

2010 The Mountaineers Minor Incidents Report **(No Dr. Visit, but possible injury, near miss, other incident or informational)**

Grace Lakes

Event date: 2010-01-03

Category: Illness - Blisters

Actually just blistering on one participant's heel. Enough, however, to put a crimp in her day. The cat track was firm enough that she was able to walk back without her snow shoes on.

Mallardy Ridge

Event date: 2010-01-16

Category: Fall – Fall on non technical terrain

SS, while trying to do a long step-down from snow to the gravelly bottom of a creek, caught a snowshoe and fell into a deeper (about 10") part of the stream. She needed an almost complete change of clothes, but was unhurt. She was well-equipped. Temperature was estimated at about 28-30 degrees with no wind.

Florence Peak (winter)

Event date: 2010-01-23

Category: Fall – Fall on non technical terrain

As we were approaching the trailhead (at ~200' above the cars and ~half a mile to go) one of our basic students slipped on a wet root and twisted her ankle. She felt strongly about her ability/desire to continue on foot to the car with the use of her poles for extra support. We gave her 3 ibuprofen tablets to reduce any swelling and encouraged her reduce the likelihood of further injuries by allowing another party member to carry her pack. We reached the cars with no further mishaps and decided to forego our normal 'dinner after the trip' so she could get home sooner for ice packs.

McClellans Butte/N Basin (winter)

Event date: 2010-01-24

Category: Fall – Fall on snow

On my McClellan Butte climb today we had a minor injury where an intermediate student fell on snow/ice (with crampons on) and arrested in ~20'. During the fall he tweaked his ankle and we felt it best that he rap down the gully. Upon rapping the gully he had some tenderness, but was able to walk the trail out. The student has had some ankle injuries in the past so I handled the situation with extra caution.

Mazama Ridge Easy Snowshoe

Event date: 2010-01-24

Category: Fall – Fall on snow

One participant dropped down a tree hole over her head in trees on the ridge. Several of us had glanced at the hole responsible in passing but it had seemed harmless enough. She broke out through the snow on the downslope before we had time to organize assistance.

Avalanche Level 1

Event date: 2010-02-16

Category: Fall – Fall on non technical terrain

In Goodman C, students were measuring, examining and experiencing the 38 degree slab in Goodman C during a lecture break. At about 7:20, one of the students slipped in street shoes as he was down climbing from the slab and struck his chin incurring an abrasion that required the application of two bandages to his chin.

Avalanche Level 1 Field Trip

Event Date: 2010-02-20

Category: Hit/Cut – Cut by equipment

Category: Illness – Previous Injury

1143 Incident: LW cut his L. ring finger with snow saw when cutting snow for CT. Applied pressure to stop slight bleeding. Bleeding stopped, appears to be about 10 mm laceration and 1-mm deep close to nail. Applied pressure, bandage and tape. Insignificant blood loss. Will check for circ and bleeding in 1 hour.

1300 Bleeding stopped. He reports normal sensation and movement.

1400 Same as previous"

Conditioner - TBD

Event date: 2010-02-27

Category: Fall – Fall on non technical terrain

Probable minor injury on descent, near junction of TMT and High Point Trail, north of Tiger No. 1. Student BS slipped on a wet stick and tweaked his left knee, which made an audible "click." Initially he was in a great deal of pain. We got BS onto a sit pad and put a coat on him while MOFA lead, JP, assessed the injury. After about 10 minutes BS felt good enough to stand and test the knee. We gave him two trekking poles and he was able to self-evacuate. Back at the cars BS said he felt better. He appeared fine, except for a mild limp, but was advised to go have it looked at by a doctor, just in case there was some sort of damage. No other first aid was administered.

Mt Si

Event date: 2010-03-20

Category: Fall – Fall on non technical terrain

One person tripped on a rock around the 2.5 mile mark which caused an old injury (ruptured ligaments in 1997) to flair up. He chose to descend at this point with another strong hiker. He was OK, no serious injury, nothing requiring medical attention. Hiker

was administered OTC pain killers and was able to walk without limping at the end of the trip.

Mailbox Peak, 4841

Event date: 2010-03-28

Category: Illness - Blisters

BB complained of a blister forming on his left heel about 1 hour into the climb. He was wearing new boots. I put a blister patch on his heel that I'd been carrying around for years, and taped up both heels with athletic tape. About 10 minutes further BB stated he could not go further, his boots were tearing him up. We discussed options as a team, and even though it was a straightforward trail, we could not let BB descend by himself. After discussion, SS volunteered to descend with BB as all the other students needed this climb for conditioner credit for their courses. I thought this was a great gesture by SS and will follow up with his climbing program to insure he is recognized for his unselfish act.

