

# FT4.0 D2 Small Group Instructor Handout

## Seattle Wilderness Navigation Field Trip at Heybrook Ridge, Index

Dear Instructor,

**Thank you for volunteering to instruct at this event!** Your time and efforts are the foundation of the club's success. If you are an Assistant Instructor, we will pair you with an experienced Lead Instructor. This event is designed as an instructor-training event, as well as for teaching students, so most instructors will teach in pairs or trios.

Instructors teach students to be able to:

1. Maintain a high level of situational awareness--determine point location with terrain recognition, map, altimeter, compass & GPS.
2. Plot & follow a path to their destination and return using the complete navigation toolset.
3. Navigate safely off trail, cross-country with reasonable confidence, accuracy and time.
4. Provide navigation support to bewildered or distressed hikers encountered on and off trail including use of emergency communication devices.

This Field Trip may be a student's first exposure to the outdoors under less than ideal conditions. Keep your tone supportive and instructive, rather than critical or intimidating. Help them learn.

Although not strictly a part of navigation, be sure to evaluate a student's gear selections. Offer suggestions and coaching where needed. Provide an honest estimation of the student's physical conditioning and accommodations to any physical or other limitations.

We will make every effort to keep students moving through the exercise in an efficient and timely way to stay on schedule. We may abbreviate portions of the exercises. If in doubt or are having trouble, consult the Day Lead. If they urge you to move more quickly, please do.

**Schedule—Arrive no later than 6:30 am at Muncer Parking Area Index WA (US Hwy 2).**

**TH coordinates:** 47.80559, -121.52952 or UTM NAD27, Zone 10T, E610102, N5295739N

<b>6:45 a.m. Students arrive, gear up at Muncer Area</b>	<b>11:00 – 11:45 a.m. Lunch SCN 7</b>
<b>7:30 a.m. SCN 1, 2 on trail</b>	<b>11:45 - 1:00 Lunch &gt; Launch SCN 8,9,10</b>
<b>7:45 – 9:15 a.m.~15 min party separation, 10 essentials, bearings @ Tower area</b>	<b>1:00 – 2:00 Final problem SCN 10</b>
<b>9:15 – 11:00 a.m. &gt; Bearings, short landfall problem SCN 3, 4, 5 &amp; 6</b>	<b>2:00 – 3:00 Return &gt;TH &amp; Cars SCN 11, 12</b>

**Please: Expect a brief Instructor Conference Call before 8:30pm night before FTrip.**

### Leave No Trace at Heybrook Ridge

- 1) Carry out all garbage, and everything else you brought in
- 2) Use the provided blue-bags to carry out solid human waste & toilet paper
- 3) If you see trash, please pick it up. Leave things nicer than they were when you arrived.

# EMERGENCY RESPONSE PLAN - HEYBROOK RIDGE

## ACCIDENT RESPONSE RESPONSIBILITIES

### Field Trip Day Leader/Incident Commander (Instructor #1 or Overall Day Lead):

- 1) Coordinate all response and evacuation needs (actions depending on the severity of the incident). Initiate 911 or beacon SOS signal if needed.
- 2) Coordinate with the First Aid Leader to ensure immediate first aid is given to the injured person(s).
- 3) Continue with the overall responsibility of the field trip. Group will remain at incident until incident is resolved.
- 4) Contact ambulance, hospital, and county sheriff for Search and Rescue as required.
- 5) Contact injured person's emergency contacts.
- 6) Report incident to the club and appropriate committee chair(s).
- 7) Complete accident report with evaluation of seriousness of the injury and type of evacuation recommended. Continually provide status updates.
- 8) Plan and carry out evacuation if needed.

### First Aid Leader (Instructor #2 unless more qualified participant):

- 1) Designated for the group, or on the spot based on available skills.
- 2) Designate a communications/site leader if possible to relay communication with the Incident Commander (need radio, ideally an instructor).
- 3) Ensure proper assessment, first aid, and stabilization of victim's condition (Steps 1 through 7).
- 4) Stay with the victim until the situation is under control or care is transferred to a higher authority.
- 5) Report status updates to incident commander via the site communications/site leader.

