



"Proudly Serving PA, NJ, DE, and MD since 1979"

RESCUE ME

"That others may learn"

Winter 2001

Volume 3, Issue 2

Year 2001 Members



In our continued effort to better serve the Search and Rescue community we've trimmed our ranks to have a more realistic head count.

GPSAR currently has an active membership of over 20. The Chief announced promotions and officer status which goes as follows:

Chief	Jack Corrigan
Asst. Chief	T.J. Wallace
Asst. Chief	Mark G. Hopkins
Captain	Donna R. Ferron
Lieutenant	Peggy Kratz
Lieutenant	Ted Baildon
Lieutenant	Dave Park
Sergeant	Denny Waldman
Sergeant	Ronnie Marshman
Sergeant	Frank Gopaul
Sergeant	Jessica Dubeck
Comm Officer	Andy Shecktor

Our membership is varied in location as well as vocation. We are all dedicated to serving the community "That Others May Live".

Ice Rescue 2001



GPSAR Members Attend Ice Rescue Training

Several members of the GPSAR Water Search and Rescue Unit and members of the Mounted Unit and Canine Unit attended an ice rescue course at Blue Marsh Lake in Leesport, PA. The Pennsylvania Fish and Boat Commission (PFBC) sponsored the course, Phase III of the Pennsylvania Water Rescue Program.

On the first day of the two-day course participants learned the different characteristics of ice in its various stages of formation. The instructors taught members how to prevent hypothermia by wearing the proper layers of clothing and avoiding certain fabrics and how to treat hypothermia in its different stages. The end of the first day found participants outside polishing up their throw bag techniques and the proper harnessing procedure of someone in an exposure suit.

Day two found members out on the lake bright and early. Instructors demonstrated how to

(Continued on page 4)

Year 2001 Members, What to Do?

1

First COQ of 2001, Latest FA / CPR Class, Explorer Post 2000, Meet The Team

2

Training & Details & Meetings, Safety In The Field - Stack the odds in your favor

3

Ice Rescue Training 2001, Food for Thought

4

First COQ of 2001

Our first Callout Qualified (COQ) of 2001 went smoothly. COQ has went through many changes over the years. It went from all maps, to all video to all hands on to a course that covers basics and theory mixed with rules and regulations.

Don't think that we've taken out the hands on stuff. We've just broken it down into other classes that can be given the attention that they deserve.

We're working on a new and progressive structure that new members will be able to move through to advance their training depending on skills and specialty desired.

More information to come shortly.

Latest FA / CPR Class

Our latest National Safety Council backed First Aid and CPR course was attended by 11 members. Members are required to keep current on First Aid and CPR to maintain active status.

The National Safety Councils program is comprehensive as well as inexpensive. The First Aid is valid for 3 years and the CPR is valid for 2.



**National
Safety
Council**

Explorer Post 2000

Our Explorer post held an election with the results as follows:

Captain	Lauren Murray
1ST LT.	Shawn Weir
2ND LT.	Inna Bleckman

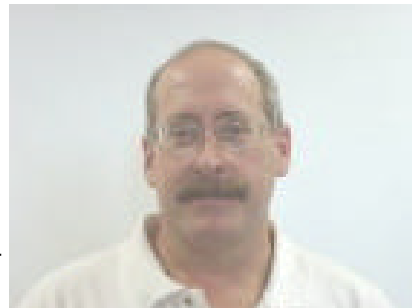
The Explorer post has seen a drop due to Explorers heading out for college. While this is good we do need to do another recruitment to get the numbers up a little.

The Explorers that we have are a cohesive group and make more events with a higher collective attendance than any of our other units. They have even become friends over time.

On a side note, we need to thank outgoing Captain Keith David for all his hard work and dedication in helping make the post what it is.

Meet the team

Assistant Chief TJ Wallace is one of the members that has been with the team the longest. His selfless dedication to SAR education



through the Hug A Tree and Lost In The Woods programs is widely known.

TJ runs a transportation company when he is not doing SAR work. His search partner RD (you know you know TJ if you know what that stands for) was one of the teams first active search canines.

TJ is the teams representative for the New Jersey search council.

TJ is a trained Search Manager with ICS and and some teaching and military experience in his distant past.

Safety In The Field - Stack the odds in your favor

Safety is a nagging thankless but necessary job that is far too often either ignored completely or at best neglected. Many times in the back of our minds we think that "it can't happen to us". Well it can happen to anyone even us. There are a few items that we can use to stack the odds in our favor. Below is a list that is by no means complete but it is quite comprehensive.



Visibility

This can be broken down into day and night. This can be the single most important aspect of personal safety gear in normal field operations.

