

*that others  
may live*



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# LCSTAR

Newsletter for Larimer County  
Search and Rescue, Inc.

edited by: Jim Powers



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**Spring 2005**

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I tend to define most events in my life and those of others as *adventures*. Why? I'm not quite sure. I don't think I do it because it sounds dramatic, I think it's because I really believe that life is an adventure. After all, didn't someone say that if it doesn't kill you it will make you stronger? Or some such. Anyhow, the adventure I'd like to talk about is the 2005 BASART class.

LCSAR for sometime, at least 4 of the past 5 years, seems to do this dance where we try to determine the ideal class size, curriculum and teaching methodology for BASART. Big class, small class, take a break, don't lose momentum, Saturday and Sunday field practice, Saturday only, stuff like that brings on the best, sometimes contentious arguments in the Training Committee and in Team meetings. This all because everyone wants the best results and has an opinion on how to get them. It is hard to nail down a four month schedule, the locations and the instructors with an all volunteer organization. After all, team members have a life outside of LCSAR.

This year's BASART Coordinator, Janice Weixelman, has taken the curriculum and plans developed over years by many previous Coordinators and created a "value added" plan of her own. It is not only working but it appears to be a real success.

So, and here comes the adventure part: because of all the meetings for planning and organizing, or in spite of it, this class has taken on a life and personality of its own. And, for team members it is exciting to see new faces stepping up to teach, tutor and mentor. Many of these folks graduated in 2003, which was



**2005 BASART Class, Nav I Field**

the last BASART class. This challenges those that in years past had been the stalwarts, always there to take charge. So now they must determine a different role for themselves and encourage the "new blood" to run with the ball. FUN! An adventure.

As a BASART, even though you have your syllabus, class outlines, notes, books and schedule I am sure that you have found that what happens in class and field is still new, different and challenging. Weather can change the class, the instructor, the location; an actual mission takes priority over everything and the BASARTs may be asked to join the team in helping to accomplish the goal of the mission: find or rescue the subject.

**BASART Nav I Field, 2005**



One of the key attractions of this adventure is that there is always something to learn. No class is the same, each having its own give and take (prizes, too), no field session, or for that matter mission, is the same, each demanding that we learn and adapt so that we may accomplish our goal. Of course we train and train and train, we have a pre-plan for each foreseeable event, we educate our “field generals”, and yet at the time there is this wonderful synthesis and synergy that takes place. Drawing on each other, our training and our “gut” we jump in and make it happen.

I know I am changed as a result of being a member of LCSAR. Being flexible is not natural for me but it is becoming a part of my operating methodology, not easy but very, very important. O.K., that's me, how about you? Are you finding, when you objectively look at yourself, that you are changing?

My challenge to you BASARTs is that you enjoy your adventure, prepare yourselves to lead, teach, and find new ways to contribute. We do what we do to help those lost or injured. But, as important as the subject is much of what we do is for each other out of respect and caring.

Respect for the sacrifice it takes to maintain professional skills as a volunteer. And care for that person who worked on the other side of the litter as hard as you did on very difficult scree footing. Jim

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**From an old ITC's perspective, some MUST KNOW places:**

- Poudre Canyon
- Big Thompson Canyon
- Red Feather
- Estes Park
- Rocky Mountain National Park both east-side-entrances
- The Buckhorn
- Stove Prarie
- Masonville
- Glen Haven
- Drake
- Cameron Pass
- The Rawahs
- Cherokee Park
- Pingree Park
- Rist Canyon

**Mike Fink**

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**Local SARDOC News:**

Merlin and Mike Erickson became fully operational in Air Scent.

Toss and Robin Anderson completed their large area test and have one more (night test) in Air Scent.



**From the President:**

Your new board has had five fun filled Executive Board meetings and I thought I'd share some of the highlights so far.

Meetings begin with Reports from Emergency Services, President, VP, Field Coordinator, Training Coordinator, Quartermaster and Treasurer.

Below are some of the things discussed over the last five months:

Roger Price returns to our team; Brian campaigned for an office cleanup and reorganization; BASART planning, mentors, reports from T/C (Amy) and BASART Coordinator (Janice), Ways and Means, Fund Raising; Christmas Party and awards; Donation from Gloria Nelson family (April 2005 meeting Don Griffith discussed closure of search); Insurance updated, multiple discussions regarding coverage for non mission and non training; 25<sup>th</sup> Anniversary celebration; Truck Fund; Task Tracker to help timely completion of assignments (thanks Mark!); Various upcoming classes discussed for timing, funding, such as: tracking, MLPI, SARDOC weekend, and MATI; DOLA Grant request; trailer repair; exploring new trailer; defibrillator use (at Cache); SAR Manager Ratings change; Policy updates.



**Dave Frank, President**

Remember you are all welcome to come and participate in the fun.

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Search is an emergency! If you can't call it an emergency call it a sudden intensification of activity in response to an unplanned event.

