

# **Appendix A – Minor Incidents**

## **The Mountaineers Annual Safety Report for 2012**

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## **Ice Axe Arrest Practice Clinic (3/10/12)**

Branch: Seattle

Committee: Snowshoe

Category: Hit/cut, tree

Summary: A student glanced a small tree with his head as he was attempting to arrest. He has a couple scrapes on his forehead. He repeatedly reported feeling fine. No dizziness, no headaches. The leaders in our group immediately re-worked the track (which had started getting too wide from the numerous slides down it). He continued to practice. He had a helmet and opted to use it after the incident. Back at the cars, I asked again if he was feeling any headache or dizziness. He said no. I asked him to contact me right away if he had any symptoms related to the incident that emerged over time. I also let him know that I would check in with him in a day or two.

## **Basic Rock Evaluation Field Trip (Clubhouse) (4/1/12)**

Branch: Seattle

Committee: Climbing

Category: Near miss, equipment

Summary: Near the very end of the day one student did the following according to the reconstruction of the event by myself, the student, the Towers Area Lead and the instructor.

1. The student set up the Munter properly and was checked out at the top by the Tower top instructor. He was good to go and unclipped the PA. Instructor cleared him and the student then decided to do his weaker side and stepped over the rope switched the rope to his other side and proceeded to rap down the East Tower. At about ½ way down the rappel the student says he heard a click and suddenly the Munter devolved into a carabiner self lower with maybe 5% of the friction of the Munter rappel.
2. Fortunately the student, a recent scramble grad with some level of experience in our emergency lowering, kept his wits and essentially lowered himself and finished the FT without much further incident (other than talking to our investigating group at the end of the day).
3. Note that instructor observed rope fuzz on the gate of the locker. That is or was not evident when we did the reconstruction since our reconstructions did not involve the forces generated during the rappel. Also, any fuzz generated during the student's rappel logically would blow off in the winds we were having in the afternoon as the squalls moved through. We did check his carabiner during the investigation and it was unexceptional and not defective in any way.
4. We KNOW the Munter was set up right to start and the only thing that we could re-simulate in our post incident investigation was that the rope may have opened the gate on the locking side as it ran over it during the rappel since the student was now doing the rappel with the gate side running by the rope. We were able to recreate this gate opening or unlocking event ~25-50% of the time when we were doing our investigation at the end of the FT. That is way to easy to do in my opinion.

## **Mt Angeles/E Face (winter) (4/6/12)**

Branch: Tacoma

Committee: Climbing

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: One member became short of breath, light-headed in the steep area just before turning around. He had cold symptoms and attributes that to him being under the weather. He, on recent outings had demonstrating strong physical/endurance skills so it was not a conditioning issue.

## **Granite Creek (4/7/12)**

Branch: Seattle

Committee: Singles/Social

Category: Illness/preparation, leg/knee/ankle/foot

Summary: Minor - participant complained about her knee in the snow but it was fine once we got back out of the snow.

## **Pitcher Mtn, 5933 (4/8/12)**

Branch: Tacoma

Committee: Alpine Scrambling

Category: Illness/preparation, back

Summary: At the start of the trip, a student reported her back was sore from throwing logs and brush the day before doing her conservation work, but didn't think it would affect her ability to complete this trip. About 1 hour from the summit, she said she was in severe pain and did not want to continue. At first we made plans to have her and her boyfriend stay put at a saddle, but she mentioned them hiking out so I wasn't sure they would stay put. She looked pretty uncomfortable, so I asked what her pain number was on scale of 1 to 10, she reported a 7, and had taken pain meds (Advil or Aleve). This surprised me, that is a high number, so I consulted with another participant, who is a EMT, for advice, we agreed we should get her out without further delay, so we turned the party around. I took her backpack and tied it onto mine so she would not have weight on her back. We exited and got back to the cars without incident.

## **Mt Rainier – Ingraham (4/14/12)**

Branch: Seattle

Committee: Skiing

Category: Illness/preparation, shoulder/arm/hand

Summary: One person re-injured an old knee injury on the descent from Muir to the Cars on Sunday. Person was able to initially ski down, then walked out under his own power. Knee was swollen when we got to the cars. Person was planning on ibuprofen and ice for the knee upon returning to Seattle.

## **Mt. Si Old Trail – Conditioner (4/15/12)**

Branch: Tacoma

Committee: Alpine Scrambling

Category: Informational, assist other party

Summary: An accident not involving any of our registered members but someone else on trail descending. This leader and a co-leader stayed with the victim until Search and Rescue arrived. Two other co-leaders led the Mountaineers group down, debriefed them, and everyone left the trailhead safely.

