



PATROLLERS NEWS

A monthly newsletter brought to you by Kawartha Zone, Canadian Ski Patrol

VOLUME 14, ISSUE 9.

FEBRUARY 25, 2021.

Top stories in this Newsletter:



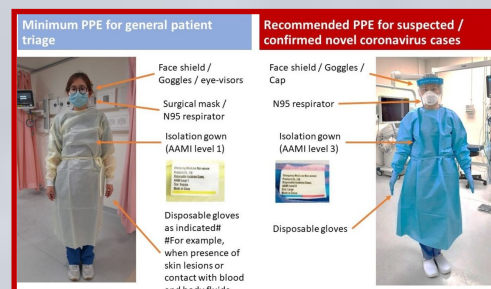
Division Award



Off Piste



Hill Happenings



Patrolling within COVID 19

Ontario Division Award



The return to the ski hills also brought the opportunity for some of the Kawartha Zone executive and Brimacombe patrollers to safely gather together to present one final outstanding award. The Ontario Division Returning Patroller of the Year Award (in memory of Alison Smith) for the 2019/20 season was presented to Tim Manery.

Tim has been a valued member of the Kawartha Zone and a Brimacombe patroller, but last season, Tim was asked by the Ontario Division to assist the Frontenac Zone to help re-establish their patrol executive by stepping in as their interim President. On top of helping Frontenac, Tim continued to

patrol his shifts at Brimacombe, instruct the 7-week refresher course in the fall, and was an asset to the National Financial Oversight Committee, and is the National Finance Group Manager (working on national budgets and reports).

Tim's passion for the CSP shows through in his calm approach that helps to guide and support the team and other individual patrollers he is working with – whether it is a national committee or a fractured executive that





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Hill Happenings for February 2021

Nordic - We often dress lightly for a hard ski to compensate for the body heat generated during strenuous activity. This strategy reduces sweating during exercise, which otherwise can leave our clothing damp and predispose us to hypothermia in cold conditions.

When dressed lightly, it is important to remember that something as simple as an equipment failure, change in weather, fatigue or a minor injury can slow us down and cause body temperatures to drop quickly, creating a precarious situation.

Consider packing a dry sweater or thermal blanket, a chemical hot pack, and have a way to contact help such as a phone and whistle with you when you ski.

Watch for warning signs of hypothermia on yourself and others when out in cold temperatures.

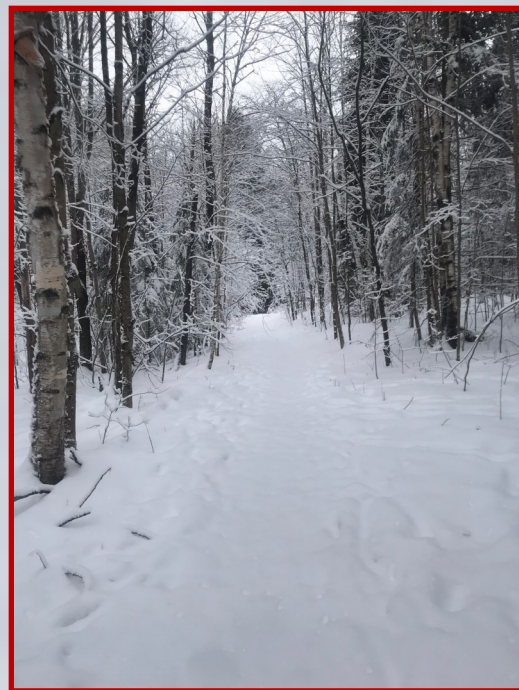
Shivering, lack of coordination, slurred speech, confusion, and rapid breathing are all early indicators of hypothermia that should be taken seriously and all call for a prompt return to rewarm the body and have a hot drink.

Brimacombe - Brim patrollers are excited to be back patrolling. Many have spent the last few weeks refreshing their first aid skills at home to willing 'victims' and making sure their gear and first aid kits are in good shape. Bubble A will be kicking things off for the first shift on Friday, February 19th in the evening. Here is to a safe and long season (and no knee injuries!).

Lakeridge – Lakeridge patrollers are excited to return to the ski hill, especially with fresh snow on the ground, and on the horizon. Patrollers have been trying to keep busy while the ski hill was closed but are happy to give up the hobbies for the skis again.

Dagmar – Like all hills, Dagmar is reopening, with many updated policies and procedures in place to keep all staff, volunteers, members and the general public safe and happy on the snow!

Zone –The Kawartha Zone Executive are happy to announce that the photo contest will again be taking place for the 2020/21 season. Last year was a success with many amazing photos submitted, and wonderful memories shared. This season, the photo contest will use Facebook and email to send the photos in, with more details of how to do this coming soon. Get your masked smiles ready and show how great Kawartha Zone is!





