

# Mountain Skills & Trip Coordination 2016

Bernadette Geddes

May 31 6pm

Start: 6:00pm, May 31, 2016 at the home of Steve Irwin

Introductions were made: Course Instructors - Steve Irwin and Sandy Vradenburgh

Participants : Shelly Dormier, Kari Fisher, Wendy McConnell , Maryon Siemens, Renuka Sanghvi , and Bernadette Geddes

Topics of discussion:

1. CAMC Trip Coordinator's Procedure Outline- steps to follow when organizing and running a trip. A handout was given.
2. The Course Outline : over May 31, Jun 3,4,5
3. How to read a Topographical Map. : 16 sq. in. / section
4. Legend- how to read.
5. Information given about:

Eastings ( left to right: west to east )

Northings ( bottom - up : south to north )

How to locate a (GR 6 digit number ) on a map : GR \_\_ ( E ) \_ ( . \_ E ) \_\_ ( N ) \_ ( . \_ N )

Meaning of contour lines and the distance between lines : 25 m between small lines, 100m between darker lines. The closer the lines- the steeper the elevation gain.

Difference between a Ridge ( VVV going downward , away from the summit) and a Gully ( NNN going upward towards the summit )

6. Did an exercise to plot various coordinates on a map using the GR number.
7. Discussed the upcoming weekend in Kananaskis where the remainder of the course would be held. Meeting on Friday at the Kananaskis Hostel at 8:00pm.
8. Were given instructions to : plan our car pool, plan the food menu - each person to contribute enough food to feed 9 people, plan for our own breakfasts and lunches, to write a report on the topic selected and to be prepared to do a 10 min. presentation , to organize who would do a write-up for the CAMC website throughout the course.
9. Reviewed packing list and exchanged Contact details. Maryon will travel on her own from Rocky Mt house and the others will ride together in Renuka's and Bernadette's vehicles and meet in Red Deer at 4:30pm at the Raddison Hotel on 67 st. Group photo taken.

End- meeting wrapped up at 9:00pm

Kari Fisher

June 3 8pm

This weekend I had the great pleasure of attending the CMAC Mountain Skills and Trip Coordination course. It was an amazing weekend filled with great information, laughs and stunning scenery. My peers included 5 lovely ladies, and 2 inspiring instructors Steve Irwin and Sandy Vradenburgh.

We arrived to a cozy hostel on Friday evening in Kananaskis mountain country. We wasted no time getting familiar with our accommodations which were simple, but equipped with all the essentials for a very comfortable stay.

The course started promptly at 8:00pm, to which we received a stream of information, and our hiking coordinates for the following day. After our briefing, we were left full of anticipation for the next days events, but ready to settle into our bunks for a good nights sleep.

Maryon Siemens

June 4 9am to noonish

After our first overnight at the comfortable Ribbon Creek hostel, we had boots on and ready to go by 9am. We had a lively beginning to the day with an accidental deployment of bear spray in a vehicle! No one was hurt and once it was cleaned up we loaded up again and off we went to the trailhead. The conditions were beautiful and we didn't expect any rain.

We were happily headed up a rocky creek and soon saw the spring flowers were blooming! We saw Arnica, Alpine spring beauties, Bracted Orchid or it could have been the Blunt-leaved bog orchid, Purple Heather, soon to bloom yellow columbines and red and yellow Paintbrush. Try as I might I could not find any Mountain Gentian. This handsome flower appears in wet meadows and on stream banks in the subalpine and alpine zones. The leaves are opposite, egg shaped, prominently veined, hairless and smooth. They are usually solitary but as many as 3 might appear at the tip of the stem. I will have to continue looking on the next trip....

Flowers aside, we quickly had a demonstration from Steve of how to correctly hand-assist a hiker up a steep bank. We all gave it a go. We continued to hike with frequent stops so the students could present their "topics" that had been assigned to them. We learned the "necessary contents of a day pack", "what to take in a first-aid kit", "What causes blisters" and how to treat them and footwear choices i.e.: hiking boots. Along with the students presenting Steve and Sandy shared many tidbits of information based on their years of experience and as hiking coordinators. Steve opened our eyes to the styles of Coodinatorship, the different types of participants and how to adapt our style to the participant. There is a lot more to leading a group than walking in the front!

