



SARA Monthly Update: June 2009

SARA Callout Review

A brief overview of some of our recent calls

May 2, 2009

Hip injury in Cherry Creek

A hiking group was canyoneering up Cherry Creek Canyon when a member of their group slipped and sustained a hip injury. Initial teams were led in by the reporting party. The on scene assessment revealed severe pain localized in the left hip and pelvis. DPS air rescue was requested to fly the patient out. Due to the high winds DPS was not able to perform a short haul and found a spot to land a short distance from scene. The patient was packaged using a sheet to splint the hip and carried to DPS where she was flown to an awaiting ambulance. Total rescue time was from her injury to evacuation was approximately 5 hours. Teams were in the field another two hours hiking out. Follow up revealed that the patient did have a fracture of her left iliac.

May 11, 2009

Exhausted Mountain Bikers in Tanque Verde Canyon

Two mountain bikers became lost and out of water on a trip to Chiva Falls, teams located the pair near the Turkey Pools in Tanque Verde Canyon. The pair was rehydrated and loaned hiking shoes to hike out with. On hiking out SARA members learned that the pair had abandoned their bikes earlier on in their adventure. After determining the approximate location two SARA members went out the following day to recover the bikes and return them to the subjects.

May 17 2009

Horseback rider thrown from a horse

A female rider was trying out a new horse when it bucked her off on the Squeeze Pen Trail in Saguaro National Park East. SARA and the Posse responded to the request as well as rangers from Saguaro East. The subject was trying to walk when the posse reached her, she was encouraged to lie down and cervical spine precautions were taken. Assessment questions revealed that she had felt nauseous and briefly lost consciousness after her fall. When SARA arrived the patient was packaged and wheeled to the trailhead, during the extrication the patient complained of a headache in the right temporal region. At the trailhead RMFD transported the patient to the hospital. Follow up revealed the patient had suffered a concussion during her fall.

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



Training

02

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



Search Theory

03

Part 2 of a series
from David Lovelock



Hydration

05

A bit about electrolyte drinks

Training Recap and a look forward

Swift Water Rescue training recap:

The three sessions to the swift water rescue training all saw a large number of participants. Thanks to Shawn Degan from PCSO for giving his classroom presentation on May 1st; Rich Giachetti, Jason Bowman and Mike Jennings for their help on the pool session; and Rich Kunz and Dave Brown for their help in Winkleman. The participants enjoyed some of the highest flow of the Gila for the past few years and got a large amount of practice using Swift Water techniques.

June Training Information:

There are two training opportunities this month:

June 6th: Desert training

June 20th: High Angle Rescue Training

The June 6th training will focus on techniques to keep yourself safe while helping others in the 100+ degree heat this summer. In the past this has been one of the most beneficial trainings to new candidates. There will be a classroom session on June 3rd at 7:00pm at the SARA Craycroft House to go over some techniques and concepts before the field training. It is highly recommended that you attend both the classroom and the field session. The classroom session will be brief but is essential to getting the most out of the field training.

Topics to be covered during these trainings will include:

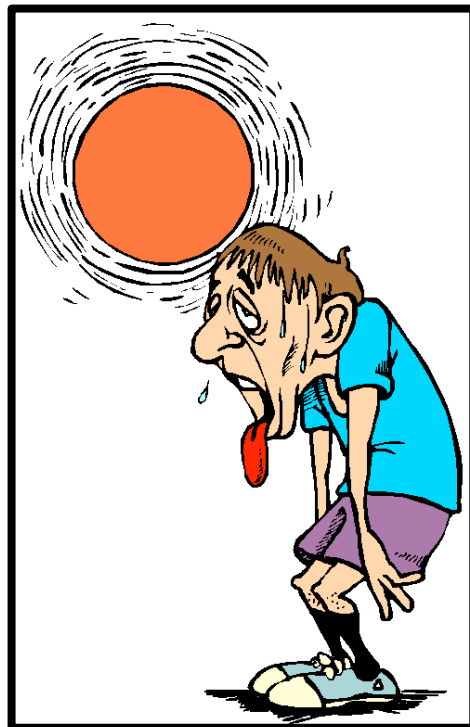
- Water requirements during summer months
- Finding shade
- Building solar stills
- Nutritional needs during the summer

For this training you will not need any special gear, just your full rescue pack and plenty of fluids.

June 20th High Angle Rescue training:

The instructors for this training will be Andy Lamb and Bill Kelleman. The focus is to prepare SARA for our upcoming technical rock recertification through the Mountain Rescue Association (MRA). All candidates and members are welcome to attend. Rendezvous will be at Catalina and Tanque Verde Highway at 8:00 am. Come on time, prepared to spend the day at higher elevations practicing pick offs, hauls and lowers.

This will be the second of three trainings before our recertification in September 2009. The tentative dates to do both our search and technical recertification are September 19th and 20th. If you are unfamiliar with the high angle rope techniques feel free to attend the trainings to observe and learn. In September the monthly training will focus on personal rope skills, such as anchoring in, ascending and rappelling.



Search Techniques part 2

Author: David Lovelock

What Is NASAR?

NASAR, the National Association for Search and Rescue, was founded in 1972 by the Western State Search and Rescue Coordinators, employees from the National Park Service, and other Emergency Managers. The initial focus was on education in Search Management; the theory of search, search planning, and the management of search incidents. Over the years, it has expanded its focus and its membership.

