

Instructor Handout – Nav 3.5 2020

Seattle Wilderness Navigation Field Trip at Heybrook Ridge, Index WA

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 new to instructing, we will pair you with an experienced instructor to learn the ropes. 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 to the TH using 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 condition and accommodations to any physical or other limitations.

Please make every effort to keep students moving through the exercise in an efficient and timely way. We need to keep this event on schedule. Abbreviate portions of the exercises if you must to stay on track. If in doubt or are having trouble, consult the Day Lead or an Area Lead. If they urge you to move more quickly, please do. Important times are:

6:15 - 6:30 a.m. Arrive, prepare to go	9:15 – 11:00 a.m. > Stumps, bearings, short landfall problem SCN 3, 4, 5 & 6
Lead Instructors arrive 6:00 – 6:15	11:00 – 12:00 p.m. Lunch SCN 7
6:45 a.m. Join assigned small group	12:00 - 12:45 Lunch > Ridge SCN 8
6:30 Lead Instructors prep for group	12:45 – 1:30 Ridge > Launch Station SCN 9
6:45 – 7:15 a.m. Prep to hike to TH (trailhead) -- Scenario 1[SCN 1]	1:30 – 2:45 Final problem SCN 10 & 11
7:15 – 9:00 a.m. Hike TH >Tower SCN 2	2:45 – 3:45 Catchline >TH >CkOut SCN 12

This document contains driving directions and a trip description. Sign up online to carpool, as parking space is limited. You can see other instructor contact information. Look for an emailed list of instructors (names, email & phone numbers).

See: Emergency Response plan in case of accidents p.3.

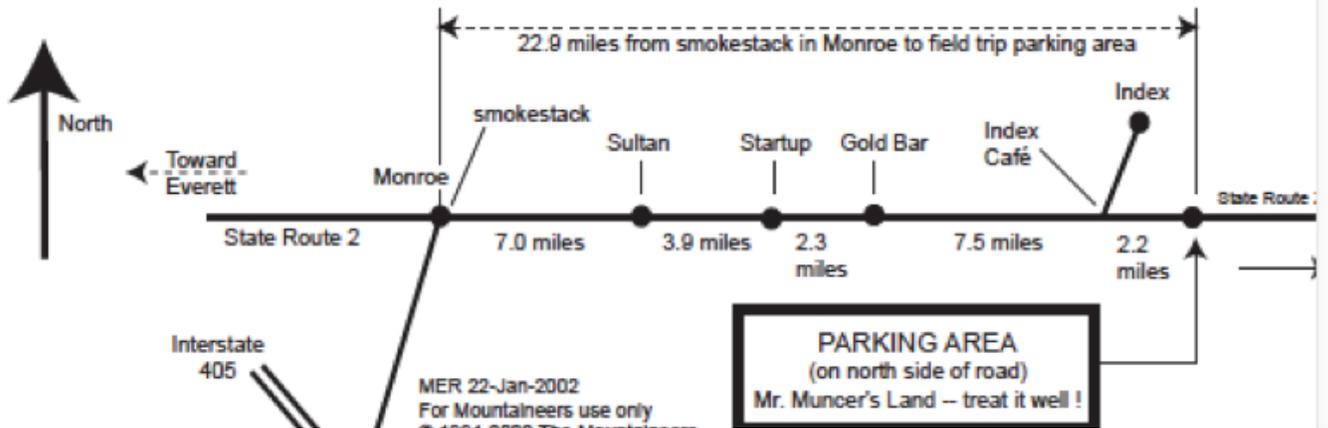
Please: no calls to field trip organizers after 8:30 p.m. – or before 9:00 am.

Please: no one is reachable on Friday night, or Saturday/Sunday during field trip. REALLY.

