

Black Diamond SAR Council

PO Box 22, Marion, VA 24354 • www.bdsarco.org



This newsletter is an internal publication of Black Diamond Search and Rescue Council, Inc. for the use of its members. The views expressed here reflect the views of the authors and do not necessarily reflect the views of BDSAR, Inc.

The Coordinator's Desk

Bryan Saunders



Almost another year has passed. We always look so forward to the Hungry Mother GSAR and then it seems like it's passed with a breath of the wind.

I wanted to thank those BDSAR members who took advantage of the training and advanced their skill set for the good of the subject. After all, everything we do in BDSAR is for the good of the subject.

Congratulations to the following folks that have successfully completed their classes at the Hungry Mother GSAR!!

Field Team Member

Michael Evans
Jason Peters
Kevin Rasnick
Bill Smith

Field Team Signcutter

Karla Grubb
Steven Grubb
Alfred Rosenbaum

Management Team Member

Bob Barlow
Ashley Lewis
Amanda Wenger

As most of you know, we usually take November and December off from training to let folks take a break and also spend time with family. Please use this time to make up for time missed training, and we'll continue to respond should we receive a mission.

I wanted to touch base with you all on a couple of recent missions which weren't handed down to the membership in the proper fashion. This has all been because Mike, Rob and I are the dispatchers, and were either at work, or responding, both of which make it very hard to dispatch properly. We are taking the initiative to get some dispatchers trained and Mike and I will no longer dispatch. Remember, if you are finding yourself at home on a large portion of these missions, unable to respond, but would still like to help BDSAR; then you could possibly dispatch.

We have the process documented and make it very easy to follow that document. Daniel and I have reviewed different dispatching software, and were putting together a proposal, when the Commonwealth announced that they would like us to use their software for dispatching. With that news, we will continue down the road that we have been traveling until this is in place.

(continued on page four)

Bits & Pieces

...Newport News GSAR - The next GSAR College will be in Newport News in Jan/Feb. The classes are now open on the LMS for registration. Please read the descriptions for details and pre-reqs.

IN THIS ISSUE

<i>From the Training Officer</i>	2
<i>BDSARCO MED</i>	4
<i>Save the Date</i>	6

From the Training Officer

Mike Maggard

We had a much better turn out for training over the past few months. I think that changing the training format a little, got members more involved and excited about training. I want to continue the momentum of the past few months and have been working on a new, but similar, format for 2014.

We will continue using the second weekend for training, unless there is a major conflict. Like this past year, I want input from the membership on what YOU want to train on. Unless there is a specific request we will work on the required topics and hours for the upcoming Position Task Books, and recertification.

Also, for the technical folks, if there is enough interest to justify the time we will conduct a full BRT & ART (Basic & Advanced Rope Technique) this summer. There is a lot of work that goes into this so we will have to have a commitment up front for both weekends of BRT and both weekends of ART. If you want both, then it is a 4 weekend commitment.

I found a great article that I want to share:

Learning Knowledge vs. Skill: Practice

Mark Dombeck, Ph.D. & Jolyn Wells-Moran, Ph.D.

Knowledge can be studied, but skills you desire to learn or improve must be practiced. You have to practice - to do - skills in order to learn them. This is because, generally knowledge is something you learn mentally and abstractly, while skills involve some amount of physical coordination, or experiential learning to take place. Skills are connected to the world and allow you to manipulate the world, while knowledge is more intangible. Skills you can learn include: how to speak in public, how to build a house or fix a leaky washer on a faucet, how to make a web page, how to ask out someone on a date, and how to cook a meal. You can learn such skills or others in a class or group, or from a description printed in a book or web page - but they won't help you and you won't learn them unless you practice them.

The old saying, "Practice Makes Perfect" is only partially correct. It is very much true that the more you practice something, the easier it will become. How-

2014 First Quarter Team-wide Training

Jan. 11	Hungry Mother State Park
Feb. 8	Hungry Mother State Park @ 10 am
Mar. 8	Hungry Mother State Park @ 10 am

ever, there is not necessarily a relationship between how often you practice and how well you execute a given skill. It is entirely possible for you to learn a skill incorrectly, or to introduce bad habits and poor form into a skill you spend a lot of time practicing. Bad habits or poor form may endanger you at a later time. For this reason, it is a good idea to get an experienced person who has mastered the skills you are pursuing to periodically view your practice and give you corrective feedback so that you stay on the right path while learning.