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Off Piste

Off Piste

It felt like Christmas all over again with the announcement of ski hills opening. Excitement of getting equipment ready, making sure gear still fit and was in good condition. Then realities of life hit... The pandemic of Covid 19 is still very real and concerning. I still cannot hug my friends, we are still wearing masks, and I still will not be able to ski with all my patrol family. The moment of happiness seemed fleeting with the difficulties still ahead of us. But then after days of sadness, I allowed myself to see the bright little spots...

The fact that I will be able to ski safely with a select group of patrollers, I will safely be able to enjoy a sport that I love and have a passion for. I can safely help people on the hill with safety measures put into place. I can enjoy the outdoors and the thrill of making turns down a run, seeing families out together and enjoying their time. The excitement and nervousness of the first run down a slope – will I remember how to make turns? Will I stay up? Will I fall wearing my patrol coat, under the chairlift (where it always has to happen!). How many masks and buffs will I go through in a day? (If you are reading this far, thank you, and please email lesley.mcmillan@skipatrol.ca and tell me how many masks you go through in an average day to be entered into a draw for one of our Storm Tech logo masks!)

There are still so many unknowns, doubts and questions, but let us not let this get us down. We have resources and people to talk to if you need and look at the amazing things that we have overcome already and look at the small things that make you smile. These small things will make a difference and will help you through. Catch a few snowflakes on your tongue, enjoy a hot chocolate while watching a movie, send a friend or family member a note to say hello and check in. I know I enjoy sending morning GIF's to a friend and I hope they enjoy it as much as I do searching for just the right one that morning. Make someone else smile, be the bright spot in their day, you never know how much they may need it.

Stay safe, stay healthy, stay up on your skis and enjoy the moments.





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Patrolling in the COVID—19 Environment

Just a reminder, even though most patrollers have returned to the hill, please ensure you know the proper procedures for donning and doffing your PPE! There are videos available through our education portal (the training that all patrollers had to complete before the season). The links to the Edu3 site can be found on the Kawartha Zone website, and the national site as well. Please review any other skill videos that you may find helpful! It has been quite some time for some of us since we have done any patrolling, and we encourage everyone staying up and fresh on their skills!

This season will be a bit different for everyone with new policies, protocols and procedures, but it is in the best interest of our patrollers and the patients that we follow these steps.

Everyone should have received a COVID card of screening questions, please use these cards as well to keep you safe. The Kawartha Zone executive is happy to have our hills open and patrollers returning to what we all love to do, but we want everyone to stay safe and healthy.

Minimum PPE for general patient triage



Face shield /
Goggles / eye-visors

Surgical mask /
N95 respirator

Isolation gown
(AAMI level 1)



Disposable gloves
as indicated#
#For example,
when presence of
skin lesions or
contact with blood
and body fluids

Recommended PPE for suspected / confirmed novel coronavirus cases

Face shield / Goggles /
Cap

N95 respirator

Isolation gown
(AAMI level 3)



Disposable gloves



(Continued from page 1)

needs guidance. Tim was able to share his passion and knowledge to the Frontenac team and encouraged them to see the bigger picture, bringing them onboard with national initiatives, and creating a plan for them to be able to come together and be a strong team again (and again while continuing to patrol a regular season with Kawartha Zone, and complete national tasks).

Tim is an exemplary example of patroller that goes above and beyond, and outside the expected “norm” of a regular patroller. Kawartha Zone is proud and honoured to have the pleasure to present Tim Manery with the **Returning Patroller for Ontario division**.



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Kawartha Zone's E-Store Update

Thanks to the Kawartha CSP Team for all your orders & support.
The CSP Kawartha E-Store is now closed for the 2020-21 Season.
The E-Store generated 26 orders. Sales orders have been put into production. And deliveries will be out by Feb 28, 2021.

Also, we have modified the distribution personal for your CSP Gear Deliveries:

Brimacombe Ski Club – Tim Legere will be looking after distribution.
Dagmar Ski Resort – Kmac will be looking after distribution.
Lakeridge Ski Resort, Executive Patrol, Specials Orders – John Toomey
Nordic Patrol – Mark Wickham

CSP Branded Masks – Still Available – Order Today:

There are still CSP Branded Masks available to purchase \$12.00 each.
If you would like to purchase one, please E-mail me or give me a call.
John.Toomey@skipatrol.ca

Cell: (416) 704-7743



Your Kawartha Zone CSP E-Store Will Re-Opening this Fall!

Any Questions please contact:

John Toomey

E-Mail: John.Toomey@skipatrol.ca

Cell: (416) 704-7743

KAWARTHA ZONE'S CALENDAR OF EVENTS