

## Accident Report

Beaver Meadow Loop for CTA February 9<sup>th</sup> 2014 Trip Leaders Kim Dunkley, Scott Meyer

Over cast with breaks of sun. 10-15 degrees

12 skiers with two more who joined at the Beaver meadow trail head.

Kim performed the tail gate safety talk on trail/snow conditions and positive group dynamics regarding safety. Reviewed maps and days planed event. (Meeting at the Green Top Market with the group we offered a bail out point that intersects Mud City Loop Rd so skiers would be able to skip the ski on the VAST trail back to the Beaver meadow trail (BMT) to trail head parking area, about 1 mile. We had no takers on the option.)

Scott privately asked all skiers about any medical conditions, injuries or medications that trip leaders should be aware of. All but one reported negative. One participant had heart surgery but also had a physician's ok to perform this type of physical activity.

Ski started around 10:30 up BMT. No problems trail conditions were packed up to the meadow. Ate lunch at the Long Trail BM shelter. Kim had recommended skiers to put skins on the skis prior to lunch as the trail leading up to Burling is steep. A majority did skin up. Scott lent a pair of kicker skins to DA (initials) who was using a pair of older Karhu XCGT full metal edge skies. Discussion with group on a question about ski control with Skins. Kim and group discussed that the skins created a drag on the ski that could help in slowing down the decent but also created a potential loss of edge control for telemark turns. Group headed up to Burling trail to begin the long ski down to the VAST trail. Snow conditions were 12" deep but light powder on variable base conditions. Kim lead Scott did sweep. Scott monitored participant with elevated heart rate on way down. Kim was also informed on this skier. About 200 to 300 feet to go before the jct of the VAST trail Scott checked on another participant who fell, who was fine and was then was asked to check on another skier 50 feet ahead. DA was found on his back in pain with a bruised left tibia. The mechanism of injury was his left tibia striking a tree stump. This part of the trail is about 15-20 % grade with 14 inches of light powder. Another two party group on snow shoes was also at the scene. Turns out the male was an EMT from CT and had started primary survey. Scott (WFA) deployed first aid package including a  $\frac{3}{4}$  therma rest. Got DA on the therma rest and bundled him in puff coats and an emergency blanket. Began soap notes took vitals performed site specific review of injury. Had good circulation and feeling distal and axil of injury. No crepitus or deformity of bone. Kim (WFR) arrived back at the scene provided another ridge rest for reducing thermal loss. At this time we gave cold therapy to injured area while monitoring vitals, they were normal. Participant would not be able to continue trip. Level of pain 1-10 was reported as a 6. Scott, EMT and Kim decided to get him another 100 to 200 feet down to the VAST trail in hopes of flagging down a snow mobile to help in extrication. EMT and Scott did a two person aided walk out keeping the left leg unweight. Arrived at VAST trail around 2:45 pm. Due to the temperatures we decided to call 911 and request Stowe

MT Rescue for assistance. Call made by Scott. DA was repackaged as before and vitals taken again they were normal. 34/100 after movement down trail.

A group of snowmobilers were flagged down about 5 minutes later and offered to take him to the VAST trail crossing on Mud City Loop. Call was made by Scott to cancel Stowe MT rescue which was achieved.

Plan was made to have Kim retrieve participant's companion's car from BMT head parking lot and meet at road crossing. Scott would ski out to this location and check with the rest of the participants and update them on the rest of the day. Scott arrived at bail out point and caught a ride with a friend who was on the trail to the Mud City Loop VAST trail crossing. Met up with injured skier now lying on the seat of the snow machine. Time was around 3; 15 pm. Did vitals again, which was normal pain remained a 6. Kim arrived with car. Participant and friend were helped into the car. Scott asked them to go to Copley Hospital in Morrisville to have the injury assessed Soap note went with the car. Kim Scott returned to BMT head via friend with a car. Participants were at trail head starting the after ski gathering of warm food drink and snacks. All were happy and engaged. Scott headed back up BMT to meet the last six skiers and returned. Group all accounted for. Received a call around 6:30 pm from injured skier that his tibia was not broken. The hospital had prescribed pain medication that would also provide relief from muscle aches

Thoughts on the Day. A majority of the participants were very well prepared. During the event all were calm and very helpful. The assessment and safe removal of the injured skier was successful and relatively fast. We need to tip our hats to VAST for the aid there riders provided. Without them we would have had to build a sled out of ski equipment or wait for Stowe MT rescue. It would have added hours to the event. Of course our skiers from CTA are just the best !

Reported by Scott Meyer Johnson VT trip leader for CTA 802-635-2418 on February 10<sup>th</sup> 2014. Edit made on 2/11/14