If you don't have access to an expert, you can become your own expert by videotaping or recording your performance and then critiquing it during playback. Practice only makes perfect to the extent that you practice correctly!

New skills you practice will very likely feel odd when you first attempt them. You will be trying to do something new, and you may be uncoordinated at first, or feel self conscious. The more you practice, the more such feelings will recede

It is one thing to practice by yourself or with a small group; it is another entirely to perform a skill in public situations. It is quite common to feel some anxiety or "stage fright" the first couple times you perform a skill in real life situations. Anxiety can be distracting and it can keep you from smoothly executing the skill you've learned. You can loosen the effect of anxiety on your performance (and lessen your anxiety at the same time), by practicing your particular skill over and over and over again in a process called Overlearning. When you overlearn you deeply ingrain action routines and habits necessary for your skill performance into your brain so much so that they become independent of you having to think about them in order to perform them. Once overlearning has occurred, it doesn't matter that your mind becomes clouded with anxiety and you get distracted, because your performance no longer requires you to think clearly.

For best results you should practice in as close to real-life conditions as you can. For example, if you are practicing a stage performance, you should practice on the actual stage you will perform on if at all possible. If you are practicing faucet repair, you should practice taking apart an actual faucet again and again until it becomes second nature.

If it is not possible to practice in a realistic setting, you will still benefit from practicing. Simply practice in as close to a realistic situation as you can, and use your imagination to fill in the gaps.

CURRENT SCHEDULED TRAINING:

BDSAR - Team Wide Training

Jan 11th Hungry Mother State Park.

Feb 8th Hungry Mother State Park @10:00 am

Mar 8th Hungry Mother State Park @10:00 am

April 9-13 Appomattox 4H Center in
Appomattox, Virginia

[https://www.facebook.com/
events/179767638859358/?ref_newsfeed_story_
type=regular](https://www.facebook.com/events/179767638859358/?ref_newsfeed_story_type=regular)

Plan for a full 4 days of SAR Training and Breakout sessions. Some sessions in the past have included:

- 2 day Land Navigation
- Wilderness First Aid certification
- 2 day Air Scent K9 Track
- 2 day HRD K9 Track
- 2 day Trailing K9 Track
- Land Navigation competition
- SAR Planning with NTAP Data
- Searching for Human Remains & Clandestine Graves
- SAR Mission Tabletop
- Responding to the Disaster
- Leadership within your Agency
- Meth Lab Awareness
- Equine Search
- Exciting Clothing and Gear Vendors!

Also keep in Mind, Per Bryan - If you want to go, and want to pay me \$20 per month, (or more) I will hold those funds for you until March, Like I said, I'd be happy to do it, and it'd be confidential.

May TBA 2014 Blue Ridge Parkway
SAR Training and Simulation

Jun 13-15 Backbone Rock

Jul 11-13 Grayson Highlands State Park
(Tentative) & Backbone

Aug 8 - 10 Backbone Rock

Sept 12-14 Grayson Highlands State Park
(Tentative) & Backbone

Oct 12th Location TBA (GSAR)

Nov 9TH Location TBA (GSAR)

TECHNICAL RESCUE TEAM

This year training will be at Backbone Rock .

There is a lot of work that goes into this so we will have to have a commitment up front for both week-ends of BRT and both weekends of ART. If you want both, then it is a 4 weekend commitment.

June 13-15 Backbone Rock

July 11-13 Backbone Rock

Aug 8 - 10 Backbone Rock

Sept 12-14 Backbone Rock

We will plan on having a night exercises in Sept.

VDEM SPONSORED TRAINING

FTM, FTL, FTS, and MTM. Class will take place at ICG in Newport News. 230 Picketts Line, Newport News,VA . Meals and lodging are on your own. Additional information about camping at the site will be provided later. Registration will begin at 1800 on Friday.

As of 11/07/13 - MTM and FTS are full with waitlists. FTM has about 14 spaces left, FTL has 3 spaces left. *Remember if you sign up and plans change be sure to un-enroll and give someone else on the wait-list time to plan to attend.*

If anyone wants to attend, and you need a ride, contact Bryan or Mike.

