



*Volunteer Park Patrol  
Simulation Reading Materials  
Please read before class*

*This program will be outdoors for part of the session. Dress in layers. Class will be held regardless of weather conditions and will only be cancelled if no travel is advised for the area and broadcast by the local television and radio stations.*

*This material is a summary from the Volunteer Park Patrol Manual. Please read the complete manual for further information. Manuals are provided to all patrollers. Call if you did not receive one or need a replacement.*

#### INTRODUCTION

The Rescue Simulation is a practice session and involves several outdoor stations where simulated incidents will occur. Park staff and National Ski Patrollers from Viking Nordic, Hyland and Elm Creek Ski Patrols will be leading the stations.

As soon as you arrive, you will be assigned to a small group. Your group will have a volunteer Ski Patrol leader. This person will lead your group to each situation and will help to evaluate your participation and answer your questions. Ski Patrol members are also helping as victims who will role play an incident. They will do their best to help you gain practical experience using patrol equipment and utilizing the skills that you learned in first aid and CPR.

Each station will involve a scenario with a park guest needing assistance. While in a real incident Park Police may take charge when they arrive on the scene, during simulations all patrollers will be asked to take charge of the situation at least once and assist/observe for the rest of the situations. This is not a test, but rather a time to practice your leadership role, patrol skills, use of the patrol equipment, communication skills, emergency coordination skills, and a time to ask questions.

Basic protocols will be incorporated into these stations including communications, Park District emergency procedures, Park Police and Park Patrol volunteer responsibilities and ways that patrollers can assist Park Police.

## DRESS FOR THE WEATHER

The rescue simulation will be held outside regardless of the weather. You may be out for an extended period of time and there will be lots of standing around. Even on a nice day, you will be outside long enough to get cold feet, hands and ears. You will also be kneeling on the damp ground. Warm gear is essential as well as clothes that you **don't** mind getting dirty. Avoid cotton. Wool, polypropylene or polar fleece type fabrics are good. (More info - p. 55 of manual)

- Wear a hat!
- Wear warm boots. Please do not wear tennis shoes or street shoes.
- Dress in layers. Wear a non-cotton under-layer and insulating mid-layer with a wind proof outer layer. Glove liners under mittens work well. Non-cotton socks with a lightweight liner are a good idea.
- Carry a small backpack, if possible, with extra warm clothes so you can add or remove warm clothing (extra hat, extra mittens, warm pants, and a rain coat or wind jacket and wind pants.)

## FIRST AID TREATMENT GUIDELINES

Park Patrollers who have completed all training sessions as required by Three Rivers Park District for the current year may patrol Park District trails and events and perform first aid assistance as follows:

### 1. NOTIFY PARK POLICE OF ALL INCIDENTS

Update upon arrival on the scene and explain if there are injuries other than those reported earlier. In all cases, Park Police are responsible for determining the level of treatment that will be provided. Patrollers must communicate with Park Police. If you are certified in advanced emergency skills, tell the officer and they will take this into consideration when they determine treatment.

### 2a. BASIC TREATMENT

In all cases, perform an assessment. Continually maintain and monitor A B **C's, control severe bleeding, treat for cold or heat exposure and shock,** and stabilize injuries so as to prevent further injury. Check and record vital signs and information gathered **from assessment, victim's statement and** witnesses.

### 2b. ADDITIONAL TREATMENT

Patrollers may perform additional treatment for:

Injuries such as cold/heat related injuries and exhaustion victims, ankle, arm, shoulder injuries, respiratory emergencies, and cuts, abrasions and burns. Check capillary refill, movement and feeling in injured limb before any **treatment, and again, after you've treated.**

Patrollers may not perform additional treatment for:

Injuries such as possible femur fractures, open fractures, head injuries, and suspected neck or back injuries which require more advanced training, equipment and more people to properly perform lifts and carries, backboarding, etc. Provide basic treatment (#2a) and **follow Park Police officer's instructions. Any** treatment which is beyond your training or confidence level should not be attempted.

### 3. TRANSPORT

Under certain circumstances, patrollers may proceed to transport:

Injuries such as cold/heat related injuries and exhaustion victims, ankle, arm, shoulder injuries, respiratory emergencies, and cuts, abrasions and burns. If Park Police cannot be contacted, transportation may be initiated if it is determined to be necessary due to severe weather, proximity to trailhead or the **victim's rapidly deteriorating condition. Only authorized staff and patrollers may drive the snowmobile.**

**Don't move or transport;**

- Possible femur fractures
- Open fractures
- Head injuries
- Suspected neck or back injuries (suspected due to the nature of the accident or due to reports of numbness, paralysis, lack of movement or unconsciousness)

### EQUIPMENT

1. Carry a flashlight if you will be attending the evening program.
2. Have a pen or pencil and small notebook or paper in your pocket.
3. Wear a watch which displays seconds.
4. Three Rivers Park District will provide all first aid equipment.