## **Introduction to Rock Climbing (4/28/12)**

Branch: Olympia

Committee: Climbing

Category: Illness/preparation, shoulder/arm/hand

Summary: During the rock climbing practice at Spire Rock in Tacoma, a student was doing a layback maneuver when he heard a pop in his left pectoral muscle. He had some pain and muscle spasm for a few minutes after, but was able to continue with the class. During the day when asked how he was, he said it still hurt a little but was not incapacitating.

## **Gig Harbor to Sunrise Beach SK II+ (5/12/12)**

Branch: Tacoma

Committee: Sea Kayaking

Category: Informational, kayak flip

Summary: Two accidental capsizes but no problem getting back into boat and was good practice for everyone.

## **Kaleetan Peak/E Face (5/12/12)**

Branch: Tacoma

Committee: Climbing

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: One participant was moving slowly and taking many stops during the snowshoe up to Hemlock Pass. Because of the slow pace, I held back to check on him, and he mentioned he was having leg cramps. I asked him if he was getting enough food & water, he indicated he was. After having been stopped for about 5 minutes, he then vomited (water only). So that we could get everybody's water refilled (especially participant's), we went the remaining short distance to Melakwa Lake, at a slow pace. With a decent rest, he seemed to recover fine. I had given him a package of Sharkies (electrolytes), since he was not digging out the food he supposedly had in his pack. Some of the party could have continued, but I turned us around due to the lateness of the day. He seemed fine through the whole return trip. I followed up with him several days later. He said he felt fine, had not properly prepared for the trip, did not have "the right food and didn't drink enough water" during the trip. He had run a 12k the weekend before, and thought that could be a contributing factor.

## **Intermediate Rock 2 Field Trip (Leavenworth) (May 13, 2012)**

Branch: Seattle

Committee: Climbing

Category: Fall/slip, rock

Summary: Student took two short leader falls attempting to lead the first pitch. Another student led the first pitch, I was following just clipping through the pro, and a third student was following me clean pro. She climbed slow and was talking to the first student through the pitch. Luckily, the falls were short and near the points of protection. There is a bit a lichen on the rocks and you have to be careful on the foot placements. He's elbow got scuffed up and also his buttock sliding on the slab. His gear loop got torn off and he lost some gear that we were able to recover. We were able to put him on top rope and bring him up. He didn't want to give up and at least follow. I did let him lead part of the third pitch. I brought him up to a point where I thought he'd be ok to lead. I stayed back as the trailer on the first rope and work a bit on hit foot work and checked his placements. He climbed slow, but made it ok. He followed there rest of the pitches.

## **The Tooth/S Face (May 16, 2012)**

Branch: Seattle

Committee: Climbing

Category: Near miss, anchor

Summary: A rope leader climbed the catwalk to the summit. Upon arriving he asked me what to use for an anchor and was indicating a flake was going to be his preference. I told him not to use it as you could not safely get a cordelette completely around it and pointed out two cracks to use with gear instead. Upon returning moments later I arrived just as he was "testing" his anchor by fully throwing his body

weight on the cordelette he had put around the flake I told him not to use. It immediately started to fail causing him to stumble back to the edge of the ledge he was on(the cordelette started slipping rapidly off the flake) and I grabbed the cordelette to prevent it from completely coming off. Students need to be better taught to test their anchor with an independent, and safe, anchor as a back up in case the test fails.

### **Tieton: Royal Columns/Various (May 19, 2012)**

Branch: Everett

Committee: Climbing

Category: Hit/cut, natural object

Summary: A sizable rock dislodged above a climber while climbing a route at Royal Columns and hit her in the back. She completed the field trip activities and it is unknown at this time if any medical attention was sought.

### **Overnight Field Trip (Tacoma Scrambles) (5/19/12)**

Branch: Tacoma

Committee: Alpine Scrambling

Category: Fall/slip, stream

Summary: Assistant Leader was setting up his camp when he fell into a four foot deep hole over a creek. He arrested his fall and in the process bruised his lower left rib. Another Assistant Leader (Emergency Room RN) checked his ribs and determined nothing appeared broken, just bruised. He took three Advil and then summited Bean Peak.

### **Oyster Dome (5/20/12)**

Branch: Seattle

Committee: Hiking

Category: Fall/slip, nontechnical terrain

Summary: A hiker fell and got a bloody nose, but once she sat down for a minute and her nose stopped bleeding, everything was ok. She wasn't dizzy and seemed fine and energetic the rest of the way down.

