

Wintergreen Ski Patrol



Candidate & Challenge Applicant Handbook

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General Information

Welcome to the Wintergreen Ski Patrol Candidate/Challenge training program! And thank you for your interest in serving the snow sport public at Wintergreen Resort. Our program here at Wintergreen could not be successful without volunteers such as you.

Wintergreen Ski Patrol has been providing safety and first aid services to the snow sports public since 1975. The National Ski Patrol System (NSPS) was founded by Charles "Minnie" Dole and has been providing services since 1938. Thanks to a distinguished legacy of altruistic service, the NSP was recognized and federally chartered in 1980. Accordingly, the NSPS annually reports directly to Congress. For more information about the National Ski Patrol, go to www.nsp.org.

Becoming a member of Wintergreen Ski Patrol and the National Ski Patrol is a time-consuming commitment and process that is both challenging and rewarding. The training you receive will have application both on and off the hill.

The OEC program is the required emergency care standard of training for WSP and NSP members. Class participants must be at least 15 years old by December 1st of the year they are taking the OEC course.

The standard training criteria for the OEC course are formalized by the National Medical Committee and approved or amended as deemed necessary by the NSP Board of Directors.

A. Outdoor emergency care training courses are taught at just below the EMT-Basic level.

B. Ski area management, area Patrol Directors, and Medical Advisers determine the local operational standard of care.

C. Skill performance checkoffs emphasize statements of principle and accepted procedure rather than techniques that must be used in any particular situation since environmental circumstances and patients' physical conditions can vary from one emergency to another.

The course is a sequenced, competency-based educational program with detailed and specific knowledge and skill objectives tailored for the outdoor and winter environment. OEC emphasizes field application of outdoor emergency care knowledge, techniques, equipment, and special transportation considerations mandated by the environment. The course requires completion of all comprehensive lessons with skill and scenario application, demonstrated skill guides, and final written and practical examinations. Most training and examinations will be conducted at Wintergreen, but some could be conducted at other locations. NSP Southern Division staff may attend/observe the testing/training.

NSP members who successfully complete the OEC course AND pass the written and practical examinations receive the designation of Outdoor Emergency Care Technician. Candidates must then pass the on-the-hill training to be considered a Wintergreen Ski Patroller. To be considered an Alpine Ski Patroller, candidates must pass skiing and toboggan handling training/examinations. We highly encourage everyone to become alpine patrollers.

Those unable to complete any portion of the training/testing may be offered the opportunity to continue training in the deficient area the following season. However, that is not the case for Challenge Applicants where the OEC portion of the program is concerned.

The Training Coordinator is ultimately responsible for Candidate training. The final decision regarding acceptance into the Candidate/Challenge program rests with the Patrol Director. However, the Training Coordinator, IOR and lead instructors are expected to make clear recommendations.

OEC Course

This year we are going to have two OEC course offerings. One class will be held in the spring with the other being held in the fall. The spring class starts in mid-April and ends at the beginning of June. The fall class starts in late August and ends in mid-November. The spring OEC course group will have optional offerings for classes in the fall to stay fresh with skills. Those classes are optional. However, **ALL** spring candidates are **HIGHLY ENCOURAGED** to attend those optional fall sessions. See pages 11-12 for the specific dates of both courses.

The OEC course testing for both classes will include any knowledge and skills learned throughout the program.

At Wintergreen we use a hybrid model for the OEC course, which means some of the traditional face-to-face “seat time” has been replaced by online learning activities. Our model ensures that the entire time you are at Wintergreen you are getting short, interactive review sessions to solidify the material from the book and practicing the skills of becoming a patroller. We believe this format works very well.

The course will be divided into approximately two-week blocks, each one culminating in a practical weekend. Every two weeks or so, between 6 and 8 chapters will be covered. Regular candidates will be expected to read the chapters in the book, read the skill guides, access online materials, and practice their knowledge using several online and written learning tools. Each chapter will also have a quiz to complete to demonstrate adequate comprehension of the material. Challenge applicants will be expected to read the book, view the online resources, and know the skill guides. They will also have access to the chapter quizzes and can use them as needed to prepare for the final exam. The practical weekends will include demonstrations, practice of specific skills, and scenarios of the chapters from the reading for the two-week cycle. All candidates and challenge applicants are required to demonstrate competency on all skill guides throughout the course. Skills guides will be provided at the beginning of the course and on the practical weekends.