For all GSAR classes Register online at the
VDEM Learning Management System (LMS)

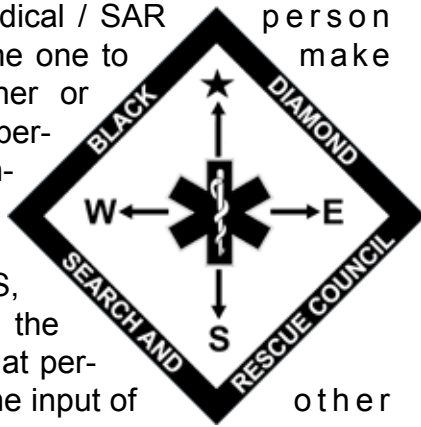
BDSARCO MED

Medical Branch Update: Rob Blevins

To Fly or Not to Fly?

...That is the question! In light of some of our recent medical experiences and the soon to be medical branch, I have been asked to expand a little on the expectations when considering whether or not to fly an injured patient.

BDSAR medical branch protocol will state that the highest trained medical / SAR person on the scene will be the one to make the decision of whether or not to fly. If BDSAR personnel are not the highest trained medical personnel caring for the patient (local EMS, physician, etc.) then the decision will defer to that person. Always listen to the input of other personnel, but be prepared to make the decision. Some of the things that person will need to consider are the following:



- Mechanism of Injury – How were they injured? How much force was involved? What are potential injuries resulting from the trauma? What is the nature of the patient's condition if trauma wasn't involved... i.e. Dehydration, Exposure, etc. In essence, what injuries do we see and what other injuries may we not see... Multi-system trauma is always an indicator for rapid air transport to a trauma facility, but we need to be aware of hidden conditions such as rhabdomyolysis and kidney failure.
- Life Threatening Injuries – How likely is it the patient will die from their injuries / condition if care is delayed by ground transport? Is there increased danger to life and limb in getting the patient to ground transport to the closest hospital? When in doubt assess and reassess, but don't waste precious time. Remember the golden hour for trauma.

(continued on page five)

The Coordinator's Desk, cont.

I am planning to have training for the dispatchers one day in December, and it will be mandatory for those that want to dispatch. If you can't make that one, we will do another later. Daniel will be handling the dispatch schedule from there and subsequent "Dispatcher Codes" for change of dispatch, etc.

I would like us to have a meeting in January to talk about minimum training, and response, requirements for all members. If you're active in training, and are responding, these requirements will not affect your membership in anyway. If you cannot train, and cannot make it to missions, or at least simulations, then a larger liability issue exists with having those persons on the roster. Once again, is our lack of training and response good for the subject?

The precedent we set forth in the future will be the evidence that we will require when you ask to recertify. Please plan on attending the January meeting in order to have some input on these requirements.

Have a great Thanksgiving and Christmas if I don't see you before then.



Fabulous Quilt Raffle \$5/ticket

Drawing held at the Spring 2014 VASARCO

BDSARCO MED, cont.

- Availability of Medical Equipment / Personnel – Do we have all of the equipment and personnel that we need to adequately care for the patient's needs? Do we have the necessary personnel to carry / move the patient out to EMS? Is there a suitable location to set up a landing zone for a helicopter?
- Availability and Capabilities of Closest Facilities – Can the local hospital care for the patient's needs appropriately? Is the patient stable enough to go to the local hospital for initial treatment and then be transported to a more appropriate facility?
- Local Flight Protocols – Are local EMS on scene? Even if you are the highest trained, the area we are in may have specific guidelines for flight so be sure to involve them in your decision making process.
- Weather – Helicopters are at the mercy of the weather like us... Don't waste time worrying about the helicopter if they can't fly anyway.

Bottom line is... The decision to fly a patient is a multi-faceted one. There is no "set in stone" criteria to fly a patient, but the above factors should weigh heavily in the decision. We should always initiate care immediately and make that determination as early as possible. Also, remember, the situation can change. A patient may not initially be deemed appropriate to fly but may deteriorate or change to make them a candidate. Take everything into consideration and make the best decision for the patient. After all, that's why we all do what we do... right?