### **Directional Control Clinic (5/20/12)**

Branch: Tacoma

Committee: Sea Kayaking

Category: Illness/preparation, shoulder/arm/hand

Summary: One participant, who previously had a shoulder injury, started to have some shoulder pain during the class. One of the instructors took the student back to her vehicle and assisted in loading her boat. Instructors were in contact via vhf radio during the separation. The participant emailed trip leader later that day that once she returned home she iced her shoulder and was doing well.

### **Squak Mountain Loop (5/27/12)**

Branch: Seattle

Committee: Hiking

Category: Logistics, party split

Summary: There was a miscommunication with a participant about the meeting place and time. She called and went on a hike on her own on the south side of Squak. Of course, I was a fool and didn't scout out the trail and so I also managed to make a wrong turn and led the group into a residential area and we had to backtrack back to the trail.

## **Little Si (5/27/12)**

Branch: Seattle

Committee: Family Activities

Category: Fall/slip, nontechnical terrain

Summary: One bandaid provided for 6-year-old girl's leg from minor slip. More for comfort than requirement. Mom laughed it off as her typical behavior.

## **Boulder River (5/27/12)**

Branch: Seattle

Committee: Hiking

Category: Fall/slip, nontechnical terrain

Summary: One hiker rolled her ankle and fell on way back to trailhead. She was given some advil, and was able to complete the hike out with co-leader over seeing. The injury appeared minor and no other treatment was required. This particular hiker has had issues with this ankle before.

## **Cattle Pass/Washington Park to Friday Harbor (6/2/12)**

Branch: Seattle

Committee: Sea Kayaking

Category: Near miss, kayak flip

Summary: Protracted swim in a whirlpool, no injuries.

## **Sun Mountain Lodge 2 (6/2/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: One of the participants pushed himself to his limit and needed to lie down in the shady grass at the Patterson Cabins for awhile to recuperate. He and another hiker left the hike at this point (12.5 miles completed) and got a ride from a Mountaineers member who was staying at the Cabins, back to the Lodge to recuperate. I met them later that evening and the participant was in good condition and appeared fully rested. This was the longest Mountaineers activity that he had participated on and I believe he just needs to pace himself a little and drink more fluids along the way to avoid 'hitting the wall' on future activities.

## **Jumbo, 5840' (6/3/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Fall/slip, snow

Summary: A party member slipped during descent and failed to self arrest. The fall occurred in a snow chute about 50' wide, well below the summit, at about 2:30 PM. The snow was firmer in this chute than on the slopes above because it was shaded by the nearby rock. He maintained a hold on his ice axe and slid on his stomach with his head uphill for about 50' before falling into a moat and out of my view. I shouted "arrest!" 3 times before he disappeared into the moat. The other two party members reached his location at the moat almost immediately. Very fortunately, he had only dropped about 3' before landing on snow, still in a prone position, head pointing uphill. I told him not to move. After determining his level of consciousness (he was aware to person, place and time) and discussing whether anything felt injured, we allowed the patient to move away from a large gaping hole, just uphill. He did not believe he

hit his head or lost consciousness. We did a full body check for injuries. John reported some soreness in his right rib/abdomen area perhaps 30 min after we had continued descending.

At the time of the fall, I was near him, and slightly uphill. The other two party members were perhaps 60' downhill of us. Everyone was descending facing outward. The firmer snow in the chute required aggressive plunge stepping, but not so much that anyone had changed position to face inward. During the rest of the descent, it became clear to me that John was not as skilled at descending as the other party members and perhaps he should have been facing inward on the descent through the snow chute. Plunge stepping looks deceptively easy.

## **Lake 22 (6/15/12)**

Branch: Seattle

Committee: Midweek Hikes

Category: Fall/slip, nontechnical terrain

Summary: On the way up to Lake 22, one of the hike participants was very slow. I asked one of the other hikers (who had been to Lake 22 numerous times) to take the lead, and I would be the sweep. I have hiked with him numerous times and he has slowed considerably over the years, but he still wants to hike. We made it up to the lake, slowly, but without incident. On the way down, I again was the sweep. The way down was very different for him. He may have been tired, but he was noticeably unsteady on his feet. He had one hiking pole and I offered him one of mine - which he refused. He fell three times on the way down, once in some hard packed snow, once on some rocks, and once towards the end of the trail (where the trail was in very good shape). He was not injured commenting that they were only "soft falls". This was very disconcerting, nonetheless. Each time I offered to help him up, but again, he said he could do it himself. The trip down (about 2.5 miles with 1500 feet descent) took nearly 2 hours.

