

# Region News

CT Region NSP

*Life starts all over again when it gets crisp in the fall.*

*- F. Scott Fitzgerald*



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## OEC Fall Refresher

Fall is here! Hopefully you've had a good summer and are getting ready for winter things.

One of our goals was to streamline the registration and check-in process for the hands-on part of the refresher. With that in mind, we created an online form for completing the waiver. It also gives you details on how to get all the NSP pieces completed and you can access it directly from the updated [CT Region NSP](#) website. The website and form include all the information you need for the refresher. When the form is complete, you receive an automated email with a copy of your form. The email has a button to edit the form if needed. Each refresher date is limited to 150 spots, balancing out the groups and allowing you to get hands-on more effectively.

NSP changed their online module in the new Learning Center. If you haven't started yet, do so ASAP, as there have been some intermittent technical issues. Please contact NSP with issues. The refresher book was eliminated, and you must now complete the modules online in order to participate in the hands-on skills session. Both are required to maintain your OEC certification as usual. You no longer send us the completion certificate.

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### ...Continued

We are returning to the beautiful setting of YMCA Camp Sloper this year, so please keep an eye on the weather and wear appropriate clothing. The instructors have created an engaging refresher for you. You'll bring your patrol pack and lunch as usual. This year, there are two fundraisers, one for the region and one for YAP, including a raffle as well as pizza.

For fastest check-in, you must have 1. completed the online module, 2. enrolled in the skills session on NSP, and 3. signed the waiver in the online form. With this, you'll be pre-assigned to a group, eliminating the need to stand in line to be assigned and you head straight to your group to check-in and receive your nametag. To make it that easy, you **must** complete those three parts no later than 11:59 pm the Friday prior to your attendance date. After that, you'll have to stand in line and we will check you in.

See you soon. Check out the various programs below.

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## Alumni

If you're interested in taking a break or retiring from patrolling, Alumni status might be for you! If you want to stay connected with NSP and were a patroller for at least one year after candidate year, you can become an alumni member.

You can choose how involved you want to be, whether as an instructor or with your local patrol. You always have the option to go back to patrolling with current OEC and your patrol rep/director's approval.

For \$35 a year, you receive benefits including: Ski Patrol Magazine, discounts through NSP pro deals, e-newsletters, participate in NSP training or education programs, access to NSP website, and voting rights in board elections.

Alumni Day is 2/28/23 at Ski Sundown

**Contact:** [Bob Cassello](#)

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## Avalanche

Do you ski anywhere else besides Connecticut? Maybe you go to Tuck's or the Adirondacks? Avalanches do happen here in the east, and if you plan to go out west, well that's the home of the avalanche dragon.

60% of people who are caught in avalanches die in them. 90% of avalanches are started by the humans who get caught in them. If you are caught, you are going wherever the avalanche goes. That includes trees, crevasses, and cliffs. All the devices in the technical world won't save you from these.

As part of your skill set as a ski patroller it is a really good idea to know how to recognize avalanche terrain, avoid avalanches, and deal with their consequences.

Avalanche Level 1 Module 1 (L1AM1) course provides the classroom component of the Level 1 avalanche course. To complete the Level 1 course, you must attend module 2, which must be held in avalanche terrain at either Tuckerman Ravine, Smuggler's Notch VT, or Whiteface Mt NY. Details of that will be explained at the course. This course qualifies as a senior elective.

Contact: [Chuck Boyd](#)

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## Certified Patroller

The Certified program is the ultimate test of your patrolling capabilities and knowledge base. Your preparation to participate will provide a unique opportunity to learn from others, to broaden your experience and sharpen your skills. Admission is not automatic. The credentials of a certified candidate are reviewed and qualified individuals are invited to participate in the annual certified test. The certified test is an intensive 3-day event that tests all aspects of your patrolling skills.

The Certified Program has six core components examining physical endurance, knowledge, and experience, all requiring individual study and travel. The six core components are: Avalanche, Outdoor Emergency Care, Outdoor Risk Management, Rope Rescue, Skiing and Riding, Toboggan Handling. The specifics of each component can be found on the [NSP website](#) in a document titled "Certified Program Operations Manual".

This member designed and approved standard is without compromise, where excellence is mandatory.

**Clinics:** Held as part of patroller schools

**Final Exam:** March 15-19, 2023 Killington, VT

**Fees/Costs:** minimal fee if attending the banquet

**Prerequisites:** must be an Alpine Patroller

**Contact:** [Justin Regan](#) 860-637-0697

## Instructor Development

All successful courses begin with great instructors. Great instructors are able to communicate concepts, thoughts, and skills in a clear and succinct manner. The instructor development program has been designed with this in mind. You bring the knowledge and talent; the ID program gives you the tools.

