stay hydrated and be aware of your surroundings. Don't become a victim.



All photos of TV falls from actual rescues performed during 2008

Photo credit: Sean Fawcett

April Training [April 4, 2009]

This month's training is Mine Rescue. The Saturday morning training will be a tour of the U of A mine off Mission and Ocotillo Ranch road. We will meet at Mission and Ajo at 8:00am to carpool to the mine site. You need to bring a helmet, light source and a backpack with food and water. Expect to be done around noon. Later in April a confined space rescue course might be offered, more details on that as they become available. A *brief* overview of mine safety considerations is available at <http://www.abandonedmines.gov/ss.html>

Non SARA training opportunity:

Having a Ham license and radio is probably the most beneficial thing you can do to increase the information you have about a call. The Pima County RACES group will be offering a free HAM radio training in April. This training will prepare you to take the amateur radio licensing exam.

The three part training will be conducted on April 13, 14 & 15 from 6:30- 9:00 pm at the Pima County Emergency Operations Center, 130 West Congress Street. Ask Gail or Tim about free parking availability

Please send an email to Gail.Peterson@pima.gov or Tim.Siensen@pima.gov if you are interested in attending this training.

Gear Corner

One area many new people struggle with is deciding what to carry in their rescue pack. Many active members carry items not on the SARA list that we consider very valuable. Remember when putting your pack together that multifunction items are key. Here are the top items recommended by SARA folks to have in the field.

- 40 feet of 1" tubular webbing, the uses for this item are endless
- Fleece blanket: You can find these very cheap at Walgreens or CVS
- Folding Saw: LZ management.
- Emergency Bivy Sack
- Multiple headlamps
- Energy food such as GU, Clif shot blocks, powerbars. Non-perishable and deliver your body what it wants.
- Ace bandage: these won't go bad in your pack like vet wrap.
- SAM splint: great splint
- Disposable water bottles for patient water

Remember before you buy gear items to ask other rescuers what they use. Many people have very helpful recommendations.

OEC assessment tips

Having a patient ride out on a mule can greatly expedite a rescue. Some factors that prevent your patient from a mule ride: altered LOC, nausea or vomiting, lightheaded, or spinal compromise. Also remember that bulky leg splints will make riding out on a horse difficult. If your injury can be splinted multiple ways, choose the least bulky.



A SARA member performs an assessment on an ankle injury.

SARA Sabino House Groundbreaking

On March 11th the SARA House officially broke ground. Many media outlets, Rural Metro Fire, Pima County Sheriff's Department, DPS Air Rescue, donors and SARA members were present to celebrate the occasion.

The new SARA house will be a permanent home for SARA. The site is located just north of Sabino Canyon where the former Tucson Rod and Gun Club was.

While SARA has the funds to start this project they are still looking for donations, either in-kind or monetary to complete the house. If you would like to help please contact Rich Kunz or Bill Florence.

Photos:

Top right and middle: SARA members take turns "breaking ground" at the Sabino house site, [bottom] overview of the site during the ceremony.



