



# Eugene Mountain Rescue



# General Information Handout

2008

## **EMR General Information Handout**

Eugene Mountain Rescue, Inc., is a volunteer organization formed in 1968 in order to provide Lane County with trained volunteer rescuers for emergencies in mountains or cliffs, or in back country areas requiring mountaineering proficiency during all seasons of the year. Our Search and Rescue (SAR) missions involve lost and/or injured climbers, cross-country skiers, hikers, hunters and downed aircraft victims.

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## Basic Skills for EMR Members

Eugene Mountain Rescue is responsible for providing people who are competent to support the Lane County Sheriff (and sometimes sheriffs in neighboring counties) in search and rescue situations requiring mountaineering skills in rock, glacier, snow and steep terrain. We are also called upon to assist in non-technical searches when the need arises.

We admit people to membership who may not necessarily have skills in all aspects of mountaineering. However, there is an expectation that these people will build skills both within EMR and elsewhere, to be able to make a solid contribution in rescue situations.

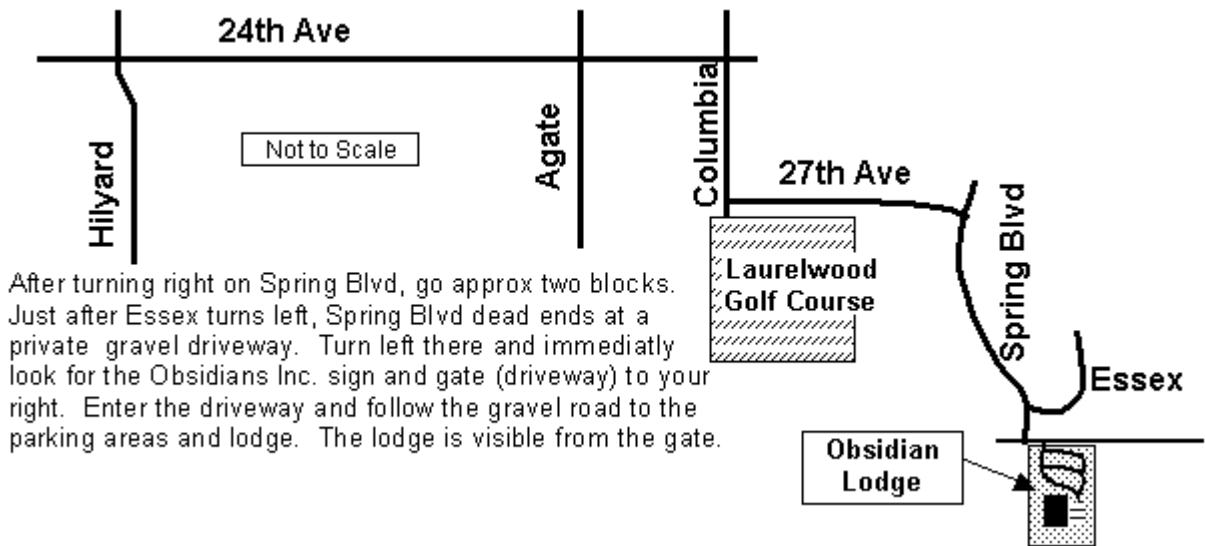
People who are admitted as **regular member trainees** to Eugene Mountain Rescue are expected to have basic skills in one or more of the following areas, and are expected to work to improve their skills in all these areas:

- **ROCK:** Capable of climbing at least to Class 5.6, and capable of leading at least low class 5 rock. Lead experience must include placing protection in non-bolted areas.
- **SNOW/GLACIER:** Able to self-arrest, use crampons and ice axe properly, and familiar with roped glacier travel.
- **GENERAL BACKCOUNTRY:** Familiar with use of map and compass, and owns proper clothing and equipment for travel and survival in inclement weather in all seasons.
- **FITNESS:** Capable of carrying loads in backcountry situations, and adequate fitness level to participate in strenuous activity, sometimes for long periods of time.
- **FIRST AID:** Maintain current First Aid and CPR certification. (First Aid certification is generally good for three years; CPR needs annual renewal.) This is required before admission as a Trainee.

In addition, members at all skill levels are expected to participate in training exercises to maintain their proficiency at search and rescue procedures. Members who do not participate in any EMR activities for one year will be put on “inactive” status.