Basic Navigation Course

Event date: 2010-04-03

Category: Other - Informational

We arrived to find the power out (windstorms the day before). No heat, no light, no hot water, no power point. Picked up a generator for the power point and a couple lights.

Cleman Mtn/Hardy Canyon Loop

Event date: 2010-04-24

Category: Logistics – Party Separation

LS became separated from the rest of the group. This was unintentional on anyone's part, from what I can tell. The remainder of the group determined where/when she was last seen and dispatched a search party of six strong hikers (myself included) to search the area, taking into account possible contingencies of where she may have gone. After searching for approximately 1.75-2 hours with no success, we returned to TH, where she was (thankfully) waiting. LS is a strong hiker, and upon discovering she didn't know where the group was, returned to the cars via a different route than the group. Upon reaching the TH I expressed that I was glad she was at the TH and asked if she was OK -- she indicated she was, and since she didn't want to discuss details of what happened _at that time_, this left me without a full understanding of the incident from her perspective to report. I then told her a summary of what we did to look for her, and mentioned that S&R would have been contacted if she hadn't been present at the TH.

From various comments, I gathered she had retraced her steps to get back to the TH, was upset (understandable). I don't know how long she waited at the TH for the group.

Analysis of the terrain/visibility: The terrain was rolling hills, generally sloping down towards Wenas Valley, which is where the TH was; so while there was no forest or bush cover (except for occasional small sage plants, and a couple areas of moderate-sized

sage), visibility was only restricted by the topography, and there were numerous vantage points from which extensive visibility could be enjoyed. The jeep track we were following down the ridge became faint in places but was readily followable.

Circumstances: As the group proceeded SW from a high point labeled "Rattler" on my map, I counted and everyone was accounted for at the Y intersection. Everyone took a right, and I dropped back near the back of the group. As we proceeded, the jeep track became faint and the group ahead stopped and took a break. We proceeded down, but I looked back up and noticed one person just sitting there. I returned to find out what happened; they were taking longer than the others to finish what they were eating. We proceeded, and I was now at the rear of the group. We caught up with several in the group who had identified a trail junction others had missed. We flagged down the others in the group and I was waving for them to come back up. They did some, but then started across to meet the trail instead. I was concerned about what was happening, so I went down the hill and caught up with them and told them to wait so we could make sure we had the whole group. It was at that point we identified LS was missing. Six of us went back to the jeep track. Two searched downhill and returned to the remainder of the group. The other four of us searched uphill until our turnaround time. I phoned the rest of the group and told them (via cell) to proceed to the TH, which they did. The four of us followed them in.

Dickerman, 5723

Event date: 2010-04-18

Category: Illness – Feeling Weak

One of the party did not feel up to the final ~1200' elevation gain. We left him in a safe location (having ensured adequate warm clothing, pad, etc.) while the rest of us summited. After we rejoined him, he had no other notable problems in returning to the cars.

Reflection Lakes/Mazama Ridge

Event date: 2010-04-24

Category: Fall – Fall on snow

Travelling by compass bearing, read off a GPS waypoint, north of Skyline Ridge we were in white out conditions. As a steepening sidehill slope indicated we were running too far left, I started us on a descending traverse towards the gentle terrain on the valley bottom. Of a sudden, a step gave way on me and I fell over a ~10 foot drop, of whose existence I been completely unaware in the poor visibility. A soft landing on new snow left me unhurt. I communicated this to the party above the drop. By the time I had collected my gear and was ready to move, the party had moved out of earshot. I started moving in the direction I thought they were going but after a few minutes concluded that it would be best to return to my point of landing, where it seemed most reasonable to expect a reunion. After maybe 15 minutes I heard voices and we reunited. Clearly we could have done better communicating explicit and concrete information between the party above and myself about who was going where and doing what.

Alpine Scrambling Snow Field Trip
Event date: 2010-04-25
Category: Fall – Fall on snow

We had a minor ice axe related injury. A student was practicing self-arrest when he bumped his face with the taped adze, giving himself a bloody lip. The student self-administered first aid, stopping the bleeding with a handkerchief. No further first aid was needed, and the student was able to finish the fieldtrip.

Basic Field Trip
Event date: 2010-04-21
Category: Other - Informational

The rock field trip was held yesterday. I was running the fallen climber tie-off station. On low-angled terrain off of the trail leading to Roto Wall we had the students pair up for the standard plan of having one student be the belayer and the other lean into the rope to generator some load. We wanted the student simulating the fallen climber to be near the student doing the tie-off in order to watch so we had the rope run out to a redirection pulley and back. For the redirect anchor I chose a chock point between two partially buried boulders that I thought would hold. While running the exercise the redirect anchor failed because one of the boulders moved. The student who was leaning into the rope to create tension fell over. The student was uninjured except for possibly bruising the palm of one hand. I built a more solid anchor using three-pieces of gear and we continued the exercise without further incident.