## ACCIDENT RESPONSE PROCEDURE:

- 1) Self-evacuation with group support is the rule, except in cases of medical emergencies requiring immediate treatment.
- 2) Radio channel for communication: channel 6 code 17. All instructors will carry radios. NOTE: the incident commander may designate an alternate frequency. Incident commander will have sole authority over 911 calls and/or beacon SOS initiations and notify the Day Leader of such an initiation.
- 3) The victim (or First Responders in the case of an unresponsive victim) should make their situation known via whistle (three short whistle bursts repeated for a minute, followed by a minute break) or radio communication.
- 4) First responders assure incident scene safety.
- 5) First Aid Leader will initiate assessment, treatment, and stabilization of any injured person(s).

NOTE: Day Leader carries a small group first aid kit (if solo group, full size if multiple groups) stocked to match the inventory.

- 6) Communication will be established by the First Aid Leader (or designated communications/site leader) with the Day Leader/Incident Commander.
- 7) Develop and execute an Evacuation Plan - First Aid Leader (and others as needed) under the direction of the Incident Commander. 911/SOS initiation is at the discretion of the Incident Commander.

**NOTE:** There is a gated Forest Service road down the back side (north side) of the site to the highway in Index. The road heads downhill halfway between the stumps and the fire tower. The field trip leader may be carrying a key to the gate located at the start of the road, near the state highway in Index. In general, this road can be negotiated by pickup truck or high clearance car, unless impacted by snow, blowdown or washout. The road (FS 6022) that continues east towards Baring to exit onto US HWY 2 is generally not passable and has the same gate key.

- 8) First Aid Leader will remain with the victim throughout the evacuation plan until care is transferred to a higher authority.
- 9) The Day Leader will remain responsible for the overall execution and safety of the field trip. Early termination will be the decision of the Day Leader.
- 10) No later than post evacuation, the Day Leader will contact the injured person's emergency contacts and update them with the current status and plan.
- 11) Following the field trip the Day Leader will submit a report of the incident to the club and appropriate committee chair(s).

## LOST HIKER PROCEDURE:

- 1) Lost hikers should stop moving and stay in the same location. Attempt to make their situation known via whistle (three short whistle bursts repeated for a minute, followed by a minute break) or radio communication. Wait until assistance arrives.
- 2) For Leaders and Instructors, insure your group is supervised, locate lost hikers, notify the Day Leader of the incident.

## CONTACTS:

### LAW ENFORCEMENT

**Snohomish County Sheriff:** Dial '911' and ask for the Snohomish County Sheriff.

**FT Directions:** Heybrook Ridge, Snohomish County, WA. Heybrook Lookout TH (1070) on US HWY 2 to the Fire Tower, then along Forest Road 6022 and beyond up along Heybrook Ridge to elevation ~ elev 2400'.

### MEDICAL EMERGENCY

**EvergreenHealth Monroe** (old Valley General Hospital)-

**Address:** 14701 179th Ave SE, Monroe **Phone:** (360) 794-7497

**Directions:** From Heybrook Ridge, EvergreenHealth Monroe can be reached by driving west on US HWY2. Proceed through Monroe. Just past the SR-522 intersection/overpass you'll come to the intersection at 179th St. SE (Valley View Road). Turn left onto 179th St. SE, heading south across the railroad tracks. EvergreenHealth Monroe is on the immediate left.

## Student (& Instructor) Preparation Before Field Trip

The organizing field trip concept is to simulate an actual backcountry outing with particular emphasis on navigation and communication. Students will have completed the eLearning module, a GPS eLearning module, and the in-person, GPS-enhanced workshop. The 12 scenarios (SCN) ask students to determine their location, with a mix of navigation tools at: Trailhead (TH), switchbacks, other trail locations of choice, tower, first landfall launch in E or W stump area, lunch area, final problem launch, final problem catch, and return to TH. See FT4.0 D03 Small Group Instructor SCN Notes.

### Skills already in hand include:

- Hard copy (HC) topo maps understood using a commercial (e.g. USGS or Green Trails) or computer generated hard copy (CalTopo, Gaia...)
- Hand-bearing, baseplate compass/topo map skills integration in hand with current declination set
- Altimeter (dedicated, wearable or smart phone app) use & limitations understood.
- GPS smart phone Gaia app use & limitations understood.
- Emergency communications procedures and devices understood. Minimum: Whistle, smart phone. Desirable: At least one PLB or SAT Communicator per small group.

Figure 1 shows the Field Trip area and locations of Waypoints and Tracks,

**Figure 1.** Gaia overlays Gaia Topo Feet & NatGeo Trails Illustrated-- UTM 1km Grid