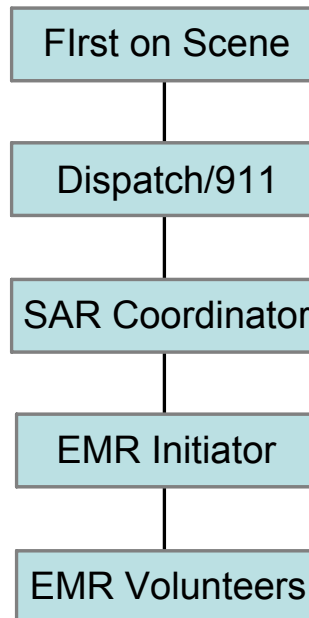
## Where to meet

**Regular meetings: Obsidians Lodge**



<p><b>Missions (usually) and meetings</b> Lane County Shops</p> <p>©2000 MapQuest.com, Inc.; ©2000 Navigation Technologies</p> <p>Most SAR mission are based out of the Lane County Shops. The shops are located at 3040 N. Delta Highway in Eugene.</p>	<p><b>Other carpool spot</b> Campbell Senior Center:</p> <p>©2000 MapQuest.com, Inc.; ©2000 Navigation Technologies</p> <p>We carpool to most training events from the Campbell Senior located at 155 High St in Eugene.</p>
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## EMR Callout Procedures



1. The call comes into the dispatcher. The dispatcher calls the Sheriff Deputy or SAR Coordinator on duty and puts the person who called in direct contact with the deputy/Coordinator. This person obtains the relevant information and determines whether calling for a SAR operation is appropriate.
2. If appropriate, then....The SAR Coordinator determines the appropriate group to respond to the call. Usually this would be the Hasty Team – a group of people from the various SAR organizations in the County who act as an Initial Response Team. In some instances, the skills of a specialized group are needed (i.e. posse, dive team, EMR, ski patrol, and/or scouts).
3. If it is determined that EMR should be called out, then one member of the EMR group is called and asked to initiate the callout. Usually the contact person is a Rescue-level member of EMR. The SAR Coordinator and the EMR initiator will determine a preliminary plan (where and when to meet, what conditions to be prepared for, etc.)
4. The EMR Initiator (the person doing the callout) begins calling members on the callout sheet or uses the EMR automatic callout procedure. Considering the nature and technical requirements of the mission, the EMR initiator uses his or her judgment as to the number of volunteers needed. Any people who have accepted delegated responsibility for assisting in the callout must report back the EMR Initiator and tell him who has responded to the call.
5. Once all calls have been made, the EMR Initiator will call the Deputy/Coordinator to inform him of the number of people responding to the mission.

## **IF YOU ARE INVOLVED IN CALLING PEOPLE TO RESPOND TO A SEARCH AND RESCUE MISSION:**

- Let people know the meeting time and place, and type of search conditions to expect, so that they can bring appropriate clothing and equipment.
- Do not attempt to do the callout from the phone at the Shops (phone (541) 341-8598). This phone needs to be kept open for incoming calls (such as people stuck at the gate, waiting to get in).
- Get a definite response as to whether people are coming, so that the people at the meeting point know whether they need to wait for them. If someone can not make the scheduled meeting time or is not available now, would they be available later if reinforcements are needed? Call back the EMR initiator to tell him/her which people and how many have said that they will come.
- If a person is not able to come, perhaps she/he can help by taking over the responsibility for some portion of the callout list, or serve as an in-town contact.
- Keep a copy of the callout list near your phone so you can help with the callout. If you are dividing the list, make sure you are both working off the same list when you divide up the names. All rosters are dated at the top, so refer to the date to confirm.

Keep the callout moving as quickly as possible; limit the information relayed by telephone to the minimum so that you can get word out to others quickly.

## **Expectations on a Search**

### ***At Incident Command***

- Sign in and out!
- Make sure you are ready, able, and equipped to do what is asked of you. If you have time restrictions, let the Incident Commander or Logistics Personnel know.
- Don't expect to be kept busy. You may be held in reserve, so bring a book to occupy your time or help at Incident Command.
- Suspend judgment about methods, etc. We may not know the full story about rationale for certain actions.
- Be positive about what everybody is doing.
- Success belongs to the team - not to individuals.
- Leave the Search Management Team alone - no unnecessary interruptions

### ***In the Field***

- Get assignments through your Team Leader.
- Work as a team on your assignment.
- Understand your role in the whole picture. Ask questions if you are unsure about your individual or team's assignment.

- Team communication with Incident Command should be through one individual, generally the Team Leader.
- Keep radio traffic to a minimum and make sure to convey important information in a professional manner.

### ***Dealing with Media***

- Best left to the Incident Commander or to a designated spokesperson
- Avoid giving opinions; state facts about the nature of your assignment.
- Never give the name(s) of search/rescue subjects.
- Be mindful that you are not the official spokesperson.
- Be courteous
- When in doubt, politely decline to answer and defer to Incident Command.