Lower Lena Lake
Event date: 2010-05-08
Category: Illness - Blisters

We had a participant develop two fairly large heel blisters on the hike in. Blisters were patched with moleskin and we continued with no further problems.

Participant with blisters was a pretty new hiker with new boots, but also was wearing double socks, one wool and one cotton gym-type sock. Participant indicated that she was told to wear double socks at one of our beginning hiking seminars. We should be careful at these seminars on blanket recommendations like this as I think in this case she misunderstood or misheard the idea of a liner sock, but even then liner socks are probably not necessary for day hikes given the socks that are available today.

Branch Potluck Brunch
Event date: 2010-05-08 00:00:00.0
Category: Hit/Cut – Cut by equipment

This was a very minor incident. MS pinched her finger while setting up tables. The injury was minor but skin was broken and a Bandaid was needed. There was no first aid kit in the clubhouse so I brought in the first aid kit from my car for the duration of the

event. I also then deputized MS as safety officer for the event. I have contacted the clubhouse maintenance team who told me that they will work on getting a first aid kit for the clubhouse.

Goat Lake (Monte Cristo)

Event date: 2010-05-15

Category: Logistics – Party Separation

Well, not too big of a deal here but the the group was separated into a slow party and a fast party. The slow party missed a switchback due to slowdown and continued up a lesser used trail which reunited with the main trail. Little did we know, the fast group had stopped to take a break so now the slow group was in the front and the fast group in the back. The fast group waited for the slow group (which was actually ahead) to catch up. They told other ascending hikers that if they ran into the rest of our group to tell them where they were. Well, the other ascending hikers (non-mountaineers) approached the slow group and told them that the fast group had already been to the lake and was descending. This was not true. Anyhow, long story short, I was able to descend to the fast group and corral them back up with the slow group to have lunch at the lake together. Both parties shared their story, no hard feelings by anyone. I thanked the group for staying in their clusters and for making wise decisions and we carried on back to the trailhead in one piece. Couldn't have asked for a better group to handle this situation.

Intermediate Rock 2 Field Trip (Leavenworth)

Event date: 2010-05-15

Category: Other - Informational

The incident occurred at the belay anchored on a large tree between the 2nd pitch and the final 3rd pitch of the Stump. RR arrived at the belay after leading the second pitch. He climbed to a small flat stance above the tree, girth-hitched a sewn double runner around the tree, attached a locking carabiner and tied in to belay his follower (DD). When DD arrived at the tree, he stayed below the tree on a narrow foot ledge and set up a second anchor around the tree with a red cordelette to belay RR to lead the final pitch. Before RR took off, FF from RT3 arrived at the tree and stood below on the foot ledge next to DD. The foot ledge was very small and FF was concerned about setting up an anchor with DD in the way. Since RR had not yet taken his sling off the tree, he told FF he could use it for an anchor. FF clipped in to the two stands of the runner he could see on the bottom side of the tree trunk and NOT the locking carabiner on the top side of the tree that RR had used when belaying DD. The sling was attached to the tree only by the friction stopping the locking carabiner from slipping through the girth hitch on the top side of the tree trunk. FF belayed AA up the 2nd pitch using this anchor. AA arrived at the belay as DD was removing his anchor from the tree to vacate the small foot ledge and climb the 3rd pitch. AA tied in to the same two strands of the sling attached to the tree trunk that FF had belayed her up on and stood on the foot ledge as FF prepared to lead the final pitch. Since the foot ledge was very narrow, AA and FF were both partially weighting the anchor in a semi-hanging belay. AA put FF on belay and he stepped up to the flat area above the tree to prepare to lead the final pitch and the anchor was no longer

weighted. At that point, AA noticed that the anchor slings were on a sewn runner and wondered how it had been attached to the tree since a sewn runner cannot be tied around a tree. She looked at the top of the tree trunk and saw that the runner was attached to the tree only by the friction of the locking carabiner caught in the girth hitch. She immediately told FF to wait on the flat area before climbing, tied off the belay to secure it and attached the locking carabiner to a strand of the sewn runner to secure it and backed the anchor up with a cordelette around the tree. FF and AA climbed the final pitch without further incident.

FF's follow-up: Here is what I take from this event. Firstly, visually verify everything! Do not assume anything and do not blindly rely on others. Secondly, do not climb in a rush and possibly put yourself into a pinch situation. If faced with a similar situation do not continue until you can visually verify you are safe or build something else. For example, when I was placed awkwardly at the tree I should have ignored their promptings to bring up my second. I should have waited and when I was able backup the anchor and then proceed. This would have reduced risk.