Class will be held 8:00 am until 4:00 pm both days of the weekend. Lunch might be provided depending on COVID guidelines. There is housing available for a nominal fee to those traveling over one hour.

The course schedule will be provided to all Candidates and Challenge Applicants. Candidates are required to attend all training weekends. Challenge Applicants are required to attend designated days of the course though they are highly encouraged to attend other days as well. Challenge Applicants will be responsible for all material taught regardless of attendance.

The OEC course IOR and the Challenge Course IOR will be designated each year by the Patrol Representative/Patrol Director. Many of the WSP OEC instructors will assist with the OEC and On-the-Hill training. Other patrollers/instructors will be designated to assist with skiing and toboggan handling training.

Each candidate, challenge applicant and trainer will receive a copy of this handbook. Training records for each candidate will be maintained by the IOR. These records are key to the continuity of our training program. Candidates and trainers must ensure that documentation is accurate and complete.

Challenge Applicants

In order to gain practical knowledge of OEC, challenge applicants attend designated classes with the other OEC candidates. The topics of the classes include the WSP patient assessment model, upper and lower extremity injuries, and back boarding along with other practical skills that are part of the final practical exam. Please see the schedule for the designated class dates.

Challenge applicants are required to demonstrate competency on all skill guides and complete the same final written and practical exams as the regular candidates.

Challenge Criteria:

1. Challenge applicants must meet one or more of the following:
 - a. Emergency trained and currently certified as: EMT, MD/DO, PA/NP, RN, or LPN.
 - b. Previous OEC certification provided the expired OEC certification date has not exceeded three years.
 - c. Certain wilderness first responders whose courses have a minimum of 72 hours of course work (currently approved are WMI, WMA, and SOLO).
 - d. Other certifications may be approved by the national OEC Program Director after consultation with the Medical Director. This is based upon the submission and review of appropriate curriculum materials.
 2. Challenge applicants will be provided with copies of all skills guides and must practice skills with an OEC instructor prior to the final exam.
 3. Challenge applicants will be shown equipment utilized by WSP and provided an opportunity to become familiar with it prior to testing.
 4. The OEC challenge applicant may fail a maximum of (1) practical or (1) skill station and be allowed to retest that skill station or scenario on the same day. Failure of more than (1) skill station or scenario will result in an overall failure and the student will have to successfully complete the full OEC program.
- Challenge applicants are highly encouraged to attend any/all regularly scheduled OEC class/training sessions to hone skills, learn and share their knowledge/experience and to develop camaraderie with the OEC Candidate students.

Fees

Both the National Ski Patrol and Wintergreen Ski Patrol are 501 c3, nonprofit organizations. The fees collected for challenge applicants and candidates are utilized for texts, equipment and materials needed to administer the OEC program. The fees for the OEC Regular & Challenge Programs are **APPROXIMATELY** \$350 depending on the cost of the textbook. All students must have a copy of the textbook.

Testing Criteria

OEC trainees and challenge applicants must pass a final written exam and practical exam provided by the national office, as verified by an OEC instructor. Full course candidates must also pass a mid-term exam.

1. The minimum passing score for the mid-term exam is 75 percent (**not applicable for challenge candidates**).
2. The minimum passing score for the written final exam is 80 percent.
3. In addition to passing all CPI's, the minimum passing score for each skill or scenario station on the practical examination is 80 percent.
4. See Appendix A for the Candidate Checklist for Ski Patroller.

Equipment

Your initial first aid equipment cache will be provided at the beginning of the OEC course. A list of other recommended/optional equipment may be found in Appendix C of the OEC Manual. Individuals must purchase their own fanny pack, vest, etc to carry their equipment in.

On-the-Hill Training

All candidates and challenge applicants will undergo On-the-Hill Training following the completion of the OEC course. On-the-Hill training will generally be conducted late November to mid-December. This training consists of practical first aid skills and scenarios learned in the OEC program. It is conducted on the hill in snow if available. Each candidate/applicant will be “leader” for multiple problems/situations. Candidates/applicants will be evaluated on all problems, whether they are the leader or not. OTH is basically your job interview to be able to work with the Wintergreen Ski Patrol, and it must be passed successfully.

Alpine OET Training

Alpine training will prepare you to ski/board confidently and safely, essential attributes for on-hill patrolling and rescue toboggan handling. Once candidates pass the OEC course and the On-the-Hill training, Alpine training begins. This training typically starts on the last weekend in December or the first weekend in January, conditions permitting. Training will progress based on skill acquisition and comfort level and will continue through a series of performance standards toward the ultimate goal of achieving mountain-wide toboggan handling proficiency and NSP Alpine Patroller status.