Instructor development in the CT region currently is a two-part course. Part one is a self-paced 11 module course on the [NSP website](#) in the Learning Center. After completion, part two is a face-to-face opportunity to demonstrate your ability to write and deliver a ten-minute lesson on a non-OEC topic. Once you have completed both parts, you'll be connected with a mentor in your chosen area of instruction.

What can you do in the meantime? Talk to the IOR for whatever course you'd like to teach. You can get some practice teaching while helping the development of the patrollers or candidates. All you need to be is an active ski patroller after your candidate year. You take the ID course once and then are able to go through the mentoring process for the course(s) you'd like to teach.

**Pre-Requisite:** Current active patroller

**Cost:** Free

**Contact:** [Mike Gajdosik](#)

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## MTR-F/MTR-1

The Mountain Travel and Rescue course provides students with basic knowledge and skills to travel and work in reasonable comfort and safety in an outdoor environment. Field practice includes basic navigation, travel and survival and an introduction to search and rescue. You will participate in about eight hours of classroom and field instruction.

This course will teach a variety of skills including nutrition (food and water) proper clothing, weather patterns, survival skills, group dynamics, improvised toboggan construction, emergency shelters, environmental awareness, compass and map navigation, rope rescue skills, travel and route selection techniques and the "don't leave home without" Ten Essentials. It also includes instruction in Search and Rescue following FEMA guidelines.

The MTR-1 course is being run in conjunction with Mountain Travel and Rescue Fundamentals; the only difference is that MTR-1 requires the student to complete an overnight in an outdoor setting, while MTR-F does not require the overnight. Additional information is on the [NSP](#) site.

**Location:** Winding Trails, Farmington, CT

**Date:** TBD (please see [Eastern Division calendar](#))

**Time:** Day1 8am start (all day), overnight for MTR-1, Day2 8am – 2 pm

**Fees/Costs:** \$30.00 and purchase of *Mountaineering: Freedom of the Hills* (9<sup>th</sup> edition)

**Pre-requisites:** FEMA IS-100 plus one additional FEMA course, assignments from *Mountaineering* book, and SAR readings.

**Contact:** [Dave Albano](#)

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## OEC Enhancement

OEC Enhancement clinics are a great way to hone your skills in a small, hands-on clinic. Regardless of your experience level, you are bound to come away with a new technique or two. While we highly recommend current or potential Senior candidates attend these clinics, it is open to any current OEC Technician and won't be too complicated for new patrollers. Clinics are tailored to the needs of those who attend. So, you tell us what you'd like to practice and we set it up for you. We hold two clinics early in the season. You can sign up for either one, or both. Attending **both** clinics will earn you one elective towards the Senior Program.

**Dates and Time:** Tentatively 12/4 and 12/17

**Location:** TBD

**Fees/Costs:** none

**Pre-requisites:** must be current OEC Technician

**Contact:** [Peter Bayer](#)



## OET Instructor Clinic

This program is for current OET instructors as well as those who are interested in becoming OET instructors. This one-day clinic is designed to give you strategies to be an effective communicator and diagnostician to help people further develop and refresh their alpine patrolling skills. OET instructors must take this at least once every 3 years.

**Date and Time:** 12/18/22

**Location:** Mohawk Mountain

**Costs:** None<sup>[1][SEP]</sup>

**Pre-requisite:** Alpine Patroller or current OET instructor<sup>[1][SEP]</sup>

**Contact:** [Justin Regan](#) 860-637-0697

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## Senior Program

If you are looking to expand your knowledge and skill base while challenging yourself, this is the program for you! The Senior Program consists of core and elective requirements designed for alpine patrollers, nordic patrollers, and patrollers, with variations for each discipline track. This means anyone who is an active patroller beyond candidate status can participate. Requirements are slightly different by track. All must complete the OEC Module as well as a minimum of 2 NSP course electives in addition to the senior electives listed.

The OEC Module doesn't require any new OEC skills and is taught separately from the Alpine, Nordic/Backcountry, and Patroller specific modules. This module, however, does teach you how to handle more complex situations.

Senior Alpine candidates complete alpine toboggan handling, skiing/snowboarding, 3 senior electives.

Senior Nordic/Backcountry candidates complete toboggan construction and handling, nordic/backcountry skiing and endurance, MTR 2, and 2 senior electives.

Senior Patroller candidates complete aid room management module and 4 senior electives.

Senior electives include MTR, Avalanche, and Enhancement seminars, as well as Instructor Development and leadership programs. They are all fun as well as informative. Additional information is on the [NSP](#) website. Modules and electives do NOT have to all be completed in one season.

If you have questions regarding the program overall, please contact [Becky Mudge](#). If you have questions regarding the Alpine patroller specific course, contact Justin Regan. For the OEC Module, please contact Larry Hyatt. Below, you will find additional information regarding dates, times, and location.

