



FOUNDED BY
JAN AND HERB CONN

NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

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Chairman's Corner

GREAT FALLS, VA

Richard Stokes, a National Park Service Ranger currently working at Great Falls, Virginia, spoke briefly at the meeting on March 9. He drew attention to the climbing register in the Visitor Center at Great Falls, and while emphasizing that registration was strictly voluntary, asked for the cooperation of all climbers in signing in and out. He stressed this was for the protection of climbers (if you haven't signed out by closing time they'll come looking to see if you are in trouble) and also helps the Park Service by giving them a chance to discourage the "clothesliners" before they get started. The Park Service has competent, trained manpower in case of emergencies but may require additional assistance in the event of an accident. The register will help them quickly locate experienced climbers who are in the Park at the time. The Park gate will be locked at night; right now closing time is 7:30 PM but will become later as the evenings get longer. No pitons or bolts are to be used except in Norris' Aid area. Let's

give them our full cooperation-- and pray for similar rapport with Catoctin eventually.

On Sunday, April 24, the Park Service will stage a Mock Rescue (probably in the vicinity of Juliet's Balcony) at 11:00 AM, preceded by a discussion on radio procedures, emergency equipment etc. at 10:00 AM. The public is invited and encouraged to attend. For exact location and further details, contact Rich Stokes at 759-2925.

Training Briefs

As of the first of April, a new training program will be in effect. A classroom session will be held prior to the training sessions at Carderock. Attendance at the classroom sessions will be mandatory for all students wishing to participate in the Sunday training sessions held at Carderock. The classroom sessions will be held on the first Tuesday of each month at 8:00 PM at PATC headquarters, 1718 N Street NW, Washington D.C. Direct any questions concerning the new training program to Rick Todd (439-0672).

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You, maybe?

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UP ROPE is the monthly newsletter of the Mountaineering Section (MS) of the Potomac Appalachian Trail Club (PATC) of Washington D. C. Editorial contributions, letters and comments are welcome and should be sent to Vivian Goldberg, 103 G Street SW #B608, Washington, D. C. 20024. Deadline is the 20th of each month. Subscriptions for MS members are included in dues. Annual subscriptions for non-members are \$3.50. New applicants and current members of PATC may join the MS by requesting sponsorship by a member of the MS. Current PATC members interested only in receiving UP ROPE may subscribe at no additional charge. Send subscriptions and changes of address to Circulation Manager, UP ROPE, 1718 N Street NW, Washington, D. C. 20036.

From the Editor's Chimney

It is with mixed feelings that I am resigning as editor of UP ROPE. I've enjoyed putting out the paper and find I'm experiencing withdrawal symptoms in letting it go. But what a relief it will be not to have those deadlines which roll around with increasing speed. Vivian Goldberg is taking over as Editor starting with this issue. I hope you will give her the support and encouragement you've given me. It's been fun.

Stevie Ney

In the next few issues, those of you who don't already have a great appreciation of Stevie Ney's job as editor will gain it. What you have to look forward to is uncensored typos, jagged margins, and smudgy thumbprints on the copy. You have acquired a new editor who can neither type nor make coffee (can't afford it anyway). Stevie issued about 22 numbers of UP ROPE in style and on time. Your new editor is likely

to be desperately late in meeting deadlines, which doesn't enhance the style. Your new editor is alleged to be susceptible to lapsus linguae, spoonerisms, double-entendre, and even mountain mouth. Certain parties, we are told, are eagerly waiting for a faux pas to appear in print. Nonetheless, your new editor pledges to adhere to the principles of good English, the standards of the community (among climbers, that leaves a lot of rape), and the tyranny of the deadline. --So thank you Stevie. You've done wonders with UP ROPE.

Vivian Goldberg

At Base Camp

MS Annual Picnic will be held at Carderock on Sunday, May 22. Details will be published later.

