



# UAC NEWSLETTER



*August 2009*



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**It's always hard to find interesting news for the Newsletter. If you have any stories on the UAC,**

**Perisher or skiing in general, contributions are most welcome.**

**Please email:  
ljayne@optusnet.com.au**

## The Mysterious Green Trolley

This trolley appeared in the laundry basement about 2 years ago. Neither the House or Building Committee know aught about it. If anyone knows to whom it belongs, please contact John Russell 9419 5838. It is of no use to UAC and if no one claims it, will soon be advertised on eBay with all proceeds going towards the cladding project.



**The House Committee and Building Committee would be pleased to hear hut users views of facilities and possible improvements to the lodge. Any comments and suggestions would be gladly received. Hut Managers Reports can also be used for this purpose. Please send an email to the Editor, and these ideas will be passed on to the relevant Committees.**

.....  
 : After just returning from a few days at the lodge on my own, it was reassuring to be in the  
 : company of other members who made me feel so welcome. Thanks guys! - Jayne  
 : .....

- Maureen & John Lembke
- Ken & Anna Davis
- Talia Davis & her friend Tara
- Chuck & Sue Fritchley
- Neill & Alison Sheldon
- David Price & Emma Golding

Thanks to all who attended the work party as well as to Jayne Cunningham, who assisted with purchases in Sydney. Thanks also to Denis Hyett for his support in House Committee matters. We had a cold, wet & windy start to the work party on Friday night & early Saturday. We woke on Saturday morning to see some snow on the hill and the wind had been so intense that a window in the ski room area had blown out & needed boarding up. Everyone worked hard to make the Lodge sparkle & to have it ready for the winter season ahead. We enjoyed the usual comforts of the fire, a glass of wine, good food & a game after dinner. Sunday dawned sunny & much warmer as we finalised our cleaning & around lunchtime we all headed home.

*Maureen Lembke*



John & Maureen Lembke, Neil & Alison Sheldon & Chuck & Sue Fritchley relaxing after a hard days work



Emma Golding



Talia Davis & her friend Tara sorting out the games



Chuck Fritchley & David Price on BBQ lunch duties

Where in the **world** would you get the best and quickest response to your accident? You guessed it Perisher. How do I know this? Because I'm a Volunteer Ski Patroller, and I've been there.

In the Ski Patrol we attend to many accidents and incidents throughout the season. Most fortunately are minor: cuts, bruises, knees, shoulders etc, but some unfortunately are major or life threatening.

In the course of a busy day we could attend around 40-50 incidents and as you can guess they occur when you have just put the sugar in your coffee. In fact you can expect most accidents will occur just on lunch time or between 3 to 4 pm as we are all having that last fast run.

If I had to pick a place to have a major trauma my first choice would be anywhere on the ski slopes at Perisher. Next would be the Casualty Department at the local hospital.

Lets look at a couple of real examples - firstly a relatively minor accident.

A skier takes a fall somewhere down the Eyre lift, tries to get up, can't and decides to get help. He has a shoulder dislocation, minor you say; well you aren't going to die from a dislocated shoulder are you?

- A friend or passer by reports incident to lift operator
- Lifty phones through to Ski Patrol Base (dispatch)

Ski Patrol is contacted by radio and the closest to the incident responds. Alternatively there is always a Patroller ready for action at any of the five "bump huts". From these huts we can get to anywhere very quickly. They're located at:

- Top of Eyre
- Mid station of the quad
- Blue Cow Centre
- Top of Interceptor
- Top of Ridge chair
- Top of Blue Cow T-Bar
- The Ski Patroller arrives on the scene and reports in with a quick analysis of the situation – time so far: 2-3 minutes.
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- Specific equipment, sled, oxygen, pain relief, back board etc is dispatched to the scene.
- Patient is stabilized and transported to one of several pickup points around the resort.
- Company transport meets us at the pickup point and the injured person is transported with us to the Medical Centre.

All going well you should be into the Medical Centre in around 20 to 30 minutes.

In the Medical Centre the highly motivated nurses and doctors prioritise their casualties and get them sorted. In the case of our shoulder dislocation I have seen these diagnosed, X-rayed and reduced in 20 minutes (some do take longer depending on the queue and priorities). Where else in the country or the world can you get better service than this?

From my own experience I made the mistake of dislocating my shoulder playing in-line hockey. The rink was five minutes drive from Westmead Hospital where I was delivered by ambulance, and I was sorted out in 4 hours on a relatively quiet night. I was told that this was a good result!!

What about something more serious: Let's say a collision with a tree somewhere on Zali's. Our skier is unconscious with serious bleeding. Remember **trees leave holes, rocks leave dents** choose wisely!

A distressed call is received by the Despatch from a panic stricken lifty or passer by. Bleeding on the snow has this effect on people. (... Continued next page)

Ski Patroller leaps out of the Ridge "bump hut" and is on the scene in just under a minute (as we all would be roaring down Zali's)

A quick assessment and the Patroller calls in a Code Red, with a possible Code Blue.

- Code Red – serious blood loss that can result in serious shock (blood loss) and is life threatening;
- Code Blue—the patient is not breathing and again situation is obviously life threatening.