## **Dragontail Peak/Colchuck Col (6/16/12)**

Branch: Tacoma

Committee: Climbing

Category: Hit/cut, rock

Summary: A near-miss (for injury). While ascending the boulders/talus/scree above Colchuck Lake, one student upset a couple of barrel-sized boulders, which tumbled into another student, but who was able to escape injury. When the party was assembled on stable terrain shortly thereafter, we used this as a teaching moment for general movement in that terrain, and for managing spacing of party members.

## **Eldorado Peak/Inspiration Glacier (7/21/12)**

Branch: Everett

Committee: Climbing

Category: Fall/slip, snow

Summary: One student punched through thin snow on the boulder field on descent and injured his knee. We took some pack weight and gave him an ace bandage and he was able to descend the remaining 2200 or so feet on his own power.

## **Stillaguamish, 5683 (7/4/12)**

Branch: Everett

Committee: Alpine Scrambling

Category: Fall/slip, snow

Summary: (Original destination was Mt Forgotten.) Snow very dangerous on north-facing slope just N of Forgotten Meadows. Within only about 1 minute of travel on this slope, 3 climbers slipped, their ice ax belays broke through the snow, they slid and had to self-arrest. The decision was made to turn around. Destination was changed to Stillaguamish Peak, which had safer, south-facing slopes. The snow conditions were very unusual on the N-facing slope at Forgotten Meadows. The top 4" was very firm; required hard step-kicking. But there was a soft layer beneath -- kicked steps would tend to collapse after taking weight off opposite leg to take next step. Ice ax belays were needed to prevent some of these collapsed steps from turning into falls. In 3 cases the soft snow layer failed to hold the ice ax belays, causing the climbers to slide and self-arrest.

### **Mt Olympus/Blue Glacier (7/6/12)**

Branch: Seattle

Committee: Climbing

Category: Fall/slip, stream

Summary: A participant took a tumble at a stream crossing just before the Hoh River bridge which resulted in a nasty cut just above the outer edge of his left eye. We bandaged the cut and took a rest with lots monitoring before resuming our slow progress towards Elk Lake (again, with lots of monitoring). He felt great the next morning and since the cut was well protected by the brim of his helmet he was able to join us for the remainder of the climb.

### **Exfoliation Dome/West Buttress (Blueberry Route) (7/7/12)**

Branch: Seattle

Committee: Climbing

Category: Near miss, rock

Summary: Large loose rocks came down from first rappel off of terrace. A rock cut off the outer layer of our climbing rope. We had an extra rope to trade out with damaged one. A lot of loose rock at the first rap station on the Blueberry Terrace, with one large rock climbers left of the rap anchor. Also climbers right is a constrictor crack that is known to snag ropes.

### **Lane Peak (Mt Rainier NP) Scrambling Outing**

Branch: Seattle

Committee: Scrambling

Category: Fall/slip, snow

Summary: Another participant fell just below the Pinnacle saddle, self-arrested, but received several scrapes to arms and knee. The same MOFA leader provided care for the scrapes. No doctor visit was planned. (*Trip also had a significant incident.*)

### **Kaleetan, 6259 (7/8/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Fall/slip, snow

Summary: One of the people on the trip slipped on a snow slope and had trouble self-arresting. She's a scramble student this year, and I think this was her 3rd or 4th snow trip. As she was sliding, it appeared to me that the top layer of snow was soft and her axe was unable to get a good grip, in addition some snow was sliding down around her. A couple people in the group thought she must not have been arresting properly, but weren't exactly sure what she was doing it incorrectly. Regardless of the reason,

her arresting was definitely providing enough friction, causing her to slide down at a fairly slow and constant speed. After about 30 feet of siding, a small tree stopped her..

### **Green Lake at Rainier NP (8/7/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, head/eye/nose

Summary: Out of an abundance of caution, I will mention that a participant had "developed" a black eye (around the right eyebrow) by the time we returned to the trailhead. She said that she (or someone walking next to her) had noted it an hour or two earlier. She did not recall being hit by anything, and she was wearing prescription glasses all day. She did not report any vision impairment or head pain, and there were no signs of mental impairment or change in behavior. It just seems to have been a random occurrence, and so she left with her carpool driver back to the P&R.

### **East Side Trail – RAINIER (7/8/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: A participant had stomach issues early on in the hike. She asked to return to the trailhead and wait for us -- we would be coming back that way for the second leg of the hike. We were close enough to the trailhead that I felt comfortable sending her back alone. She waited in the shade and air-conditioned SUV while we completed the first leg, and I returned to check on her at about 12:30. She told me that she had vomited twice, and a volunteer left the hike early to drive her back to the P&R.