Basic Climbing Course Snow 2 FT (Easton Glacier)

Event date: 2010-05-15

Category: Fall – Fall on snow

DM, a student, slipped in his snowshoes in the soft snow on the way out on Sunday 5/16 at about 12:30pm. DM indicated his knee cap was displaced, laterally, nearly 90 degrees. He did not display an expression reflecting acute pain. Within 5 minutes it spontaneously returned to normal and he could stand with minimal discomfort. Another student immobilized the knee cap with tape and applied an ice pack. An instructor prepared the litter. A passing snowmobile operator offered to carry DM out so the litter was unnecessary.

Dragontail Peak/Colchuck Col

Event date: 2010-05-22

Category: Other - Informational

There were two avalanches on the right side of Colchuck Glacier on the ascent up to the col. Heard third hand that the first avalanche tumbled two skiers down one of the west gullies, with a ski getting broken. We did see both skiers descend towards the lake apparently alright.

The second avalanche--also in one of the west gullies--came down when the last two climbers of our team (this leader and one of the participants) were heading up towards the col, at perhaps 6,500 feet. No harm to us or other climbers.

Chelan Lakeshore Trail

Event date: 2010-05-29

Category: Logistics – Party Separation

I let one (young and strong) hiker get too far ahead and lose contact with the group. Part of the group caught up with him and went on into Steheiken for the second night as campsites were difficult to find anyway.

All of us met up in Steheiken on the last day and talked about what each of us could do better.

Follow-up: Three basic points

- 1) I made sure we were comfortable talking and he was quick to apologize so there were no lingering feelings
- 2) He realized he needed to be more aware of the group.
- 3) I'll make sure that the entire group has clear unambiguous stopping instructions "like don't go past ...". I recalled a rule that they used in a (different) canoe club. It was that you are responsible for the "boat" behind you. That will make you stop periodically so make sure they are still coming. There was one slow hiker who was fine but much slower. I was focused on making sure that she was continuing to come.

Mt Baker/Coleman Glacier

Event date: 2010-06-05

Category: Illness - Hypothermia

One basic student developed a hypothermic condition on the summit where winds were 40+ mph and wind chill was likely well below zero. We were able to add clothing, food and water and self evacuate her to base camp with no further issues.

Hummocks Loop to Loowit Overlook

Event date: 2010-06-12 0

Category: Other - Informational

Some hikers were very challenged by the exposure on a steep switchback covered with scree. No injuries involved.

Guye Peak/W Face

Event date: 2010-06-12

Category: Other - Informational

While rappelling after we turned around, one of our ropes on our double rope rappels was damaged, probably by rockfall. The sheath was cut and the core exposed. Some strands of the core were cut through. We were forced to leave 2 ropes hanging on the route. Fortunately we could use our third rope to finish our descent (we did one more rappel).

Mastiff, 6741'

Event date: 2010-06-19

Category: Fall – Fall on snow

Two of the students each slipped on the snow but were able to quickly arrest. Both incidents were typical in that they were sliding feet first. I reminded everyone that while these 2 students did a good job of arresting, better balance and/or self-belay would have made the arrests unnecessary.

Whistler, 7790'

Event date: 2010-06-20

Category: Fall - Fall on non technical terrain

LN slipped on some wet rock. She just fell to the ground but is nursing a sore leg.

Tubal Cain Mine plus Tull Canyon/Olympics Trail #840

Event date; 2010-06-19

Category: Fall – Fall on non technical terrain

Three of us slipped on different parts of the Tull Canyon trail on the descent. All are accomplished hikers and all were using trekking poles for stability. We had had the "don't rush on the way down to avoid injury talk" before descending. :-) All were none the worse for wear the next day. I have edited the Tull Canyon description in the database to include this note: "Note that some sections of the trail are very steep, almost a scramble; care should be taken on the descent to minimize the risk of slipping, even on a dry day."

Theler Wetlands, Belfair

Event date: 2010-06-26

Category: Other - Informational

Leader car had dead battery upon completion of the hikes. Solved with a jump start & replacement of battery. Only delayed about 30 minutes on return home.

Mt Baker/Coleman Glacier

Event date: 2010-06-26

Category: Illness – Altitude sickness

Had a climber starting with signs of altitude sickness. Myself and the MOFA leader evaluated the individual and came up with the person being out of shape and attempting a strenuous climb. Climber wanted to rest and eat and attempt to continue the climb. I allow a 20min wait and went 100 feet and stopped the climb. We were close to camp. Reconfigured the rope teams and sent the climber down with a rope lead. Climber had Headache and dizziness. The dizziness was come and go. After decreasing in elevation there was no more problems with dizziness. monitored him that evening and he was fine. In the morning he had no problems with headaches or dizziness.

