

Lesson Plan:
Brett Wuth

Cold Weather SAR

Scope:

What is included in this lesson, what's not and why.

Objectives:

At the conclusion of this lesson the participants:

1. will be able to

Time Plan:

Total Time: 30 minutes

Start	Material
00:00 3 min	<ul style="list-style-type: none">• Introduce topic title• Introduce Instructor• Present Objectives
00:03	<ul style="list-style-type: none">• instructional points in normal font• <i>aids, exercises, activities in italic</i> • Working in a cold environment<ul style="list-style-type: none">• Hydration<ul style="list-style-type: none">• crucial to keeping body running efficiently• cold air becomes dry when warmed by the body [1]• good: water, soup, juice, powdered juice crystals [1]• good: sports drinks, bad: energy drinks [1]• okay: hot chocolate (less caffeine, more carbohydrates) [1]• bad: coffee, teas, cola drinks [1]• bad: snow [1]• bad: alcohol [1]

Start	Material
	<ul style="list-style-type: none"> • Nutrition <ul style="list-style-type: none"> • stress in cold weather, need 4000-6000 cal., 2-4 times normal [1] • Fats <ul style="list-style-type: none"> • 9 cal/g [1] • slow release [1] • margarine, nuts, peanut butter [1] • Carbohydrates <ul style="list-style-type: none"> • 4 cal/g [1] • quick energy [1] • dried fruit, bread, juice [1] • Protein <ul style="list-style-type: none"> • 4 cal/g [1] • slower than carbs [1] • meat, fish, peanut butter, dairy products [1] • Tips <ul style="list-style-type: none"> • pre-slice and pre-freeze what cannot be cut when frozen (e.g. Cheese) [1] • test foods for how they are when frozen (e.g. Food bars) [1] • trail mix good [1] • snack containers that can be opened without removing mitts, gloves [1]
	<ul style="list-style-type: none"> • Monitor your physical condition and adjust quickly • Do not overheat – sweating. [1]
	<ul style="list-style-type: none"> • Improvised shelter - practice <ul style="list-style-type: none"> • tree pit • snow cave [1] • quinzee [1] • Fire starting – practice [1]

Start	Material
	<ul style="list-style-type: none"> • Hazardous situations <ul style="list-style-type: none"> • avalanches <ul style="list-style-type: none"> • Avalanche Awareness course • many environments that look safe aren't <ul style="list-style-type: none"> • 36 degrees • small slopes outside mountains • avoid risk <ul style="list-style-type: none"> • Avalanche Tech evaluation • avalanche.ca • open slopes • cross one at time • equipment <ul style="list-style-type: none"> • shovel • transceiver • probe • party rescue vs. organized rescue • rescue leader • dog, scent, ditirus • transceiver search (all receive) • probe line
	<ul style="list-style-type: none"> • Ice <ul style="list-style-type: none"> • thickness, 4 inches – person, 5 inches – snowmobile [2] • self rescue <ul style="list-style-type: none"> • Don't remove your winter clothing [2] • Turn toward the direction you came [2] • Place your hands and arms on the unbroken surface. [2] <ul style="list-style-type: none"> • freeze to surface • Kick your feet and dig in your ice picks to work your way back onto the solid ice [2] • Lie flat on the ice once you are out and roll away from the hole [2] • Get to a warm, dry, sheltered area [2] • formal organized ice rescue course
	<ul style="list-style-type: none"> • Spring snow storms <ul style="list-style-type: none"> • multiple simultaneous rescues
	<ul style="list-style-type: none"> • Travel <ul style="list-style-type: none"> • most searches need the same method of access as the subject

Start	Material
	<ul style="list-style-type: none"> • Snowmobile <ul style="list-style-type: none"> • flatland vs. mountain • fast, large range • principal problems: stuck (navigation/skill), stuck (storm), breakdown • expert level vs intermediate level searcher • require expert level for most stuck scenarios • most riders will over-report their skill level • search team limited to skill level of weakest member • SAR snowmobile safety course trains to flatland only
	<ul style="list-style-type: none"> • Foot <ul style="list-style-type: none"> • snowboots • hiking boots, gaters • becomes unworkable in most situations of deep snow
	<ul style="list-style-type: none"> • X-Country Skiis <ul style="list-style-type: none"> • types: <ul style="list-style-type: none"> • Back Country • Touring (heals lock) • Telmark (heals don't lock) • skins • waxes, waxless • fast downhill, glide on the level
	<ul style="list-style-type: none"> • Snowshoes <ul style="list-style-type: none"> • surprisingly easy to use • floatation: depends on weight carried, size of shoe, dryness of snow • can be used in most any situation • slowest method – trudging speed • side hills difficult

Aids:

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Frequently Asked Questions

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Feedback:

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Reference Material:

- [1] FOG SAR Slides
- [2] <http://www.dnr.state.mn.us/safety/ice/index.html>

Notes:

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