### **Mt Ruth-Icy Peak/Traverse (7/21/12)**

Branch: Everett

Committee: Climbing

Category: Fall/slip, snow

Summary: One climber slipped and self arrested right away while we were scrambling on a snow field. After that we were going down a snow slope when I realized she was moving slowly. We decided to go back up and find a different route. When we got to the back up the slope she started to cry. The fatigue and stress had gotten to her. We found a nice gentle slope to get down to H pass. When we got to the trail she was smiling and offering to take the rope down. I don't think this needs further attention.

### **Gibbs (Pt 8142) (7/21/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Fall/slip, nontechnical terrain

Summary: One participant suffered a puncture wound to the palm of his hand when he fell in a meadow.

### **Glacier Peak/Disappointment Peak Cleaver (7/21/12)**

Branch: Everett

Committee: Climbing

Category: Hit/cut, rock

Summary: One party member was hit by a fairly large rock possibly dislodged by a team member. This occurred on descent to camp at a short rock scrambling section (class 2) between snow fields. It struck

him on the ankle which became swollen. He could walk to camp so we took some weight and walked back with him. We then opted to just stay at camp instead of moving it closer to the TH, applied ice, elevated the injury, etc. The swelling went down. The next day we carried pack weight for him and he walked all the way out on his own power.

### **Mt Thompson/W Ridge (7/21/12)**

Branch: Seattle

Committee: Climbing

Category: Fall/slip, snow

Summary: One climber self arrested and took off a silver dollar size layer of skin on her elbow. Did a heck of a job with the arrest, and did not even point out the abrasion, which was minor, until the following day. No treatment required.

### **Yellow Aster Butte, 6241 (7/21/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Fall/slip, snow

Summary: The snow was hard enough in places that self-belay was not possible. Two students slipped and started sliding feet first, but successfully arrested. One of them slid about 10 feet, the other about 30 or 40. The longer slide was on a slope that wasn't very steep; that student at first was trying to get the pick into the snow while lying on his side until I yelled at him to roll over on his stomach, at which point he immediately stopped.

### **Polallie Ridge/Tired Creek (7/22/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: One of the hikers decided about 40 minutes into the hike that she wasn't feeling well enough to complete the hike and wanted to go back to the car. She declined assistance getting back to the trailhead. I told her we would be back around 3:00 to the trailhead and she was fine with that. I formally signed her out of the hike. She was taking a nap in her car when we returned and was feeling better. Said she was probably just tired from a busy week.

### **Vashon/Maury Islands Circumnavigation (7/28/12)**

Branch: Tacoma

Committee: Sea Kayaking

Category: Near miss, boat wake

Summary: During day two's lunch stop, we were enjoying a calm day without a ripple on the water. About a mile and a half away we noticed a container ship slowly passing by, so took the precaution of pulling our boats out of the water further. About 15 minutes later, after the container ship was long gone, the container ship's wake started breaking on our beach without warning and were much higher and stronger than expected. All six of our boats were caught in the wave. In the ensuing pandemonium that lasted for about 5 minutes, we lost two sets of paddle gloves and one paddler who was in the water trying to collect floating gear had waves break over her twice before she could regain her feet. Fortunately, no one was hurt and no other equipment was damaged -- just wet.

## **Bryant & Hemlock, 5801 & 5560 (8/5/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Illness/preparation, heat

Summary: Two members of the party experienced dizziness or lack of energy slightly below second summit (Hemlock). It appeared to be related to ascending in the heat - on a sunny talus slope. We got them into the shade and rested. They had been drinking water copiously - one person drinking 6L. They seemed to recover fairly quickly. We abandoned the final ascent. Their symptoms did not reoccur on the descent/return.

## **Grand Park: Rainier (8/5/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, heat

Summary: One of the hikers suffered from the heat. She also was low in energy because she hadn't had enough electrolytes. She got some coconut water from another hiker and that helped a lot.

## **Primus Peak (8/10/12)**

Branch: Tacoma

Committee: Climbing

Category: Illness/preparation, bugs

Summary: One participant had way more bug bites than the rest of us, perhaps because he did part of the hike w/o a shirt. What really stood out was that his bites created quarter-sized welts. He took a benadryl, which seemed to have no effect. A second participant, experienced stinging, watery eyes and a very runny nose. This started while we rested in the meadow above camp, on our way back from the summit. When it started, we assumed he had gotten sunscreen in his eyes, so he repeatedly rinsed his eyes. It wasn't until this was still going on a few hours later that I learned about the runny nose (somehow had missed that), and put 2 + 2 together. He did not have a history of allergies, but after a quick discussion he took a benadryl and his symptoms cleared up in 15 minutes. The take-away for me was that we should have treated this as a regular incident from the start; at least some more questions should have been asked to uncover all of the symptoms.