In group settings routinely divided according to current ability and progress, veteran Wintergreen Patrollers possessing PSIA/AASI certification work with our new patrollers on their ski and snowboard skills. At the point we feel there's sufficient skiing/snowboarding proficiency and safety awareness, patrollers will begin toboggan training with NSP-certified OET instructors. See Appendix B for specific skill requirements for Alpine Patrollers.

The WSP/NSP Candidate

Specific guidelines for Candidates to follow during training and after passing all phases of the WSP training program are discussed/outlined in the Wintergreen Ski Patrol Manual. Failure to comply with these may result in removal from the training program and/or the patrol.

Candidates are registered members of the National Ski Patrol and their conduct reflects directly upon the organization and Wintergreen Resort. The Code of Conduct may be found in the Ski Patroller's Manual. These guidelines for conduct and appearance apply to Candidates just as they do for active patrollers.

Annual Requirements

All NSP members must do three things each year to maintain their membership: complete the OEC refresher, demonstrate their CPR skills to a certified CPR Instructor regardless of the certifying agency's requirements or the expiration date of the card, and pay dues.

The annual Outdoor Emergency Care refresher reviews one-third of the material covered in the complete OEC course. Over a three-year period, the entire Outdoor Emergency Care course is reviewed. The refresher cycle topics are featured in the Refresher Study Guide, which is distributed to the NSP membership in the summer issue of Ski Patrol Magazine. The annual refresher is intended to reinforce and upgrade OEC technicians' emergency care knowledge and techniques in conformity with new procedures and equipment.

Every NSP member must complete the OEC refresher each year, except Candidates who are currently enrolled in or who completed a full OEC course after May 31, before the annual membership registration.

All OEC refreshers must be conducted using the current edition of Outdoor Emergency Care, OEC Instructor's Manual, and the appropriate Refresher Study Guide and OEC Instructor's Guide.

All active NSP members must hold a current “Professional-rescuer CPR certification” from an NSP approved agency, currently approved CPR providers are: American Heart Association, American Red Cross, American Safety and Health Institute, Emergency Care and Safety Institute, National Safety Council, and Medic First Aid. The Patrol’s Patrol Representative shall, and acting as the ski area’s agent, certify that all NSP patrollers at the Patrol Representative’s ski area have completed their NSP CPR training requirements.

Appendix A: Candidate Checklist

Skills for Achieving Patroller

6th Edition Mandatory Skills Guide for OEC Certification

<input type="checkbox"/>	Glove removal
<input type="checkbox"/>	Patient lifts (power grip/lift, extremity, ground, bridge/BEAN, flat transfer, logroll, multi-person)
<input type="checkbox"/>	Patient assessment (trauma and medical including responsive and unresponsive patients)
<input type="checkbox"/>	Patient assessment specifics (pupils, pulse, respiration, blood pressure, breath sounds)
<input type="checkbox"/>	Patient airway (finger sweep, suction, NPA, OPA, oxygen set up and administration)
<input type="checkbox"/>	Patient care [treat for shock, assist meter dose, administer auto injector, assist with nitroglycerin, control bleeding, stabilize impaled object (eye and other) and treatment for specific injuries of head, neck/back, torso/chest including managing open chest wound, abdomen, pelvic including pelvic stabilization, and upper/lower extremities, assist with normal childbirth, and nerve agent administration]
<input type="checkbox"/>	Soft tissue injuries and burns (control bleeding, tourniquet, roller bandage, occlusive dressing, bandana wrap, bandaging finger, closed soft tissue injuries, impaled object, burns)
<input type="checkbox"/>	Musculoskeletal injuries (sling/swathe, blanket roll, humerus fracture, elbow/forearm/hand injuries, traction splint for femur, airplane splint, quick splint, rigid/SAM splint, boot removal)
<input type="checkbox"/>	Spinal motion restriction (neutral head alignment, size/apply cervical collar, log roll, axial drag, backboard immobilization, vacuum splint, helmet removal)
<input type="checkbox"/>	Patient restraint
<input type="checkbox"/>	Get certified in CPR/AED
<input type="checkbox"/>	Complete ICS-100 Course

<input type="checkbox"/>	Read and understand contents of Candidate-Challenge Handbook.
<input type="checkbox"/>	Read and understand contents of Wintergreen Ski Patrol Manual.
<input type="checkbox"/>	Know first aid room procedures, location of supplies in aid room including paperwork/accident forms, and transfer of patient care to others (patrollers and/or higher level of care).