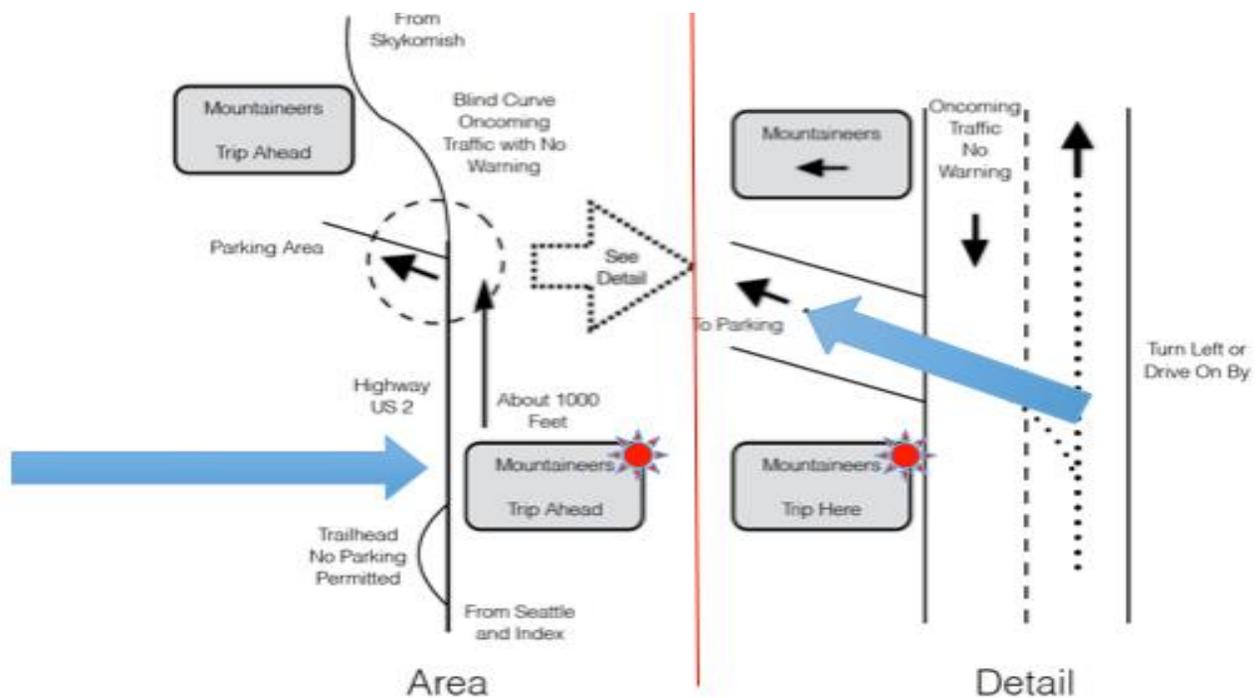
Leave No Trace at Heybrook Ridge

- 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.

Driving Directions to Heybrook Ridge – map is not to scale.



Allow ~65 minutes driving time from Bellevue, ~80 minutes from downtown Seattle or the 65th St Park and Ride. If you plan to stop for bathroom, snacks or breakfast, add another 15 to 40 minutes. Please carpool. There is not enough room for multiple, single passenger vehicles on our host, Mr. Muncer's land. Promptly follow directions for parking. Student check-in and portable toilets are up the gravel road.



For students (and instructors) "ready to go" means dressed, pack on back, checked in, portable toilet visited, formed in small group, and navigation gear checked by small group instructor (by fellow instructor if instructing). It takes a while...

EMERGENCY RESPONSE PLAN - HEYBROOK RIDGE

ACCIDENT RESPONSE RESPONSIBILITIES

Field Trip Day Leader:

- 1) Appoint an Incident Commander to coordinate all response and evacuation needs. This can be one of the Area Leads on the field trip or other personnel.
- 2) Continue with the overall responsibility of the field trip.
- 3) Provide additional manpower to the Incident Commander as required.
- 4) Contact injured person's emergency contacts.
- 5) Report incident to the club and appropriate committee chair(s).

Incident Commander (Area 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) Contact ambulance, hospital, and county sheriff as required.
- 4) Deliver accident report to Field Trip Day Leader with evaluation of seriousness of the injury and type of evacuation recommended. Continually provide status updates.
- 5) Plan and carry out evacuation if needed.

First Aid Leader:

- 1) Designated in each small 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.
- 4) Stay with the victim until situation under is 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 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: An alternate frequency may be designated by the incident commander. 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 for a minute, followed by a minutes 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: The Day Leader and 1 Area Leader (stationed on the old road during the final problem) will have expedition first aid kits.
- 6) Communication will be established by the First Aid Leader (or designated communications/site leader) with the Day Lead, and subsequent 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 has a key to the gate, which is 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 covered with snow. The road (FS 6022) that continues east towards Baring to exit onto US HWY 2 is generally not passible and has the same gate key.
- 8) First Aid Leader and the Incident Commander should 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) 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 Incident Commander will provide information in order for the Day Leader to submit a report of the incident to the club and appropriate committee chair(s).

LOST HIKER PROCEDURE:

- 1) For lost hikers, they should stop moving and stay in the same place. Attempt to make their situation known via whistle (three short whistle bursts for a minute, followed by a minutes break) or radio communication. Wait until assistance arrives.
- 2) For Leaders and Instructors, insure your small 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 The 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. 12 field trip scenarios (SCN's) ask students to determine their location, with a mix of navigation tools at: Muncer parking lot, trailhead (TH), switchbacks, other trail locations of choice, lookout tower, first landfall launch in E or W stump area, lunch area, final problem launch, final problem catch line, and return to TH. The 12 scenarios are fully outlined in the ***Instructor SCN Notes*** document.

Skills already in hand include:

- Hard copy (HC) topo maps understood using a commercial (e.g. USGS or Green Trails) or Smart Phone app generated (CalTopo)
- 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 Communicator per small group.

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

Fig 1. Gaia overlays Gaia Topo Feet & NatGeo Trails Illustrated-UTM 1km Grid WGS84