### TIPS TO KEEP IN MIND

1. Protect yourself. Your safety comes first.
2. Keep calm.
3. Have a reason for what you do.
4. Treat the whole situation, not just the most visible injuries and the loudest victim. Assess your resources and stay within your training.

### KNOW YOUR LOCATION

KNOW YOUR LOCATION AT ALL TIMES. The number one most important piece of information you need to relay to the Park Police is: WHERE ARE YOU?!! You must be able to specify your location accurately when calling or sending a messenger for help. This means what park are you in and exactly where are you in that park. Make sure that time is not wasted in trying to find you and the injured person.

Refer to your trail map. Note trail junctions, landmarks (hills, lakes, bridges, buildings, etc.) and trail names. Also note that your map may have junction numbers. Practice finding your location while you are patrolling each day.

If you are not carrying a cellular phone, or if it fails to work and you must send a messenger, you should mark your location as accurately as possible on a spare map. Include, in writing, a brief explanation of the situation, what help is needed and what equipment you think you may need on the back of the map. This could be especially important if the messenger is not a patroller and may not be dependable to relay a message accurately. Also, be sure to ask the messenger to explain to you where the trailhead is so you know they are going to get your message through to the right place!

## SUMMARY OF RESCUE PROCEDURES

During the rescue simulation and for a "real" emergency situation you will need to:

1. Consider your own safety first. Protect yourself - do not rush into the situation and put yourself in danger as well. This includes putting on extra clothes to keep yourself warm during the rescue process.
2. Secure the area so more accidents do not occur. (Block trail, etc.)
3. Alert Park Police, park staff or other patrollers that you are heading to or have arrived at the accident. Give as much information as you know or can deliver depending on the circumstances. (See step #5) Have them stand by for more information. (This may help give officers time to get to the park, call for ambulance assistance and for park staff/patrollers to get the snowmobile or other equipment ready.)
4. Assess the situation. Keep calm, provide basic treatment (Refer to First Aid Treatment Guidelines p. 5). In winter, prevent further heat loss and warm the victim AS SOON AS POSSIBLE. Find out what has happened - ask questions and record responses of the victim and any witnesses.
5. Re-establish contact with Park Police or trailhead staff. Make any corrections if necessary.
  - Identify who you are.
  - Give your location - be prepared to give the exact location; What park you are in and where you are in that park. Give junction numbers if used in that park, or identify landmarks.
  - Explain what has or is occurring (be brief and to the point). Let them know the nature of the injuries and specify the number and approximate ages of the victims. This is very important in order for Park Police to arrange for enough appropriately sized equipment and transport vehicles to be brought to the scene.
  - Specify the type of help and equipment needed.
  - Ask them if you should wait for help to arrive or if you should treat and transport with the help of other patrollers or staff. Park Police officers will communicate via cellular phone how much you are to treat that person or if you should wait for advanced emergency assistance to arrive. If you are certified in advanced emergency skills, tell the officer. (Say "I am also a certified EMT, First Responder, National Ski **Patroller,**" etc.)

Always keep your cellular phone on and be prepared to answer more questions as necessary.

6. Administer additional treatment that is necessary, within your training and communicated with Park Police. (Refer to First Aid Treatment Guidelines p. 5.)

If you cannot reach Park Police, and it is necessary to transport the victim, you may proceed in certain circumstances, according to the First Aid Treatment Guidelines p. 5,

if there is an authorized staff or patroller to drive the snowmobile or if the victim is close to the trailhead and can be walked in.

Stay with the victim and continue to monitor the situation. Calm and reassure.

7. Fill out an Accident Report Form. This form must be completed and turned in to your supervisor immediately. Please be sure that all sections are complete.
8. When help arrives you will need to:
  - Complete any necessary first aid treatment.
  - Assist or lead the loading of the victim on the rescue sled and assist Park Police or other authorized snowmobile operator in transporting the victim to the trailhead or other designated location. (NOTE: For summer patrol scenarios, in most cases Park Police or other EMS vehicle should be able to drive directly to your location on the trail.)

## **Dial 911**

**For Emergencies and All Calls for Park Police.**

Park Police must be notified of all incidents.

*[\*Except for parks in Scott County]*