### ***Dealing with the Family or Friends of the Subject***

Usually one person is assigned to stay with the family.

- Be respectful of distance; allow family to have personal space.
- Be supportive and compassionate.
- Be honest but protective.
- Family should not be in the middle of the search operation but on periphery.

## **Critical Incidents**

A critical incident on a search can include finding a severely injured or deceased person, or seeing another searcher get injured. Dr. Jeffrey Mitchell defines a critical incident as: "Any situation faced by emergency service personnel that causes them to experience unusually strong emotional reactions which have the potential to interfere with their ability to function either at the scene or later...All that is necessary is that the incident, regardless of the type, generates unusually strong feelings in the emergency workers."

### ***Common signs and symptoms of a stress reaction***

#### **Physical Signs**

Fatigue - Nausea - Twitches - Muscle Tremors - Thirst - Vomiting - Chills - Dizziness - Grinding your Teeth - Fainting - Profuse Sweating - Rapid Heart Rate - Elevated Blood Pressure

#### **Cognitive Signs**

Blaming Someone - Confusion - Poor Attention - Poor Decisions - Memory Problems - Nightmares - Higher or Lower Alertness - Loss of Time, Place, People Orientation - Disturbed Thinking - Intrusive Images (Flashbacks)

#### **Emotional Signs**

Anxiety - Guilt - Grief - Denial - Fear - Uncertainty - Depression - Agitation - Loss of Emotion Control - Apprehension - Intense Anger - Feeling Overwhelmed - Inappropriate Emotional Responses - Irritability

## **Behavioral Signs**

Change in Activity - Change in Speech Pattern - Emotional Outbursts - Pacing - Loss or Increase in Appetite - Alcohol Consumption - Inability to Rest - Antisocial Acts - Erratic Movements - Nonspecific Body Complaints - Hyper Alert

## ***How to take care of yourself and others after a critical incident***

- Talk to people – reach out
- Eat well-balanced and regular meals
- Avoid numbing the pain with alcohol or drugs
- Maintain your normal schedule
- Give yourself permission to feel rotten
- ***YOU'RE NORMAL AND HAVING NORMAL REACTIONS*** - Don't think you're crazy
- Get plenty of rest
- Dreams, thoughts and flashbacks are normal - they'll decrease over time
- Alternate exercise and relaxation
- Attend a debriefing.
- Contact Search & Rescue Coordinator John Miller for more resources.
  - Telephone 682-8544
  - Email [john.miller@co.lane.or.us](mailto:john.miller@co.lane.or.us)

## **Equipment for Mountain Rescue**

All equipment that is used for snow and rock rescue, anchors, and belays (including ropes, slings, carabiners, pulleys, pickets and similar equipment) is supplied by EMR. Personal equipment is not to be used for rescue purposes under normal circumstances.

There is some equipment for personal use that you are expected to provide for yourself and know how to use. This includes:

- a climbing harness
- a chest harness (one constructed of tubular webbing is OK) for glacier travel
- six carabiners (at least two of which are locking)
- one 10 to 15 ft piece of perlon, 6 or 7 mm ( for anchoring oneself in rescue situations)
- ice axe
- crampons
- figure 8 or other rappel device
- one 5-ft tubular webbing sling for glacier travel (for self-anchoring)
- prusiks (for glacier travel)

There is some equipment provided by EMR that is for personal use. For example, EMR has 12 rock helmets available for members use; however, if you own a helmet, you are encouraged to use your own. Also, EMR provides members with rubber gloves for first aid kits and surveyor's tape for marking routes. You may get these items to keep with your rescue gear at home.

Please note: Don't feel you need to bring everything on the list! Use this only as a guide to help you get organized. Remember to leave room in your pack for group gear!

### Suggestions for Gear Organization

If you have an old pack that you can dedicate to search and rescue, then pack as many items ahead of time as possible. If you have just one pack, think about getting a big, cheap gym bag or duffel. Use it to store your search and rescue gear so it's ready to load in your pack when you get a call.

Use the list below as a guideline for what gear to bring along. Use your personal preference and the specific conditions to adjust the list as needed. Note: you do not need to own everything on the list! We don't require members to own snowshoes or avalanche beacons, for example.

It may be helpful to mark the list to indicate which items are already in your pack (or duffel). You may also want to mark essential items that you will need to add at the last minute, to make sure you don't forget them.