## **Del Campo, 6610 (8/11/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Illness/preparation, gastrointestinal

Summary: A participant informed us that he was feeling sick at foggy lake. so we stopped, assessed his condition, gave him electrolytes. he eventually threw up, but said he was much better after this. we suspect some kind of stomach upset from his breakfast. he rested at foggy lake, while we proceeded with the scramble. he had no further problems on the descent.

## **Sahale Peak/Quien Sabe Glacier (8/25/12)**

Branch: Seattle

Committee: Climbing

Category: Fall/slip, nontechnical terrain

Summary: One of our party members fell on the unmaintained trail coming down from the Sahale Arm and landed on hard on her hand. By the time we reached the TH it was pretty swollen. She iced it at dinner. She did not seem to think that medical attention would be necessary.

### **Panhandle Gap (8/25/12)**

Branch: Seattle

Committee: Hiking

Category: Other, automobile

Summary: In order to make space for our vehicles, we parked in tandem with only a few inches of space between the tail of one car and the nose of the other. The parking spaces at this trailhead seem to be designed for this purpose. However, the parking spaces slope downward slightly, away from the road and toward the shoulder. After the hike and while loading the cars for the trip home, the driver of the uphill vehicle accidentally rolled forward a few inches, catching one Mountaineer's leg/knee between the car bumpers. Afterwards, the participant reported feeling a low level of pain but he declined examination. The following day, he reported that he was slightly sore, with no bruise.

### **Mt Ruth-Icy Peak/Traverse (8/25/12)**

Branch: Tacoma

Committee: Climbing

Category: Fall/slip, nontechnical terrain

Summary: One climber slipped in the muddy and eroded trail/gulley from Hannegan Pass area going up to Point 5930. Cleaned out the mud and dirt -- she caught a rock or branch that left a gash and bled a little, but she's also a nurse and took care of herself.

### **Snowgrass Flats/Goat Lake Basin (8/26/12)**

Branch: Seattle

Committee: Hiking

Category: Fall/slip, nontechnical terrain

Summary: One of the hikers tumbled off the trail and did a summersault coming to a stop on the hillside. She had a bloody elbow and knee but both were surface scratches. A doctor was on the trip who helped bandage her and checked to make sure that she was okay. She continued hiking and did not have further problems.

### **Rainier Backpack - Wonderland (8/26/12)**

Branch: Seattle

Committee: Backpacking

Category: Illness/preparation, gastrointestinal

Summary: There was an incident that was either a gastrointestinal issue or a minor UTI in one of the women. It turned out fine, resolved itself within 24 hours. I had not thought to put a note in the original e-mail I sent out to recommend a pee-rag or other way to maintain cleanliness and prevent UTIs for the Women on the trip. Other trip leaders, men in particular, might also not be aware of the importance of this. For trips of this length, or really any a week or longer I will remember in the future to mention it to the female participants.

### **Eagle Peak (9/8/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Logistics, party split

Summary: This trip was originally scheduled for Lane Peak, further east in the Tatoosh Range, and leaving from a different TH (the Reflection Lakes/Pyramid-Plummer Saddle TH). However, the Rangers had closed that off for road construction work and the ranger at the entrance provided us with incorrect information as to the best "back-up" approach to that TH (she indicated the main parking at Paradise Lodge; actually, the much better approach was from the Paradise "Picnic" Road). The co-leader was able to gather most of the group at the barricade blocking the Reflection Lakes turn-off, but was required to vacate that area (by still more "helpful" Rangers) before we were able to hook up with him. Given the lack of cell access, things then developed into a comedy of errors of everybody trying to second-guess what everybody else's "fallback" plan/parking would be. He led his portion of the group successfully up a longer/higher Lane trip, and I led my threesome (including two students) up Eagle Peak.

## **Index, 5979 (9/9/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Informational, equipment

Summary: I had to pull out my scramble rope (100 ft 7mm) to help protect a descent down a wet rocky section. It added an extra hour or so to the trip, but it was the safe thing to do. We ascended up that same area, but it didn't look that bad on the way up. More detail... When we got back to that rocky section at about 3400 ft, I pulled out my 100 ft rope. There was already a sling around a solid tree, so I added another sling to it and I stuck a descending ring on both slings. Everyone used their prusik to descend, then I used my belay device to rap. It was about a 60 ft section we all went down (1/2 grass, 1/2 rock), I wish my rope had been 120 ft :-).