We watched for the waypoints we had noted the night before at the planning session. I soon realized that I needed to stop talking and pay more attention to the features, as I almost missed a significant creek junction. We began to learn how to apply the map features we read about and what we visualized the night before. We were off to a great start!

Shelly Domier

June 4 Noon to 5pm(ish)

We started with lunch around 12:30 in the shade after the first dried creek on our way points. Bernie gave an informative presentation on ticks followed by frequent stops to pull out maps to orient ourselves along the route with our way markers. Went through a spectacular gorge (choke point). We stopped to group huddle together and discuss safety of travelling through cliff area with falling rock. After the gorge we sat for a presentation on hiking boots and hypothermia and hyperthermia. When we discovered the creek running again we purified water and replenished supplies. We discussed what to do with a lost hiker. Use CCSC (call out name, check map for dangers, send out parties of 2 for short defined time and lastly call search and rescue). Came to a final fork and stayed left heading up very rocky scramble area. Group stayed closed together. There were slips but no injuries.

Wendy McConnell

June 4 2016 5 PM to bed time

About face comes the command from the Trip coordinator it is 5:00 PM and we need to turn around. We have not reached the destination we were hoping for and unexpectedly out of the mouth of a fellow hiker (tiny little Shelly) came Ahhhhh can't we keep going we only have a little way to go. "We have to turn around so we won't get caught in the dark" replies the our coordinator with a tone of firmness that most people would not want to challenge. So off we went, over rocks, streams, bridges made out of logs, what Spectacular country we have in our back yard.

We find out what our own personal strengths and weaknesses are as we travel over terrain that is challenging for all of us in our own little way.

We make it back to the Hostel and it's a race to get supper on, get showers done as we still had map work to do that night. We had gotten back to the hostel later than we expected. Oh what a supper it was from appetizers to main course chili dishes to die for (on a bun or with out a bun), vegetables, rice done with herbs and spices that made your mouth water, and dessert that was decadent, brownies with raspberries and whip cream. Oh now I've got your attention LOL. We invited the hostel house person to join us and what a great time visiting and enjoying each others company.

Then back to the Maps "oh those maps", at our finger tips reach all through the day in and out of our pockets checking every gully, ridge, bottle neck, creek bed anything we could use as a marker so we could find our way to our destination and back again. Now we have to do it again for tomorrow's destination. Here we go again, we are given \_\_\_ by \_\_\_ and are expected to find our destination as well as all the details about that destination that will help us know That We Are In The Right Spot. Once we have satisfied our coordinators that we know where we are going and all the extras we should know about that location we are allowed to go to bed. I dragged my sorry tired Butt back to my bunk and off to sleep within min. no I mean seconds. Sweet Dreams

Renuka Sanghvi

June 5

Group started from hostel where we talked about cloud implications of weather and group safety, how to tell directions using stick shadow to determine north.

Headed to ???? to hike ???? trail. After group assembled we headed out with Shelly as coordinator at 10 am up the steep trail. Shortly after starting. Shelly announced inclement weather conditions and decided to abort ???? hike to an alternative location.

Mapped out the ??? trail and under the leadership of Wendy we met at the parking lot for the ??? trail hike. Shortly after starting many scenarios ensued causing group separations, bear crisis and a medical emergencies. These scenarios were to enable each Individual to be a group leader and to make decisions on how to understand group dynamics and to problem solve. The purpose of the coordinatorship training is to handle a group respectfully, assertively and safely in order to complete the hike. We learned also about facing the unexpected and being prepared with an alternative hike location. Also we learned what to do in a medical emergency and how to respond with our group. The hike ended on a beautiful closing at about 1:45.

Kari Fisher

Thank you to Steve and Sandy for creating an amazing and unique wilderness classroom, as well as an experience that I am sure we will never forget!