Lightning Peak/Route 3

Event date: 2010-07-03

Category: Illness – Previous injury

ST dislocated his shoulder shortly after leaving the maintained trail. His shoulder condition is chronic, and he has dislocated the same shoulder a number of times this year, so it was not totally unexpected. ST was doing well at home when I called after we returned and is following his usual prescribed follow-up procedure.

McMillan Spire/W Ridge

Event date: 2010-07-09

Category: Fall – Fall on non technical terrain

A participant on climb slipped on heather, rolled an ankle and flipped onto a boulder. Received a minor sprain and some deep scratches. Was able to hike back to camp and then out with others sharing some pack weight.

Eldorado Peak & Klawatti Peak/Combo

Event date: 2010-07-09

Category: Preparation - Conditioning

JS was a participant on this trip, but apparently this was his first climb following surgery. Alas, he decided he was having too tough a time on the approach to safely continue (being out of breath) I agreed with his self-assessment, and took his pack and returned to the cars with him. This was at a point 25 mins up the trail. Going down, he was fine, and said he was good shape to drive home. (he was driving one of the carpools, so we distributed his riders). The other participants waited for me at the first boulder field.

Basic Sea Kayaking Course - Tacoma

Event date: 2010-04-13

Category: Kayaking - Weather

Day one of the lake session presented weather-related complications. High winds, cold temps and rain created potential teaching/learning problems. Wind waves were a huge concern and attempts were made to find sheltered coves on American Lake to conduct on-the-water classes. Paddling to those sheltered areas proved challenging to beginning students which further exposed them to conditions that they were not experienced enough to handle.

Martin Peak/Route 1

Event date: 2010-07-11

Category: Fall – Fall on snow

Almost lost a climber when self belaying on steep snow. Make sure that all members plunge the shaft of the ice ax deep into the snow on every move.

Follow-up: JH had just crossed a short section of steep snow, maybe 40 degrees. The upper few inches of snow was soft, but it was firmer below. He was transitioning from the snow onto rock. He did not have the shaft of his ice ax (of average length) plunged all of the way in, so when he slipped on the rock and leveraged the ax, it pulled out. Fortunately, he was able to make a quick recovery, stabilize himself, and move on. Under slightly different circumstances however, the outcome could have been serious. Just for the record, JH is usually meticulous about inserting the ax at the proper angle and depth, and at correcting those who tend to plunge it in vertically. This is a classic case of an experienced climber making a tiny mistake that could have been much more serious than the little bruise he received on his shin.

JH notes- If I had not stopped the snow below was steeper with rock knobs sticking up. When I slipped I was intensely aware of the need to "stick" the landing. Emphasizes the need to pay attention to every move and how quickly things can go very wrong. I do not think I want to demonstrate this to students quite so dramatically in the future.

Mt Rainier/Emmons Glacier

Event date: 2010-07-09

Category: Illness – Altitude sickness

Had a climber get AMS at about 11,500 feet. Slowed the ascent and at 12200 feet she said she could go no further. She was about to vomit, had a hard time breathing, and was disoriented. I called the climb and began our descent. At 11000 feet she said it was gone except for a head ach. Back at camp Scherman she was ok. Most of the party didn't want to try again. So I call the rest of the climb and we packed out that day.

Sourdough Gap and Crystal Lake Overlook

Event date: 2010-07-17

Category: Fall – Fall on snow

On the return, co-leader SP slipped on snowy section of trail and butt-slid 12-15 feet toward small tree. He was able to stop himself with his feet, but aggravated an old ankle injury. He was able to continue and treated the ankle with cold water to stop swelling.

Sahale Peak/Quien Sabe Glacier

Event date: 2010-07-17

Category: Fall – Fall on snow

There was one short fall on the ridge on hard, somewhat steep snow. The team executed a proper self arrest and there were no consequences to the incident.

Kangaroo Temple/N Face

Event date: 2010-07-17 00:00:00.0

Category: Illness – Knees / Ankles

One student's ankle became very tender once we reached the summit. It was tapped up and extra precautions were taken for the rappel. We also divided up the gear\pack to all members and hiked out. Without the pack weight the hike out wasn't that slow.

Snowfield Peak/Neve Glacier

Event date: 2010-07-17

Category: Illness - Blisters

Blisters of one party member reported on the descent. Was able to tough it out and descend back to the TH after re-dressing at camp prior to the descent.

Kangaroo Temple/N Face

Event date: 2010-07-19

Category: Other - Informational

Three party members carried axes and stashed them at the lake below Kangaroo Pass. One hid his behind a rock and advised the other two to do the same, but they left them in the open. They were gone when we got back to the lake. The footprints we saw appeared to be from tenny runners or light hiking shoes.