Now NASAR is a not-for-profit association dedicated to advancing knowledge in fields related to search and rescue. Membership is open to individuals and organizations involved in search and rescue operations and other disaster and emergency-response activities. Membership fees for an individual in the US are \$74 for the first year and \$54 thereafter.¹

NASAR sponsors various SAR-related courses, such as

- Introduction to Search and Rescue, ISAR, which covers the general responsibilities, skills, abilities, and the equipment needed by persons who would be participating in a search or rescue mission. The course prepares students for SARTECH III certification.
- Fundamentals of Search and Rescue, FUNSAR, which is the sequel to ISAR. The course prepares students for SARTECH II certification.
- Managing the Lost Person Incident, MLPI,² which is designed to teach the essential knowledge and skills necessary to perform as the initial response Incident Commander.

These courses are taught by NASAR-certified SAR personnel throughout the country. The fee for attending these courses varies, but from June 1, 2009, the NASAR certification portion of the fee is \$55 for NASAR members and \$74 for non-

members.

NASAR holds an annual National Search And Rescue Conference, which attracts hundreds of SAR professionals. Participants have to register for this 3-day event. For the 2009 conference registration fees were \$225 for NASAR members and \$275 for non-members.

NASAR has an annual awards program ranging from a State Award (which recognizes significant contributions to search and rescue at the state level) to a very prestigious Hal Foss Award (which recognizes significant contributions to search and rescue at the national level). These awards are not restricted to NASAR members.

The late John Bownds, a member of SARA, received the NASAR State Award for Arizona in 1983 and the Hal Foss Award in 1991. These awards were for his work on search theory and for introducing ROW³ to the search community. John died in 1993, aged 51, from a disease contracted while searching for a lost person in Sonora, Mexico.

This article is part of a series that will continue in upcoming newsletters. David has been involved with SARA since 1979. With the late John Bownds, a SARA member, he designed the DOS program, CASIE, which was used world wide in large-scale SAR incidents. In 2006 he released the windows version of CASIE, which ultimately resulted in him receiving the National Park Service Search and Rescue Award (2006), the Pima County Sheriff's Department Citizen's Medal (2007), and the NASAR Hal Foss Award (2008).

¹ Fees accurate as of April 4, 2009.

² MLPI will be discussed in a subsequent article.

³ ROW will be discussed in a subsequent article.

More stuff...

Dear new Yellow Shirt:

Some tips for success on callouts from current members;

- Show up, early and often
- Know your limits and capabilities
- Have your pack ready to go at all times. You don't NEED cold water in your camelback.
- SAR is a team effort, your trail might not be the one that finds the patient; but it needed to be searched
- Safety is everyone's job
- If you have questions about the way something is being done, ask (you may have seen something others have missed), but also listen to the answers (we may have been in the situation before and have a reason).
- Listen to the radio or SARA Listener if you don't have a radio. Information gathered before you even get to RV/basecamp is valuable and makes you more efficient.
- When its hot down in town it can still be cold at 3am on top the mountain. Pack accordingly.
- "Be ready for a call ...many calls don't last long, or don't need many people, so the early yellow birds get on the teams! Otherwise, you are welcome to hang out at basecamp."
-Mykle

Thanks to Jim, Jane, Mike and Sean for your contributions.



Construction continues on the new SARA Sabino House. Currently the shell is up and insulation is in, interior walls are up. The next phase is to put doors and windows in. We are still looking for in kind or monetary donations; contact Rich Kunz if you have any questions.

Remember this is *our* house. We need help to get it finished. This is a great way to get involved. The building committee meets regularly on Wednesday nights at 6:30pm at the new Sabino Site.

OEC tips

Remember that our patients often face long extraction times, doing small things like padding behind the knees and lower back; removing earrings before placing a cervical collar; and shading their eyes can make huge differences in patient comfort.



A scene at Tanque Verde falls August 2008

Nutrition: Electrolyte Drinks

Why use electrolyte drinks?

While exercising in desert heat your body is using water and electrolytes to cool down and perform metabolic processes. During aerobic exercise the average person burns 300-500 calories. Electrolyte drinks typically contain sodium, potassium, magnesium and chloride as well as a sugar source such as sucrose, maltose or fructose. A well designed electrolyte drink will provide you with the nutrients you need in an easily absorbed form.

What electrolyte drink should I use?

From a nutrient viewpoint you want a drink that provides the needed electrolytes as well as ideally a 6-8% glucose solution. To calculate the percent of glucose: divide grams of sugar by grams of liquid. One fluid oz ~ 28 grams. This has been shown to be the ideal ratio of glucose to water solution for rapid fluid absorption. For some people this ratio of sugar to water may be too strong; it is important to find out what strength works best for you.

Can I make my own?

Yes, the recipe for the World Health Organization oral rehydration formula is eight teaspoons of sugar and one teaspoon of salt mixed into one liter of water. Packets of this can be found stocked in our medical bag.

What are some good brands?

Each person has their own preference. The key is to try different flavors and brands to find the one that works best for you. Buy sample size packs and try them on your own hikes, remember to experiment with warmer water as this is how it will most likely be on callouts. The SARA rescue trucks have Gatorade in them for after calls or giving to patients; some people find Gatorade too strong so it is sometimes necessary to dilute it with water.

I really don't like electrolyte drinks, is there something else I can do?

Many people find electrolyte drinks a good way to replenish nutrients without having to think about it. If you would rather drink water it is important to remember to regularly eat. During hot weather it is especially important to avoid high protein and fat

foods while working hard. These macronutrients take longer to digest and can lead to nausea, stomach cramps, or vomiting. As well as not providing the quick energy your body needs. As with electrolyte drinks it is important to try a variety of things during to find what works best for your body.



Mark your Calendars:

June 6th: Summer in the desert training

June 20th: High Angle Rescue Training, MRA preparation

July 11th; Truck and Equipment training