*Incident Commander Field Handbook: Search and Rescue, NASAR*

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Altitude sickness is caused by lack of oxygen in thin mountain air. It can affect anyone, regardless of age or physical condition, at elevations of 7,000 feet or higher. The two forms of altitude sickness seen most commonly in Colorado are Acute Mountain Sickness and High Altitude Pulmonary Edema (HAPE). Another form rarely seen in Colorado, but more common at altitudes of 18,000 feet or higher is High Altitude Cerebral Edema (HACE).

Acute Mountain Sickness is the mild form which effects 30% to 40% of visitors to the high altitudes of Colorado. The symptoms of altitude sickness are headache, nausea, vomiting, and trouble sleeping. A.M.S. looks and feels like the "flu." Most people experience the symptoms of acute mountain

sickness in the first one to three days after arrival. The symptoms usually go away by the fourth day.

The incidence and severity of A.M.S. are related to altitude, speed of ascent, physical exertion and prior acclimatization. Some people are particularly susceptible to A.M.S. and experience similar episodes with each exposure. Most people with mild A.M.S. get better with no treatment at all. People with moderate or severe symptoms (vomiting, severe headache) should see a doctor. Things that help:

1. Avoid alcohol, sleeping pills or narcotics. They may decrease ventilation, intensify hypoxemia and make symptoms worse.

2. Drink plenty of fluids. Anti-inflammatories such as Ibuprofen may help the headaches.
3. Avoid heavy exercise for the first few days; mild exercise is okay.
4. Diamox is a prescription drug which has been shown to decrease the symptoms of AMS, however for it to be effective it should be started 3 days prior to going up to higher altitudes. 125 mg. tablets taken twice a day is used for prevention and treatment of A.M.S. Although it originally was released as a diuretic (water pill), it also helps you breath deeper and faster. This allows you to get more oxygen. Diamox is especially helpful with the sleeping problems and other symptoms of A.M.S.
5. Gingko Biloba 100mg twice a day, started 3 days prior to ascent is showing promise of being as effective as Diamox.
6. If symptoms are severe, and unrelieved by above remedies, than descent to a lower altitude is recommended.

who will get AMS. Healthy people sometimes get severe cases of AMS, while those with significant medical problems do just fine.

High Altitude Pulmonary Edema (H.A.P.E.) is the more severe form of altitude sickness. It can effect both children and adults, and seems to be the worst about the third night. The symptoms are cough with congestion, trouble breathing, and shortness of breath. H.A.P.E. looks and feels like pneumonia. Many people with H.A.P.E. show mental changes from lack of oxygen. H.A.P.E. is a serious illness. You should transport to a lower altitude immediately, and get in contact with a physician. Although there are medications and oxygen that can decrease the symptoms, the definitive care is DESCENT.

H.A.P.E. is a serious illness that can be fatal. The incidence at altitudes between 8,000 feet and 14,500 feet is between 1% and 10%. Rapid ascent, sleeping at high altitudes, severe exertion and extreme cold temperatures are predisposing factors. Symptoms of exert ional fatigue, dyspnea, cough, and altered mental status may occur on the second to fourth day after reaching high altitude. Repeated attacks are common. Without treatment, death can occur within hours. Patients with H.A.P.E. should be moved rapidly to a lower altitude. Oxygen is helpful.

People who get symptoms when ascending to higher elevations can take several steps to prevent symptoms on their next visit to higher altitudes:

1. "Staging" or changing altitude in steps helps. If you are coming from sea level, it is better to spend the night in at lower than 6000 feet before starting an ascent to altitudes of 7000 feet or more. This allows your body to adjust to the altitude change with fewer symptoms. If spending time on several mountains or passes, consider camping at lower altitudes than you are hiking at (Sleep low, play high), as your body utilizes the oxygen better during sleep at the lower altitude
2. Avoid alcohol, sleeping pills and narcotics.
3. Physical conditioning is not necessarily a determining factor in

Prevention of H.A.P.E. is basically the same as listed for the prevention of A.M.S. In addition, it is wise to consider sleeping below 8,000 feet. Diamox, staging, and avoidance of alcohol, sleeping pills and narcotics is recommended. Avoiding heavy physical activity is helpful. Physical conditioning before ascent does not help. Many patients are young, healthy and energetic.

Janice Weixelman, DO

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We are what we repeatedly do. Excellence, then, is not an act, but a habit. *Aristotle* (used before but so good I had to include it again. Ed.)

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**From your Quartermaster:**

The Gear is Ready

The weather is getting warmer and the BASARTs are getting smarter. That means our busy season is starting to rev up soon. Our gear is looking good and with your help we can keep everything mission ready. If you see anything that needs repair, cleaning, put away or improving please let me know by email or a phone call. If you have ideas about improving our gear, the way it's used or the way its stored please let me know. Everyone's heard the saying "If it isn't broke don't fix it." Well, I like the saying "If it isn't broke can we make it better?" I'd love to hear any ideas you have about improving our gear.

I'll see ya' around the Cache,  
Brian

What is DOLA?