Rachel Lake

Event date: 2010-07-25 00:00:00.0

Category: Fall – Fall on non technical terrain

Due to the overgrown brush on the lower section of the trail, a participant tripped on a rock and fell. The result was a small cut on the left forearm and a hit to the nose on a rock. The wound was rinsed with water. A white paste, presumed to be antibacterial, was applied to the wound and a Band-Aid® for dressing was applied. The nose was not bleeding and had no signs of abrasion, redness or other damage.

Mt Torment/S Ridge

Event date: 2010-07-24

Category: Logistics - Routefinding

We got off the climbing route an hour before dark and decided to camp an extra night so the hike out would be safer.

Tacoma Narrows

Event date: 2010-06-17

Category: Kayaking - Other

1 member required towing around Point Fosdick. This member was slow and uncomfortable in her boat and had difficulty making consistent progress in the current.

The Tooth/S Face

Event date: 2010-07-28

Category: Illness – Heat exhaustion

Incident was leader coming down with heat exhaustion and advised turnaround on consensus of party.

Kendall Katwalk

Event date: 2010-07-31

Category: Fall – Fall on non technical terrain

At approximately 12:00 noon when the group was just sitting down at Gravel Lake for lunch. One of the participants DD had walked up the trail a short distance to try to see Lake Alaska. There was snow on the trail and when he tried to step onto it, he 'post-holed' and somersaulted. Injuries sustained include - two scrapped elbows, one bumped head - a few very small scratches on top of head. And, one broken hiking pole. He thought he might have sprained some neck muscles but was able to hike at an excellent pace for the remainder of the hike. He was able to drive and joined the group at Scott's Milkshakes in North Bend for an apres-hike activity. At the time of the accident DD was examined by several in the group - his eyesight was good (no dilated pupils, able to track), there was no headache or nausea.

Glacier Peak/Disappointment Peak Cleaver

Event date: 2010-07-30

Category: Illness – Heat exhaustion

The climb participant MG suffered a good bout of heat exhaustion on the way to White Pass. He said he never experienced it before. We gave him salty foods and water and he recovered within 15 minutes.

23036 Mt Aix

Event date: 2010-07-17

Category: Illness - cramping

One of the hikers, LH, started to have severe leg cramps in her quads. She rested several times, took potassium pills, and drank electrolytic drinks, but they persisted. We finally decided that she needed a longer rest and to not continue hiking uphill in the heat. So we found her a sheltered spot out of the sun to rest while the rest of the group completed the summit.

When we returned, she was feeling much better and had no problems descending. She thought that maybe a leg stocking that she wears for varicose veins might be causing the problem and said she would do her next hike with a shorter one on. I followed up with her and she said that she did use a shorter stocking on her next hike and really worked on hydrating herself and had no issues on the hike.

Hurricane Ridge fieldtrip

Event date: 2010-07-31

Category: Logistics – Party separation

Leader: Just last minute notes.. Just in case you are unable to locate us at the campsite or at the Ridge. you can contact ME or SM by cell phones.

Participant: Well, that was an interesting day, albeit the fact that I waited for half an hour at "the picnic areas just west of the Hurricane Ridge Visitor's Center", but no one from the Mountaineers showed up. I was either in the wrong place (??) or perhaps you all changed your minds about where to meet for lunch at 11am?? I had a wonderful time shooting the chipmunks all around the picnic tables, as well a few birds, all the wildflowers still in bloom, and of course the vistas! I was back home here by 5:15 or so. It was a gorgeous day up on the Ridge. Hope you all had a great day of shooting and are enjoying your evening's rest and meals.

Leader: PT, Very sorry we missed you at the visitor center yesterday. We all were extremely tired from traveling to Obstruction Point road near to photograph the sunrise 6am. We all were done photographing by 10:00 and went back down to the camp and rest up before heading back up later in the day. I tried calling your phone number, however the number I had was your home business number and was unable to reach you. Any way hope you got some good photographs.

Just one question: What if I'd driven from across the state or actually had to get hold of you for some reason? Not leaving a message on my home phone was a bad decision. I sincerely hope that you consider the fact that if you are leader of a group, you need to keep all those under your care in the loop, even if you only have one number. It would also have been thoughtful to have left a note at both of the picnic area's signs. Had you thought to leave a message or a note, it could have included where you all were in the campground and when you would be back there, or other time/location for the group, since clearly the stated schedule had been scrapped. Perhaps if you lead another group field trip, you'll take these things into consideration.