## Mountain Rescue Gear List

### SLEEPING

- tarp
- bivisack
- garbage bag
- sleeping bag
- pad
- 

### CLOTHES

- boots
- gaiters
- gloves
- sweater
- hat, balaclava
- mittens
- overmitts
- pile jacket
- pile/wool pants
- poly underwear
- rain jacket
- rain pants
- shorts
- socks
- visor/sun hat

### SKIING/SNOW

- skis
- skins
- avalanche beacons
- poles
- boots
- ski repair kit
- goggles
- snow saw
- snowshoes
- shovel
- 

### ESSENTIALS

- knife
- altimeter
- sunglasses/goggles
- sunscreen
- repair kit
- compass
- first aid kit
- headlamp, batteries
- insect repellent
- lighter/matches
- map
- paper & pencil
- GPS

### EATING

- food
- bowl
- water treatment
- water bottle
- pot & handle
- spoon
- fuel
- stove
- candle
- 
- 

### CLEANUP

- TP
- Wash'n'drys
- 

### ROCK GEAR

- harness
- hard hat
- biners
- slings
- prussik, long
- prussiks, short
- figure 8
- 

### SEARCH

- signal mirror
- surveyor's tape
- big flashlight
- tracking stick &  
rubber bands
- track markers

### GLACIER/ICE

- harness
- chest harness
- hard hat
- biners
- crampons
- ice axe
- prussiks
- avalanche beacons
- shovel
- snowshoes
- flukes, pickets
- screws
- snow saw
- pulley
- slings
-

## Radio/Communications Guidelines

Use the following guidelines when using Lane County Sheriff's Office radios.

When calling someone, use your name (or number) first and then the person you are calling. For example, if your last name was Smith and you wanted to call Jones. You would say, "Smith to Jones." Or if you wanted to call Base, you would say, "Smith to Base."

Be brief. Don't take up airtime with non-essential dialogue. It may be helpful to rehearse what you need to say before using airtime.

Always check with the search manager for what code to use if you find the subject deceased. If there has not been an established code, please say "Clear to copy." That way the other person knows you may have information you don't want everyone to hear.

At the start of any practice where radios will be used, announce that EMR is conducting a practice and the frequency (or frequencies) that will be in use. Also announce the conclusion of the practice over all frequencies that were in use during the exercise.

We use the following field radios: HT 600 (6 channel VHF), MT 1000 (8 channel VHF) and JT 1000 (15 channel VHF).

Channel information is printed on the back of the radios. We mainly use State SAR. You will be advised which channel to use based on your team assignment.

When on a SAR training or mission in a remote location, use the following communication procedures so that Dispatch knows our location.

1. Sign-up sheet completed with (1) copy to: SAR Coordinator; with unit in field; and faxed to dispatch (prior to departure from shops) at 682-3826.

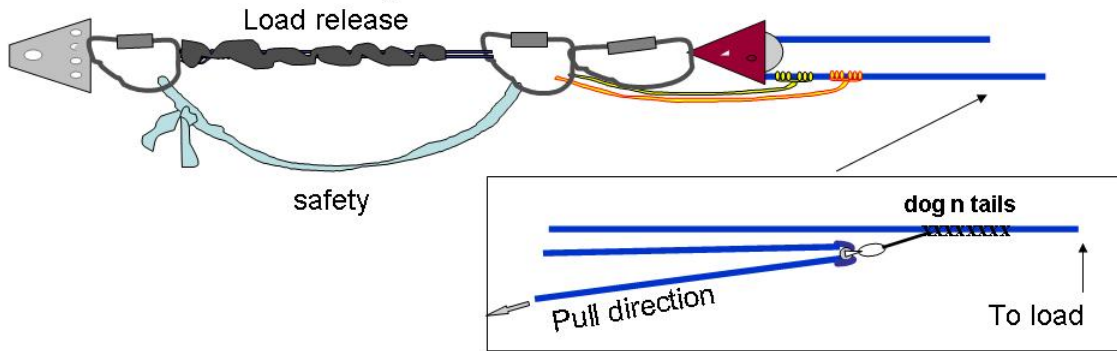
Advise Dispatch via UHF (referred to as "one central when in-route using UHF radio) or via telephone at 682-4141 (this is the easiest).

2. Status-check with Dispatch every (8) hours unless other arrangements have been made.
3. If on foot, keep a minimum of (1) portable VHF radio and (1) extra battery with each group for communication with Incident Command.
4. Advise Dispatch via UHF or phone when you change locations *or* are en-route to the shops.
5. Advise Dispatch when you have returned to the shops.