Appendix B: Candidate Checklist for Alpine Level Patroller

<http://www.wintergreenskipatrol.org/AlpineTraining.php>

<http://www.wintergreenskipatrol.org/Toboggan.php>

There are minimum skills that the patrol is looking for a candidate to perform consistently before we pass him/her to alpine level. These skill sets must be observed repeatedly by trainers under diverse snow conditions before a candidate is counted as successfully demonstrating the required skills. While this list may seem daunting at first, the WSP trainers will work with a candidate to help him/her successfully obtain Alpine status at his/her own pace. Generally, the patrol is looking for a PSIA Level 8 skier and an AASI Level 4 snowboarder. An alpine candidate must master basic skiing/snowboarding skills before he/she will be able to successfully start sled training. The patrol will not put a candidate in front of a sled if he/she exhibits any habits in his/her skiing/snowboarding which will keep the candidate from being successful or safe.

Minimum Skill Set for Alpine Level Ski Patroller

Skiing

1. Skis are paralleled throughout the turn.
2. Skier is balanced throughout the turn.
3. Skier adequately demonstrates a variety of turn shapes: short, medium, and wide radius turns.
4. Skier adequately controls his/her speed and can ski comfortably on the edge of the slope.
5. Skier is comfortable on black terrain in all conditions.
6. Skier can maneuver through intermediate bumps. In other words, you should be able to navigate through the bumps well enough to reach an injured skier without endangering yourself or others.
7. Skier demonstrates appropriate skills and strategy for searching for an injured skier.

Toboggan Handling- Skiing

OVERALL

1. Sled handling and securing
2. Safety awareness
3. Describe pieces and parts of sleds
4. Transport sled on lift

SLED HANDLING SKI SKILLS

1. Braking and gliding wedge
2. Side slip facing either direction
3. Side slip transitions
4. Hockey stop to either side
5. Falling leaf in either direction
6. Control speed on demand

EMPTY SLED

1. Speed management appropriate for traffic and conditions
2. Sled route selection
3. Narrow corridor operations using short radius turns
4. Stop sled in fall line below accident with proper distance
5. Reposition sled across fall line
6. Traverse with pace and positive fin engagement
7. Sled recovery tactics

LOADED SLED/HANDLES

1. Maintain control with consistent and appropriate speed

2. Safe route selection
3. Side slip transitions
4. Gliding and braking wedge
5. Stop sled in fall line without tail rope assistance
6. Terrain navigation via falling leaf
7. Narrow corridor navigation
8. Chain brake use
9. Skate loaded sled across flat surface
10. Effective communication with partner, patient and public

LOADED SLED/TAILOPE

1. Match speed with handles operator.
2. Tail rope management.
3. Maintain safe distance and proper position above the sled.
4. Stop sled with no help from handles.
5. Maintain light functional tail rope tension.
6. Flat terrain assistance.

PATROLLER SLOPE SKILLS

1. Slope survey and slope marking.
2. Lift survey and observation.
3. Sweep technique and accident response (patroller run).
4. Equipment carry.

Minimum Skill Set for Alpine Level Snowboard Patroller

Riding

1. Understand and demonstrate turn types: Dynamic vs. Static and Carved vs Skidded.
2. Demonstrate when to use each type of turn.
3. Demonstrate correct posture and balance while riding.
4. Demonstrate short radius, medium radius and long radius turns with good turn shape and the ability to flow between the various turn radii.
5. Demonstrate use of board torsion flex to vary turn radius.
6. Demonstrate and maintain board edge pressure throughout turn and release edge to initiate next turn (extension and flexion during turn) bringing the board under the center of mass during turn initiation and away from center of mass during turn.
7. Demonstrate ability to rebound from one edge to next during turn initiation.
8. Demonstrate ability to bring center of mass down the hill during turn initiation for early edge control.
9. Demonstrate ability to ride with good speed control on all levels of terrain.
10. Demonstrate ability to ride switch on medium and short radius turns on medium level terrain.
11. Demonstrate ability to negotiate intermediate moguls on medium level terrain.
12. Begin to understand how the board reacts to changes in pressure along the length of the board.
13. Begin to understand how to react to the terrain by feeling what the board is doing.