Participant: My error was not giving you my cell phone number. Not that that would have done any good, as there was no service beyond a certain point on the way up to the visitor's center at the top. I didn't attempt to use it again once it was clear you all were not going to show up at either picnic area nor was I willing to drive all the way down the mountain to use my cell phone to find out what happened to you all. And I didn't go into the campground to attempt to find your group's site there. The call you made to my home phone was at 11am exactly and had to have been made from somewhere close to the campground, due to the lack of service further up.

Guye Peak/W Face

Event date: 2010-08-08

Category: Fall – Fall on rock

Due to wet conditions we had three minor falls. Minor bruising on two and a more severe bruise on CH fall. Rope stretch took up some, but not all of the fall.

Skookum, 6394

Event date: 2010-08-08

Category: Illness – Knees / Ankles

I turned my ankle once again, coming down the trail on the exit. No problem walking out after taping it and putting on an air case.

Mt Stuart, 9415

Event date: 2010-08-07

Category: Fall – fall during glissade

Two in the party had difficulties on descending the snowfield. One tried to glissade the lower part of the snowfield, and did not attempt to arrest when the usual ice-ax-brake didn't provide sufficient stopping power. The other had put on crampons for more positive stepping, so could not use his feet when attempting to ice-ax arrest (and the snow was too soft for the ice-ax to provide enough stopping power). Both were moving fairly slowly when they collided feet-first with the rocks below the snowfield; neither required first aid.

Banshee, 7400

Event date: 2010-08-12

Category: Illness – Previous injury

One participant told me that she had some pain in her lower leg; this was about a mile past the shelter at Summerland (still on the trail). She decided that she needed to turn around there. She has had this problem before, but had been up St. Helens the previous weekend with no problem, so she was pretty frustrated. She was anxious not to spoil the trip for the rest of us; since we were on a well-maintained trail with lots of other people around, I let her go back by herself. She got back OK.

Wedge/NW Couloir

Event date: 2010-08-14

Category – Illness – Feeling Weak

I had to turn back before Wedgemont lake Saturday on the approach to hike SR back out to the cars. She was suffering from increasing dizziness and a rapidly ebbing energy level due to severe anemia (which she is still seeing a doctor for apparently). It is doubtful she could have made the lake and definitely would not have made the climb. She even was mildly hallucinating when we got back to the trailhead; initially mistaking the gravel parking lot for a lake and asking why we had not seen that lake on our hike in. To allow the main group to continue and get credit for the climb MM took over the climb as the leader of record.

Sahale Arm

Event date: 2010-08-14

Category: Fall – Fall on non technical terrain

LD fell on the trail approx. 2 miles from the TH on the return and hurt her ankle. Did not appear broken or sprained. Apparently this is a recurring injury. She also scraped her arm. She was able to walk out. RH provided MOFA and did a great job and several others pitched in to help.

Elwha Loop- Humes Ranch-Krause Bottom

Event date: 2010-05-16

Category: Fall – Fall on non technical terrain

GJ slipped on the hill coming up from the meadow to Hume's Ranch and sprained his finger. Our MOFA designated person looked at it and advised him how to protect it until he could seek treatment.

Spider Meadows

Event date: 2010-08-14

Category: Fall – Fall on non technical terrain

Very minor injury. I turned my ankle and fell on the trail, scraping my arm. Wound was cleaned and dressed and is healing nicely.

Mt Stuart, 9415

Event date: 2010-08-19

Category: Fall – Fall on non technical terrain

After summiting, and returning safely nearly to camp, on almost level ground in a grassy meadow, the leader stepped on a log that collapsed under him. He fell and stuck his head on a rock. He had removed his helmet because the whole group was now safe. Although a bit shaken, and JW applied MOFA diligence, both head and rock appear to be OK. The leader was fine the next day.

Black Peak

Event date: 2010-18-28

Category: Other – Route warning

AH and I joined SB on her climb with TM up Black Peak via the N.E. Ridge on 8-28. This fulfilled TM's required climbs. As a group we felt that this climb is incorrectly classified as a basic alpine climb and should really be an intermediate rock climb. TM did very well as a student. He picked up on simul-climbing quickly.

Palisades Lakes - Rainier NP

Event date: 2010-09-03

Category: Preparation – Conditioning

One participant, new to hiking with The Mountaineers, but not new to hiking, had problems with the hike - distance, elevation changes, altitude, heat of the day, in addition to her asthma. BR was very slow and stopped about 1/3 of a mile from the lake because she was shaking. PS, a returning member who is an EMT, checked her vitals, got her rested and helped her with a better breathing technique. The rest of the group was very supportive of the plan to get BR to the lake for lunch and a rest and then work with her to get her back out. We plied her with electrolytes, lightened her pack and matched our pace to hers. There was a successful end to the day and a gratifying response of everyone on the hike to help with the situation. I think the bottom line is that she was not in as good condition as she thought she was. She was game to keep going and responded positively to our efforts to help her.