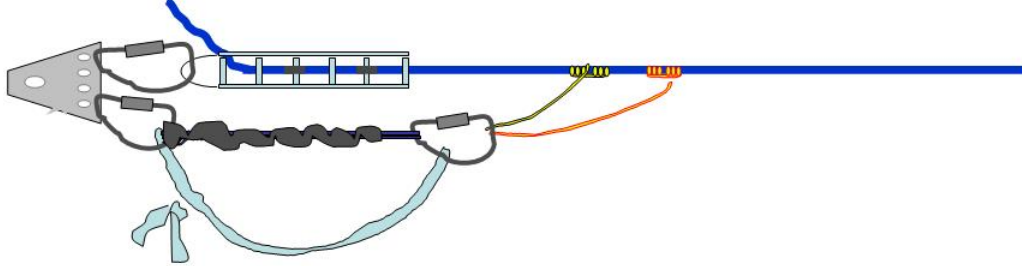
# High Angle Raising and Lowering Systems

## Rock Rescue Raise and Lower

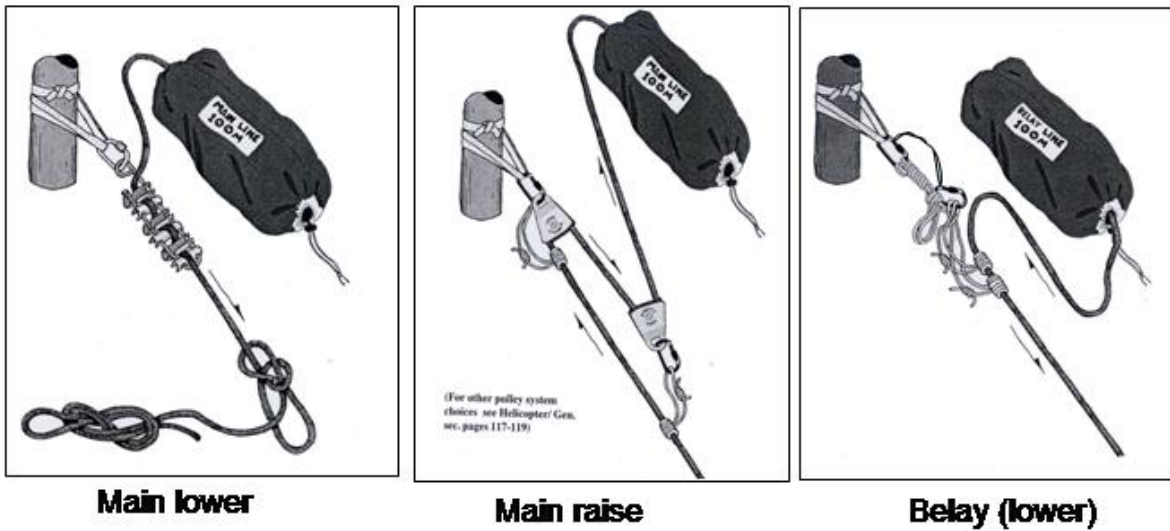
### Rock Raise Setup: Main line



### Lowering setup: mainline



## Snow raise and lower



## Using EMR's Website

EMR's website is at [www.eugenemountainrescue.org](http://www.eugenemountainrescue.org). The website has a public part and a part for members only. The public part contains a calendar of meetings and trainings, directions to our meeting locations, online versions of our newsletter, a downloadable application for membership and some other information.

Upon becoming a "trainee", you are given a username and password which grants access to the members' side. The members' side has information about pro deals and contains our database. The database, in turn, contains the information from the member's application form and records of our activities (meetings, trainings and missions). It is important to note that we deliberately avoid putting sensitive information (e.g. social security numbers) in the database. Members can access their record in the database to see what information is there and can update this information when necessary to correct mistakes or put in new addresses, phone numbers, email addresses or password. It is important that information in the database be current because we use the database to generate our call-out roster, used to contact people when an emergency arises.

Members with access to the database can generate a call-out roster at any time. For those with no computer access, we frequently send out rosters so that everyone has current information which can be used to contact other members.

We encourage members to update their information whenever there is a change in their contact information. If, for any reason, (e.g. lack of access to a computer) a member can not personally update their information, they should contact the Communication Coordinator (listed on roster) who will do it for them.

## APPENDIX A: Phonetic Alphabet

A	Adam
B	Baker
C	Charlie
D	David
E	Edward
F	Frank
G	George
H	Henry
I	Ida
J	John
K	King
L	Lincoln
M	Mary
N	Nora
O	Ocean
P	Peter
Q	Queen
R	Robert
S	Sam
T	Tom
U	Union
V	Victor
W	William
X	X-ray
Y	Young
Z	Zebra