Bright colors certainly help but a it's best to accent this further and wear a safety vest with 3m Scotchlite or similar stripes. These vest are visible from a good distance during the day or night. They are probably the item that gives you the biggest bang for the buck safety wise. Check out the quality products at www.seebak.com. They will custom make anything you want.

Some things to consider:

Get a vest with striping on the front and the back.

Get a mesh vest so that it breathes in the summer for you.

At night it's good to utilize flashing lights of the Lightman or Lite Tracker variety. While both are good I find the Lite Tracker by Grace Industries (www.gracesales.com) to be a little more durable, water resistant, and smaller in size.



With this you can be seen from a great distance added to your visibility and ultimately your safety.

Some things to consider:

Get a unit that is sealed and water resistant.

Long life on standard batteries is a definite plus.

Head Protection



Take it from someone that has had his share of debris come down on his head... you don't want something cheap. I have thanked God for Bullard (www.bullard.com) more than once when rock climbing and feel the same about Pro-tec in the water. Heavy duty should require the Bullard

Advent product. It has some weight to it but it's worth it.

Now if you're doing light work or working with water you should have the Pro-tec with side protection for your ears. Check them out at www.pro-tec.net/. While the Advent is excellent the Pro-tec line is more versatile for different duties. For example in water the Bullard will catch more water than the



Pro-tec. While I wished I could use one helmet for both I found that I needed to get one a Pro-tec due to it's side protection and flow holes place around it.

Some things to consider:

Manageable size and weight for your frame.

Three point strap system for comfort and stability.

Eyes

This is a tough area due to the many different styles of glasses and the such that people wear. You can get glasses starting around \$9.95 all the way up to wildly expensive goggles. Get something that fits your head and your budget.

Some things to consider:

You want something that is relatively scratch resistant.

You want the units to be fog free and well fitting.

Gloves



There are a few different gloves out there and there are some good ones that are reasonably priced. One of the best choices I have found are made by Ringers (www.ringersgloves.com). They started out making gloves for racecar mechanics and ended up making some

decent lightweight but durable rescue gloves. They recently came out with a rope rescue glove that is fantastic. Their gloves are durable and easy to work in. Not bulky or cumbersome to work with.

Some things to consider:

Make sure they fit. If necessary get a size larger if you want to wear liners underneath in the winter.

Get a glove strap to keep track of them. Seems that one always wants to stay back at the scene.

High Tech

Whenever a task dictates that someone be out of visual range for any length of time thing about the possible advantage of having a fire-fighter PASS device on the person. The PASS device is an audio alert that is activated when someone ceases to move for a period of time (ie. 30 seconds). Think out this on a canine partner off lead. Before the device goes off it gives warning chirps. Grace Technologies seems to make some of the most innovative and durable of these items. Check the out at www.gracesales.com



Be careful out there!

GPSAR

Mailing
Address
Goes
Here

Ice Rescue Training 2001

(Continued from page 1)

maneuver on the ice to perform a rescue, how to self-rescue, and how to rescue another person. Members donned exposure suits and entered the frozen lake through holes cut in the ice. While one person was in the water, another person held a line harnessed to the person entering the water. Experienced instructors standing at the holes offered encouragement and assistance.

Almost everyone knows someone who lives near a body of water. Ice fishing and ice skating on ponds are common sites in this area. Members learned how a simple tool called an ice awl could possibly save the life of a fisherman unexpectedly submerged in an icy body of water. An ice awl is light-weight, simple to make, and can easily be carried around one's neck.

Although you can be totally safe by not venturing out onto the ice at all, the PFBC offers these *guidelines* on when ice can be considered safe:

- Walking – Minimum of 3 inches
- Fishing – Minimum of 4 inches
- Snowmobiles – Minimum of 5 inches
- Vehicles – Minimum of 8 inches

Many factors affect the formation of ice. They may include the following:

- Weather
- Type of lake/pond bottom and shoreline

- Water (i.e., depth, quality, current, chemistry)
- Obstructions
- Fish and water fowl

Currently the Water Search and Rescue unit does not have the equipment to perform ice rescues (i.e., exposure or ice rescue suits); however, with this training the team is more aware of the dangers of ice and can certainly assist another rescue unit.

ON THE SUBJECT OF COLD...

This product is the SnowClaw. It's flexible plastic scoop that works as a good shovel that fits flat in a pack and honestly moves a lot of snow in an emergency.

One of the neat things is that the unit acts like a splint in an emergency giving it a valuable dual purpose to those of us for aren't in avalanche areas.

Check it out at www.snowclaw.com