## **Summerland – RAINIER (9/15/12)**

Branch: Seattle

Committee: Under the Hill Rovers

Category: Logistics, conflict with other party

Summary: When the 9 of us reached Summerland we decided to eat together in one of the campsites. The group site was chosen so we wandered to site #2. While we were eating we saw some backpackers looking for a spot. While most of the campsites were open (all but #2 as we had checked them all out before choosing our lunch spot), we invited the backpackers to our spot saying that it was the best spot for views and isolation and that we were just eating lunch and would be on our way shortly.

About 15 minutes later I mentioned to the group that we should start packing up in the next 5-10 minutes. Right then, the male backpacker (there were two: a husband and wife) walked up and said, "we are going to set our tent right here so get the hell out of our spot". He was very rude and yelled at the group. The group started packing and told the man that he was being rude. He continued to yell saying that the spot was his and we had no right to have a f\*cking picnic, etc. He continued to yell as everyone was packing and moving away.

I was waiting for the last few people in the group to leave (I wanted to make sure everyone got away without confrontation), but, yes, I was staring at the guy angrily. As the last two in my party were leaving, our dog stopped to pee. The backpacker lost it, ran up and KICKED THE DOG and tried to grab her.

I immediately jumped up as the guy went to kick the dog a second time, grabbed him by the neck, pulled him to about 1 inch from my face and proceeded to chew the guy out for kicking the dog. His wife intervened, we backed off and nothing else happened.

About 15 minutes later as we were filtering water we ran into a volunteer ranger. We explained the events to her and she agreed that 1) we were smart to use a campsite to eat as with a large group using the campsite would decrease our impact, and 2) the guy deserved it. The volunteer took my information and offered to pass it along.

In the end, nothing happened and once we finished the hike the entire hiking party followed me into the ranger station to serve as witnesses on my behalf if I choose to report the guy.

I do not expect anything to come as a result of this, but I told everyone that I did need to report the entire incident.

### **Tuck and Robin Lakes (9/15/12)**

Branch: Seattle

Committee: Singles/Social

Category: Fall/slip, nontechnical terrain

Summary: A participant slipped and fell a couple times; neither time appeared to be hurt. He also scraped the skin on his wrist/hand/forearm some (the sweep applied direct pressure to stop bleeding and bandaged it up).

### **The Tooth/S Face (9/15/12)**

Branch: Tacoma

Committee: Climbing

Category: Fall/slip, nontechnical terrain

Summary: One student suffered a slip on talus while on the hike out. A rest and an ace bandage had her mobile, and her pace slowed significantly. to my knowledge, this was a minor injury and she did not seek medical attention.

### **Hidden Lake Peak Lookout (9/15/12)**

Branch: Seattle

Committee: Hiking

Category: Logistics, party split

Summary: A hiker was separated from the rest of the party after summiting and others began to descend. He had been assembling his gear. As he descended, over boulders, he became uncomfortable with the steepening terrain. The rest of the group neared the base of the boot path and realized he was missing, so two members went back to look for him. They found him and scrambled down the boot path to reach the rest of the group. During the descent, another party member had problems with severe leg cramps. This time the leader kept the party together. The group waited until the cramps subsided before descending. The leader stayed behind with this person during the remainder of the descent to the cars.

### **Mt Si (9/16/12)**

Branch: Seattle

Committee: Family Activities

Category: Fall/slip, nontechnical terrain

Summary: A boy slipped in the final mile hiking down and superficially scraped/cut up his hand, nothing that water and a band-aid (if he would have accepted it) couldn't fix, but a reminder once again to be diligent in making sure if signs of fatigue appear (dropped feet, stumbling etc.) especially in kids not used to such elevation gain / distance, to remind parents to keep an eye out and slow the pace if necessary. In general the kids did fantastic and nothing out of the ordinary.

## **Bandera Mountain (9/16/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: I agreed to allow a non-member of a participant on the hike join. He emailed me the waiver form the day before the hike. He was aware of the difficulty of the hike, but insisted he could do it. Within minutes, he fell behind the group. At the fork, both men sat and waited for the rest of the group to summit, lunch and descend. I spoke with him and encouraged him to try an "easy" or "moderate" hike next time.

## **Annette Lake (9/26/12)**

Branch: Seattle

Committee: Hiking

Category: Illness/preparation, fatigue/weakness/conditioning

Summary: One of the members of the group bonked about 1/8 of a mile from Annette Lake (on the way to the lake). He had eaten an energy bar about 20 minutes before but said he was out of energy and complained about lack of sugar. Another member of the group mentioned after the hike that he believe he might be diabetic. I gave him an apple and the sweep and MOFA leader in the group waited for him to feel better before moving forward. He was fine for the rest of the hike. He mentioned in the parking lot post hike that he had not eaten a meal that day and had relied upon snacks. He said that the next time he would think about having an early dinner pre-hike.