The John Roskelley slide lecture on Nanda Devi was successful, bringing in \$183 and giving us a net profit after expenses of \$8. Stan Halpin has written a report on the lecture for PA.

TRIP LEADER WORKSHOP

The trip Leader Workshop held on March 23 covered four major topics: general responsibilities, trip reports, rescue, and first aid.

Joe Wagner discussed guidelines for the trip leader, which include:

- Acts as contact for participants of the trip; arranges meeting place and carpools

- Contacts appropriate authorities such as park service or landowners

- Gives help, encouragement to newer climbers, but doesn't instruct

- Knows how to obtain help in an emergency; location of phone, hospital, local authorities

- Is responsible for the general safety of the group but not the safety of individuals

- Notifies the MS chairman of any accident or problem

- Lets participant decide if he is qualified for the trip, i.e. "leaders and experienced seconds only". Climbers under 16 years of age should be accompanied by a parent or responsible adult

- Carries the 10 Essentials

Map	Fire starter
Compass	Pocket knife
Flashlight	Extra food
Sunglasses	Extra clothing
Water-proof matches	
First aid kit	

- Carries pencil and paper

- Sees that adequate equipment is available

The following points were brought out in discussion:

- Leader should have overall awareness of what's happening

- Can sound out participant's experience before the trip

- Consider requesting name and number of person to contact in an emergency

- Obtaining medical care for anyone under 18 requires parental signature, which presents problems

Joe Jensen outlined the steps to be taken in the event of an accident.

In order, they are:

- Calm, forceful competent leadership by the most qualified person present (not necessarily the trip leader)

- Look to the safety of the rest of the group, i.e. remove group from the danger area

- Plan actions: evaluate the situation; consider resources available (people, skills, equipment); consider location, terrain, weather, availability and competence of outside help

- Decide actions to be taken and formulate plan

- Carry out plan

- Maintain communication between rescuers and leader

- Determine evacuation priorities (ground or rock location)

Evacuate Immediately: major head injury, pulmonary edema, unconsciousness cause unknown, threatening weather or terrain

Delay Evacuation until rescue and/or medical help arrives: stroke, heart attack, internal injuries, neck or spinal fractures, minor head injuries

In all other situations, it is not necessary to rush evacuation.

Jim Thresher itemized the life-threatening emergencies which must be treated immediately:

- No breathing

- Arterial bleeding

- Shock

- Heat stroke

After treating these four, check for further injuries and determine what is to be done. (Discussion assumes the leader has some knowledge of first aid.)

In both rescue and first aid situations a record should be kept of the accident, aid given to victim, and condition of victim including periodic measurements of pulse rate, and rescue/evacuation methods used.

Stevie Ney

Climber's Calendar

April 13	MS Meeting 8:00 PM Headquarters	Trekking in the Manaslu and Everest area; Arnold Wexler
*April 17	Training	Rick Todd (439-0672)
April 24	Buzzard Rocks MD	Curt Mobley (869-0428)
**April 30-May 1	Seneca Rocks WV work trip	Margaret Wettling (736-2447)
*May 3	Classroom Training 8:00 PM, Headquarters	Rick Todd (439-0672)
May 8	Rocky Gap MD	Barbara Llewellyn (871-6197)
May 11	MS Meeting 8:00 PM Headquarters	Slide show: Of the climbers, by the climbers, for the climbers. Stan Halpin
*May 15	Training, Carderock MD	Rick Todd (439-0672)
May 22	Herzog Island MD plus PICNIC	James Eakin (598-6047)
**May 28-30	Shawangunks NY	Stevie Ney (762-7311)
May 29	Leader's Choice	You, maybe? Call Barbara Llewellyn (871-6197) or Joe Wagner (966-6379)
June 5	Annapolis Rock MD	Tom Perry (354-2794)

* All training is by appointment and all training at Carderock MUST be preceded by classroom training.

** Leaders and experienced secondas only. Arrange for climbing partners before you leave for the trip.



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