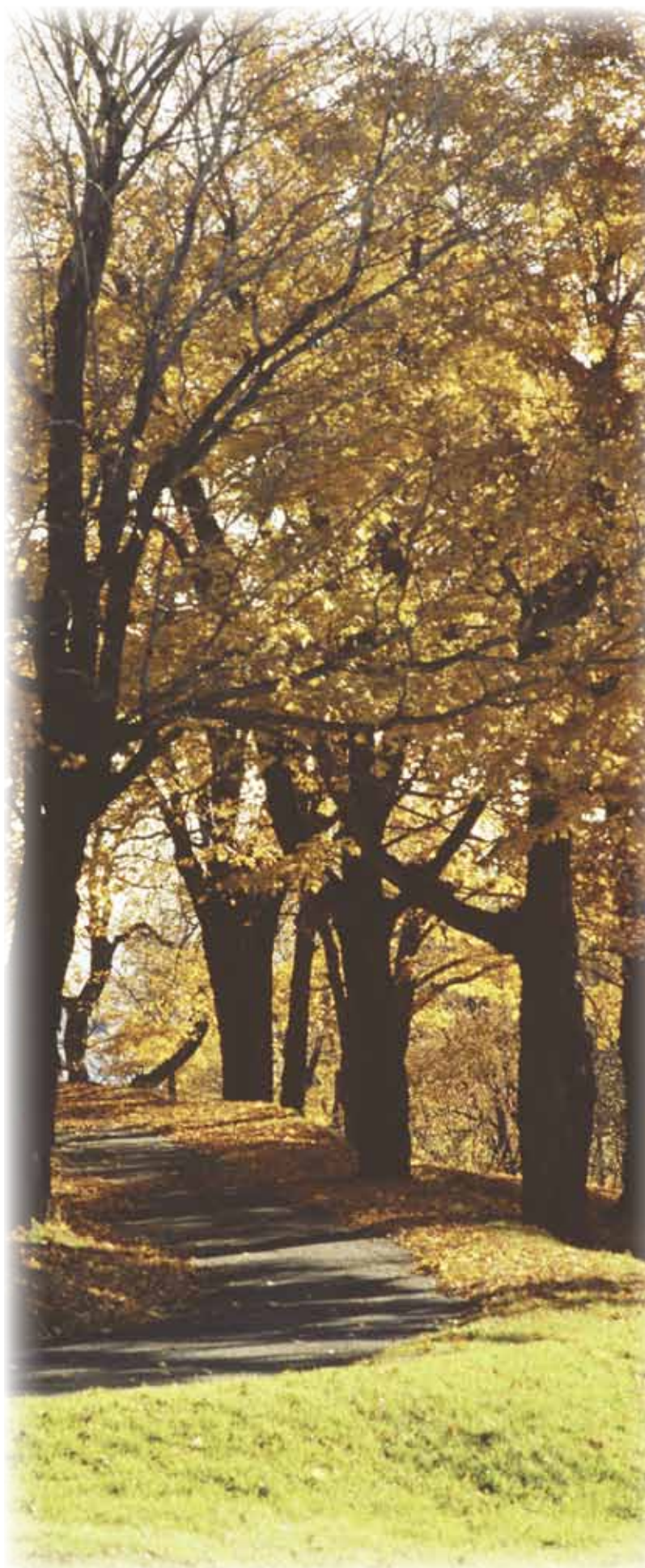
TRUENORTH
PETZL
BRUNTON
PMI
5.11
 TACTICAL SERIES
 Adventure Medical Kits
BE SAFE
DRAGON
nalgene
eno
 And so much more!!

A&L
 Outfitters

Need Gear???
 Then give us a call!!

We will beat any advertised price and always give a discount to SAR personnel!

Rob Blevins, owner
 276-706-1150
 aloudfitter@gmail.com
 www.aloutfitter.com



SAVE THE DATE!! April 9 - 13, 2014

Virginia SAR Council 2014 SAR Conference

The Virginia Search and Rescue Council

*is excited to announce the dates for the
2014 Virginia SAR Council SAR Conference.*

**To be held at the Appomattox 4H Center
in Appomattox, Virginia**

Plan for a full 4 days of SAR Training and Breakout sessions.
Some sessions in the past have included:

- 2 day Land Navigation
- Wilderness First Aid certification
- 2 day Air Scent K9 Track
- 2 day HRD K9 Track
- 2 day Trailing K9 Track
- Land Navigation competition
- SAR Planning with NTAP Data
- Searching for Human Remains & Clandestine Graves
- SAR Mission Tabletop
- Responding to the Disaster
- Leadership within your Agency
- Meth Lab Awareness
- Equine Search
- Exciting Clothing and Gear Vendors!

Bring your children and leave them with our wonderful instructors to participate in SAR related events in our **Kids Track** on **Saturday / Sunday!**

Be sure to follow the Virginia Search and Rescue Community Facebook page for updates or contact **Bryan Saunders** at bsaunders@bdsarco.org for info.