Toboggan Handling- Riding

OVERALL

1. Sled handling and securing.
2. Safety awareness.
3. Describe pieces and parts of sleds.
4. Transport sled on lift, using sled carrier.

SLED HANDLING SNOWBOARD SKILLS

1. Braking and straight glide.

2. Side slip facing either direction, heel and toe.
3. Side slip transitions, heel and toe.
4. Emergency stop to either side, heel and toe.
5. Falling leaf in either direction, heel and toe.
6. Control speed on demand.

EMPTY SLED

1. Speed management appropriate for traffic and conditions.
2. Sled route selection based on blind side,
3. Narrow corridor operation using short radius turns.
4. Stop sled in the fall line below the accident with proper distance.
5. Reposition sled across the fall line.
6. Traverse with pace and positive fin engagement.
7. Sled recovery tactics.

LOADED SLED/HANDLES

1. Maintain control with consistent and appropriate speed.
2. Safe route selection.
3. Side slip transitions.
4. Gliding and speed control.
5. Stop the sled in the fall line without tail rope assistance, heel and toe.
6. Terrain navigation via falling leaf.
7. Narrow corridor navigation.
8. Chain brake use.
9. Skate loaded sled across flat surface with one foot.
10. Effective communication with partner, patient & public (blind side will not see public).

LOADED SLED/TAILOPE

1. Match speed with handles operator and communicate with partner when facing uphill
2. Tail rope management
3. Maintain safe distance and proper position above sled
4. Stop sled with no help from handles
5. Maintain light functional tail rope tension
6. Flat terrain assistance

PATROLLER SLOPE SKILLS

1. Slope survey and slope marking.
2. Lift survey and observation.
3. Sweep techniques and accident response (patroller run).
4. Equipment carry.

REQUIRED DATES FOR CANDIDATES (REGULAR AND CHALLENGE) 2021 Classes

This year we are going to have two OEC course offerings. One class will be held in the spring with the other being held in the fall. The dates for those classes are below.

Both the spring and the fall OEC classes will complete the On-the-Hill portions **AT THE SAME TIME (December of 2021)**. You'll notice that the spring OEC course group will have optional offerings for classes in the fall to stay fresh with skills. Though those classes are optional, **ALL** spring class candidates are **HIGHLY ENCOURAGED** to attend those optional fall sessions.

OEC COURSE DATES/**SPRING** TRAINING DATES

Date	Class/Activity	Who Attends?
April 10-11	OEC Course Weekend #1	Regular AND challenge candidates
April 24-25	OEC Course Weekend #2	Regular AND challenge candidates
May 1-2	OEC Course Weekend #3	Regular AND challenge candidates
May 15-16	OEC Course Weekend #4	Regular candidates (optional for challenge candidates)
May 22-23	OEC Course Weekend #5	Regular candidates (optional for challenge candidates)
June 5-6	OEC EXAMS (written & practical)	Regular AND challenge candidates
Additional Training Dates		
October 9	Wintergreen Ski Patrol Refresher	Regular AND challenge candidates
October 10	CPR for candidates	Regular AND challenge candidates
Optional Fall Training Days (to refresh your skills before 'On the Hill')		
<ul style="list-style-type: none"> ● October 16 and 17 ● October 30 and 31 		

OEC COURSE DATES/**FALL** TRAINING DATES

Date	Class/Activity	Who Attends?
August 28-29	OEC Course Weekend #1	Regular AND challenge candidates
September 11-12	OEC Course Weekend #2	Regular AND challenge candidates
September 25-26	OEC Course Weekend #3	Regular AND challenge candidates
October 9	Wintergreen Ski Patrol Refresher	Regular AND challenge candidates
October 10	CPR for candidates	Regular AND challenge candidates
October 16-17	OEC Course Weekend #4	Regular candidates (optional for challenge candidates and spring course candidates)
October 30-31	OEC Course Weekend #5	Regular candidates (optional for challenge candidates and spring course candidates)
November 6-7	OEC EXAMS (written & practical)	Regular AND challenge candidates

ON THE HILL DATES:

Date	Class	Who Attends?
December 4-5	On the Hill Weekend #1	Regular AND challenge candidates
December 11-12	On the Hill Weekend #1	Regular AND challenge candidates
December 18-19	On the Hill Weekend #1	Regular AND challenge candidates