**Costs:** None<sup>[1][SEP]</sup>

**Pre-requisite:** Current Patroller beyond Candidate status with Patrol Director's approval

**Contact Alpine:** [Justin Regan](#) 860-637-0697

**Date and Time Senior Alpine Module:** TENTATIVE

Date	Day	Location (may change)
1/15/23	Sunday	TBD
1/29/23	Sunday	TBD
2/12/23	Sunday	TBD
2/26/23	Sunday	TBD
3/5/23	Sunday	Evaluation loc. TBD

**Contact OEC:** [Larry Hyatt](#)

**Date and Time Senior OEC Module:**

Date	Day	Location (may change)
11/12/22	Saturday	TBD (introduction)
11/19/22	Saturday	TBD clinic 1
12/7 or 8		TBD clinic 2
12/11/22	Sunday	TBD clinic 3
1/7 or 8		TBD clinic 4
1/14 or 15		TBD clinic 5
1/28/23	Saturday	TBD clinic 6
2/5/23	Sunday	Evaluation loc. TBD





## Snowboard Enhancement Clinic

Have you always wanted to learn to be a better rider? Well then, this is the Snowboard Clinic for you. AASI (American Association of Snowboard Instructors) instructors will lead the session. This clinic is open to **all Patrollers**. If you're a non-Snowboard Patroller and want to learn to be a better rider, then come and learn with us!

The day's activities will be:

- 9-12 a.m. - Riding skills – learn and apply
- 1-3 p.m. - Toboggan Handling – CT Region OET Instructors

**Location:** Ski Sundown, New Hartford CT

**Date:** February 15, 2023

**Time:** Tentatively 9am – 3pm

**Fees/Costs:** FREE

**Pre-requisites:** Any patroller who snowboards

**Contact:** [Tom Kim](#) (860) 558-0188

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## Toboggan Enhancement Clinic

The toboggan enhancement clinic provides a great opportunity to improve your sled handling skills. You'll have the opportunity to run empty and full sleds in various terrain. Maybe you'll learn a new twist on a known subject, maybe you'll just improve your technique or confidence. Regardless of your method of downhill travel, this clinic is sure to be fun.

**Location:** TBD

**Date:** TBD

**Time:** All day, details to follow

**Fees/Costs:** free

**Pre-requisites:** Open to all current alpine patrollers

**Contact:** [Justin Regan](#) 860-637-0697



## Women's Patrol Program

The NSP Women's Program mission is all about empowering patrollers by advancing skills and developing leadership in a women focused program.

The OET clinics for female patrollers are fun, exciting, and held in a non-threatening environment. You might be interested in improving your skiing skills. Maybe you'd like to get more time in the handles and learn how to finesse the sled better or just plain have fun. Maybe you want more time with the tail rope. All of these are achieved through clinics that use a tailored approach to learning based on the individual goals of the learner.

So, whether you're looking for a bit of a challenge, or just OET fun in a relaxed environment, this program is for you!

**Location:** TBD

**Date:** TBD

**Time:** All day, details to follow

**Fees/Costs:** free

**Pre-requisites:** Open to all current alpine patrollers

**Contact:** [Cally Regan](#)

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## Young Adult Program

In order to become an NSP young adult ski patroller, you must be 15 years old by December 31 of the year in which you begin patrolling. So Young Adult Patrollers are generally 15 through 17 years old. YAPs must complete the same patroller training as any other member of the patrol with the same skill set.

The annual YAP Seminar allows these amazing youths to converge on a ski area for one week-end to showcase the skills they have learned over the season. While they are asked to work hard and think outside of the box, they also have the opportunity to have fun. They demonstrate amazing maturity, leading complex, senior-level scenarios. Final cost and details are pending.

**Location:** Smuggler's Notch, VT

**Date and Time:** March 10-13, 2023

**Fees/Costs:** TBD (Usu. \$375 for room, food, ticket)

**Pre-requisites:** Must be 15-18 years old

**Contact:** [Sue-Ellen Repeta](#)

**Assessment Workshop:** 12/10/22 loc TBD

**Joint Session:** Western MA/CT Region 3/4/23 at Butternut

## Covid Update

As the pandemic changes to an endemic situation, the guidelines are much relaxed from the past two years. The most recent Eastern Division update from Spring of 2021 states that while masks are no longer required, they are encouraged for practical skills training. This is due to how close we get to one another during skills. Please see the [guidelines](#) on the CT Region Website for additional information.

## Upcoming

Please keep an eye out for future issues of the Region Newsletter to see updates on the programs offered, patrol happenings at our ski areas, and stories of interest. Please email Berni Fowler with any ideas you might have or items you'd like added to the next edition anticipated for the early ski season. If you have something written to contribute, fantastic. If you have a topic or an idea you'd like to see covered, also great!

berni.skipatrol@gmail.com



## Contacts

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For a complete list of regional contact information <a href="https://www.ctnsp.org/about-us">https://www.ctnsp.org/about-us</a>		