You've probable heard the term DOLA tossed around the Cache at some time. DOLA is the Colorado Department of Local Affairs. One of their projects that affect LCSAR is the Colorado Search and Rescue Fund. This fund reimburses search and rescue organizations for the costs incurred in conducting search and rescue operations and to further provide funding for the purchase of search and rescue related equipment and training.

Moneys for the fund is provided by a 25 cent surcharge on hunting and fishing licenses, vessel, snowmobile, and off-highway vehicle registrations as well as 2/3 of the cost of the Colorado Outdoor Recreation Search and Rescue (CORSAR) card.

The COSAR card program is a voluntary mechanism for hikers, mountain bikers, climbers, kayakers and other non-sportsmen to participate and support Colorado SAR organizations. It is not an insurance card and does not reimburse individuals, nor does it pay for medical transport.

In the last two years LCSAR used DOLA funds to purchase:

- (1) 12V power supply
- (12) Battery clamshells for the King radios
- (4) Ultra-pro slotted edge protection
- (4) Large avalanche shovels
- 656 feet of 7mm static rope
- 1200 feet of tubular webbing
- (2) SKEDs
- (3) Titanium litters



**Brian Walsh, Quartermaster**

LCSAR sells the CORSAR Cards at our PSARs and all the outdoor retail stores in Fort Collins also sell the cards. The CORSAR card costs \$ 3.00 for one year or \$ 12.00 for five years. Two-thirds of the cost goes to the fund with one-third retained by vendors.

By promoting and selling the CORSAR cards you help LCSAR and all the other Colorado SAR organizations. So please bring the CORSAR cards and sell them at your next PSAR.



**BASART Coordinator, Janice Weixelman**

BASART 2005 is well underway now, and we have a great class! Our final number of BASARTs is at 23, and they are doing well. Despite my best efforts to keep them confused, they are simply catching on. We have a wide variety of backgrounds...computer, locksmith, dispatcher, physician's asst., veterinary technician, statistician, forklift operator, several with military backgrounds, and the list goes on. They are all itching to get out onto the ropes and rescue systems. April 30<sup>th</sup> will be the day they "go over the edge", and will be ascending as well, then we move on into litter packaging and carrying. At this time I can say that I think everyone of our BASARTs are capable of this. I appreciate that they have been patient with my limited knowledge on how to run a BASART class, my tires are still inflated when I leave at night. The BASARTs homes are spread out this year ranging from Laramie and Cheyenne down to Wellington, Fort Collins, Bellvue, Windsor and Estes Park. Most have had some kind of first aid training at some point, blue and green are the most common favorite colors. BASARTs have a wide variety of ethnic foods, many prefer homemade.

We are honored to have our out of State BASARTs, Thad Hoff and Dave Roelf from

Albany County Search and Rescue in Laramie, WY. Also with us is Keith Black and Donna Ickes out of Cheyenne with Rocky Mountain Trackers. They are all an asset to our team, and able to bring in ideas and skills that have not been considered before.

It is nice to look around the room at all the fresh clean orange shirts and shiny shoes, backpacks and caribiners. A good reminder that they can look like that when you first get them.

Thank-you to all the BASARTs who have joined this training session. We are proud to have you join our team, and looking for suggestions to help make the next BASART better...your first committee experience is just around the corner!!

We all know that the BASART final will be the first weekend in June, starting sometime during that Saturday, and continuing until it's over which may run into Sunday morning. I had a premonition that there may be more than one lost person, and whenever that happens, someone is bound to get injured.

So welcome BASARTs. Your gear should be in your truck at all times, ready to roll. You should have extra food and water as well, along with a change of clothes. You don't know when that first mission will be, but I can pretty much bet it will be before you expect it.



**Don Davis and Bill Young, Practice Search planning, and we are where?**



**Tom Chapel's group thinks they are?**



Mike Ericson's group thinks they are ?



Bill and Robin tell them where they really are!

Jose's group finds Lena's track →



Ah, the DaveCo tracking stick works!



← At Incident Command, Robin and Bill keep the teams moving and learning.

"Please repeat your UTM!"







**This is why we do it, Long's Peak carry out, January, 2005 (don't let the smiles fool you...it is cold, windy and fatiguing and SUCCESSFUL!)**

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**More from NASAR's *Incident Commander Field Handbook: Search and Rescue***

Some kind of response should happen immediately! (for us this is usually Emergency Services, they investigate the report for authenticity and then contact us if they determine it is necessary. Ed.)

Subject Survivability (% of subjects that perished)

	Good Weather	Bad Weather
Children	4 %	66%
Adults	11 %	53 %
Elderly	35 %	67 %

Deceased and perished within:

1 – day	2 – days	3 – days	4 – days	>4 – days
50 %	74 %	83 %	92 %	100 %

This is why there is some urgency when there is a child or elderly subject that is lost.



**Your Executive Board (L to R): Dan Fanning, treasurer; Jim Powers, VP; Dave Frank, President (seated); Amy Ho, Training Coordinator; Brian Walsh, Quartermaster; and Bill Young, Field Coordinator.**



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