Patroller on scene commences assessment and primary first aid, DRABC

**Danger** – check for obvious danger for our rescuer and patient

**Response** – determine conscious level from patient

**Airway** – check, clear & maintain

**Breathing** – check and maintain

**Circulation** – determine quality and quantity of blood flow

Patroller reports back on the condition of patient and continues assessment and treatment.

Now it is what happens next that makes me proud to be a part of this wonderful team. (We're always looking for new recruits - call me!)

- Radio silence is engaged, and only emergency or vital radio calls are permitted; Remaining patrollers leave the bump hut with:-
  - Code pack complete with oxygen resuscitation
  - Defibrillator
  - Sled
  - Backboard
  - Anything else that's not bolted down which could be of some use
- Other patrollers move into the vacated region;
- Triage nurse is picked up by a patroller skidoo & despatched from Medical Centre with their own code pack;
- Doctor is marshalled and prepared for emergency despatch;
- Ambulance is advised and despatched.

Elapsed time from the first report to now is around 2-3 minutes. Our original patroller is already dealing with the basic life support. The new arrival patrollers come with equipment and deal with the situation to stabilise the patient and maintain & or restore life - 1-2 minutes from code call.

Triage nurse arrives with escort 3-5 minutes from code call depending on location.

Doctor arrives 5-7 minutes from code call.

Ambulance arrives 15 – 20 minutes from code call.

The Patient is now receiving the best care available anywhere in the world.

Elapsed time from the first report is 10 – 15 minutes.

The rest is fairly routine. The patient is transported back to the Medical Centre where the doctors use their state of the art equipment to continue to assess and monitor.

Police are advised. Further transport is arranged, with a helicopter used for serious cases.



So how about that! You'd have to agree that if you had to have a serious accident, have it in the snow doing what you love, and we'll get you sorted out asap.



Chuck Fritchley - UAC Member

**PERISHER FUN RUN**

As advised in the March Newsletter, the Perisher Fun Run was held over the June Long Weekend. Below is a report from Slopes on the event.

"Following a night of intense rain some 45 people turned up on Sunday morning in clearing weather at Perisher Gap for the first ever Fun Run from Perisher to Charlottes.

Lodge members who organised the run were ready with a "START" banner strung between the trees, and a "THE END" banner at Charlottes, and also recording times.

The air horn start at 0900 saw the runners quickly spread out along the left side of the road with escort vehicles preceding and following the runners.

First male to break the finishing tape was Tim Woodman with Rona (from the Ski Patrol second over all and the first woman. Three children (the Mac Smiths and Wearne) under 12 completed the course. Congratulations.

Drink stations at Spencers Creek and Charlottes were manned by members of the Perisher Volunteer Ski Patrol who also assisted at the start.

Although a mini bus was available to transport runners to the start and back to Perisher after the run this was not used.

Dave Woods and his troops from the NPWS gave brilliant support.

The Chalet appreciated the effort (at the end there was a 30 minute wait for coffee).

That evening the local Fire Brigade performed admirably with rides for children (and some adults) around the village with much noise and flashing lights and finally a good spray from the pressure hoses. Thanks to these great guys, some competed in the run.

Following the fire brigade drinks were available at the Man and cocktail food was provided and prepared by SLOPES for service in the bar where a presentation was made to the winners of the run by Andrew Logan (NPWS). Prizes were donated by NPWS. In excess of 100 people attended the presentation.

SLOPES wishes to thank the following for helping to make this first Fun Run a success.

- The NSW National Parks and Wildlife Service.
- The NSW Fire Brigade.
- The Perisher Volunteer Ski Patrol.
- All Class Insurance, who covered insurance aspects of the event gratis.
- The competitors.

**PERISHER CUP 2009**

The 2009 Perisher Cup is definitely on. For those who don't know, Perisher Cup is one of the oldest and most prestigious ski competitions in Australia. It dates back to the 1950's, when skiers represented their club in a 3 discipline event – Giant Slalom, Cross Country and Jump. This interclub competition has continued thanks to a collection of clubs who enjoy friendly interclub competition, respect the tradition of the race and enjoy a great social weekend. There are three classes of competition – the open event, women's event and novice event.

Traditionally, the competition has always been held on the October long weekend, but the snow seasons are becoming too short to reliably hold a race so late in the season. This year, the competition will be held on September 19<sup>th</sup> and 20<sup>th</sup>, commencing with the Cross Country race on Saturday afternoon, the GS on Sunday morning, the jump Sunday afternoon and celebrations / presentations in the evening.

Cooma Ski Club has taken on the task of running this annual event, although assistance from other clubs is greatly appreciated. If any clubs are interested in participating in (or helping organise) this fun, yet traditional competition (even those clubs who have supported the race in the past), please contact either Anthony Evans on 0428 484119,

([Anthony.evans@environment.nsw.gov.au](mailto:Anthony.evans@environment.nsw.gov.au)),

or Kylie Jonasson on 0410 618394

( [jonask@netspeed.com.au](mailto:jonask@netspeed.com.au) ).

Anthony Evans

Cooma Ski Club