Ingalls Peak/S Ridge

Event date: 2010-09-04

Category: Fall – Fall on non technical terrain

FM fell several times while navigating the rocks/boulders on the scramble down to the lake. We had already taken the rope at the base of the climb. First fall was a long tumble, where he seemed not to have the core & upper body strength to stop himself. He was bruised with rock rash and complained of sore shoulder, but insisted he was o.k. to keep going. Second was more serious and resulted in deep laceration to his shin and knee. We administered first aid and took anything of consequence that was in his pack and spotted him closely on the rest of the way down, where he continued to demonstrate instability over uneven terrain. Once on the trail, he was able to continue at a good pace to the trailhead.

Kangaroo Temple/N Face

Event date: 2010-09-04

Category: Hit/Cut – Hit/cut by natural object

On the approach trail, one climber did not see a fallen branch adjacent to the trail and walked into it. He had a small laceration on his eyebrow. Our MOFA leader evaluated the injury as minor and applied a bandage. The student decided to continue on the climb, and finished it successfully. We checked his eye a couple times during the day, including right before driving home, and it did not seem any worse.

Tuck and Robin Lakes

Event date: 2010-09-11

Category: Illness – Knees / Ankles

MD complained of Ankle pain - didn't appear swollen - nothing in the boot - offered him aspirin but he refused, a few miles later he took RM up on her offer of Ibuprofen. RM was MOFA for the trip.

Rampart Ridge/East Ridge, 5870'

Event date: 2010-09-18

Category: Other – Route warning

It's been a few years since I've used a rope on a scramble; wet rock made it a good idea for getting off the summit.

Surf Clinic Pacific Beach w/ Kayak Academy

Event date: 2010-02-13

Category: Kayaking - Weather

On the second day a large tripled up wave came all the way into shore washing gear and luckily no small children out to sea. Many logs were set adrift making safe surfing impossible. We ended the surf class early and a few members stayed and played a bit on a standing wave in a nearby river. Overall it was lousy surf but a great group and lots of fun.

Gobblers Knob/Goat Lake

Event date: 2010-09-18

Category: Other - Informational

Just our flat tire!

Mt Constance/S Chute

Event date: 2010-10-02

Category: Fall – fall on non technical terrain

Leader MR slipped on the Lake Constance Route between the lake and the road. Pad below thumb was lacerated on sharp rock. Profuse bleeding controlled by MR by pinching between opposite thumb and forefinger. MR became faint and sat down on log. ER and KP provided gauze and tape to apply pressure and control bleeding. Bleeding generally stopped and MR was able to continue within 10 min. without further assistance. Hand was held up by hanging on to pack strap. Laceration further treated with butterfly bandages at home. Healing is proceeding normally.

Bowron Lakes

Event date: 2010-09-16

Category: Hit/Cut – Cut by equipment

I cut my forehead open with an axe. Messy bleeding but was ok. First aid kit was very adequate.

The Tooth/S Face

Event date: 2010-10-16

Category: Other - Informational

MB phoned me Friday night asking to get on the climb. I got home too late to call him back that night, but I already had the team I wanted for this climb. He showed up at the

base of the Tooth as I was climbing the 1st pitch. He climbed quickly behind my team. When he got to the 1st belay he forced his way to the anchor. Pushing my two students out of the way. I witnessed this event. I was leading the sharp end of the rope. My belayer was knocked off balance. I asked the man to be careful. I didn't know it was the man that called my home number the previous night, at the time. When I got to the next anchor. I made myself safe then spoke to him and his partner. I told them to be more patient and not to endanger my fellow climbers, my belayer or myself. MB ignored my comments. I asked him to acknowledge. I think he said I heard you speak. PH acknowledged the discourtesy with an audible ok. I later overheard MB to MM, my belayer. He told MM "you need to communicate your needs if I bump into you". I was floored at that comment. At the summit I told MB that he was again in error. That it is not up to MM to communicate that he needed space to belay. MB should have been the one to communicate. An "excuse me" or "may I join you at this anchor" would have been appropriate. He again was indignant. He did not acknowledge my comments. But he definitely heard me. I was six feet away and looking directly at his eyes. He offered no apology for his abhorrent behavior. This man will never be allowed on a climb with me. I don't think that his behavior represents the spirit of the Mountaineers and our collaborative ethic.

Basic Navigation Field Trip - Students (Heybrook)

Event date: 2010-11-07

Category: Logistics – Party separation

Sweep line missed one pair of students, no obvious cause could be determined.