## **Cashmere, 8501 (9/29/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Informational, fire

Summary: Lightning-induced wildfire erupted on previously burned trail, closing the approach.

## **Snowking Mtn/NE Shoulder (9/29/12)**

Branch: Tacoma

Committee: Climbing

Category: Illness/preparation, gastrointestinal

Summary: One party member had a large chunk of salami on the summit. Within half an hour he was not feeling well, and needed to make two "relief" stops on the way back to camp. None of us had a suitable stomach remedy in our first aid kits (where did my pepto-bismol tablets go?). He soldiered on, and was feeling fine after 4 hours had passed.

## **Iron Goat Trail - National Public Lands Day (9/29/12)**

Branch: The Mountaineers

Committee: Trail Maintenance

Category: Informational, assist other party

Summary: One car with a lone occupant left the activity after the trailhead barbecue. Proceeding down FS road 6710, hit a pothole and lost control of his vehicle. The car rolled over off the side of the road and became wedged between a large fallen tree and the slope about 10-20 feet below the road. The driver was not injured. Luckily, the area of the accident, although steep, was wooded and kept the car and driver from rolling down 100s of feet and surely causing injury.

### **Introduction to Steep Ice Field Trip (9/30/12)**

Branch: Seattle

Committee: Climbing

Category: Fall/slip, ice

Summary: One participant lost footing on low-angle ice (while traveling in crampons) and slid approximately 15 feet. No injury. However, given the clearly stated skills required to participate, this was unexpected.

### **Introduction to Steep Ice Field Trip (10/6/12)**

Branch: Seattle

Committee: Climbing

Category: Fall/slip, stream

Summary: One participant slipped during a stream crossing and cut thumb, but was not otherwise injured and did not get wet. First aid was administered, thumb cleaned and bandaged, and participant carried on without issue, climbing without reservation.

### **Silver, 5605 (10/13/12)**

Branch: Seattle

Committee: Alpine Scrambling

Category: Fall/slip, nontechnical terrain

Summary: Someone twisted/rolled their ankle on wet terrain. He was able to walk out on his own, but at a slower pace than normal. He was NOT planning to see a doctor, but just doing RICE at home. The incident occurred on the ascent of Silver Peak (Snoqualmie Pass) on a bootpath on the NW ridge near the summit. At the time of the incident he heard a popping noise (so did the person next to him) but didn't think the injury was as bad as the noise made it seem. We cut our trip short and everyone headed back to the cars while he was still able to walk, before his ankle would start to stiffen up.

### **The Tooth/S Face (11/2/12)**

Branch: Everett

Committee: Climbing

Category: Logistics, routefinding

Summary: We arrived at the trailhead just before dawn. We had planned for a 9 hour day and had a little more than that in daylight. The forecast was for weather to deteriorate by evening.

I had a problem with my watch setting and a delta with the time displayed on my phone. Net/Net, I was referring to two different time references, and I didn't realize it was as late in the day as it was. Complicating this, I didn't bring my altimeter on this trip, and it began to rain at 4:00, much earlier than planned. The wet talus was super slick below Piss Pass, and that slowed us considerably heading out.

In total darkness with it pouring, I wasn't able to determine if we had made it to the Source Lake boulder field or whether we were still short of it. With the humidity, rain and darkness, we maybe had 50' of visibility. Without an altimeter, we were operating blind. We got lucky and found the main exit trail. Emphasis on lucky.

I underestimated the risk of Familiarity, and we could have easily been benighted on an otherwise innocuous Basic route. In hindsight, we should have started an hour before daylight to provide a buffer, brought an altimeter, and possibly have bailed at the top of pitch 2. Any one of the three would have averted the situation. The students were not aware of how close we were to spending an uncomfortable night in the rain.

### **Hammersley Inlet (11/10/12)**

Branch: Olympia

Committee: Sea Kayaking

Category: Illness/preparation, leg/knee/ankle/foot

Summary: A kayaker had a slight cramp in one of her calves when getting out of her boat for lunch. I gave her a couple of ibuprofen and she said she was fine the rest of the day.

### **Tacoma Narrows (12/15/12)**

Branch: Olympia

Committee: Sea Kayaking

Category: Illness/preparation, head/eye/nose

Summary: A kayaker capsized when in the afternoon play but rolled back up and continued playing. Another kayaker had a slight nosebleed that required a quick bio break and proceeded as normal.