



MASK GIVING YOU GRIEF?

See what your fellow patrollers are doing to protect their ears and prevent the face/mask freeze.

[CLICK HERE](#)

EXECUTIVE SPOTLIGHT

Rebecca Sinclair
VP Finance

Years with Canadian Ski Patrol:

14 Years in 3 zones!!

Patrol Area: Nakiska

Hobbies/Interests

- Skiing (obviously)
- cycling, ice skating, hiking, kayaking, swimming, camping
- Any outdoor activities really
- Dogs
- Volunteering
- Spending time with my nieces and nephews



WE WANT TO HEAR FROM YOU

As an organization built for and by its members, we want you to hear from you! If you have an item to submit for inclusion within monthly newsletters or a fellow member of the Calgary Zone you'd like to see featured, please submit to VP Communications, amy.kraemer@skipatrol.ca.

5 TIPS FOR PATROLLER CARE IN COLD WEATHER

1. Carry a thermos with a nourishing hot drink in your patroller pack. Eat a hearty breakfast so that your body has enough food to burn to keep you warm. Carry high fat snacks like chocolate, nuts and cheese to refuel frequently.
2. Invest in disposable chemical hand warmers/toe warmers/body warmers. They can be affixed to your base layer underneath armpits or over kidneys. Do not apply directly to skin to avoid burns. Toe warmers used in combination with a neoprene "boot glove" will help keep your toes warm. Remember to place the boot glove over a warm boot.
3. Dry your boot liners between uses. You may have to remove liners from the outer shell of your ski boot to dry completely.
4. If you are very cold, ask your team mates to cover for you while you go indoors to warm up.
5. If you sit down, place a layer between you and a bench or the cold ground to prevent loss of body heat through conduction.

Interact. Engage. Experience.

STAYING WARM ON THE JOB

TOP TIP OF THE DAY: Go pee before you head out for the day. It turns out "holding-it-in" expends a lot of energy and that can be better used for keeping you warm.

To get started, patrollers already know a lot about staying warm in cold weather- ski hard! If you are cold, the best remedy is to keep moving and get your heart pumping. Year 2020 is a little different for us all, and your favorite hut may be occupied when you need to take a 5-minute break or maybe you're attending to a patient outside the medical room for longer than expected or completing paperwork. So, how can you make working in -20C bearable?

LAYERS

We all know how this works but starting with your base layer, keep it sexy (snug) using a thin wool material. Cotton is not recommended, it is hydrophilic. Hydro, what?! Hydrophilic means that it absorbs water easily and shouldn't be used as a base layer because it'll keep the moisture on your skin cooling it down. On the coldest days, your next layer can be a heavier sweater (fleece), wool shirt, or wind protection. But you want something you can move in -- not too snug or bulky -- so that it can be followed by a puffy or another mid-layer, when needed. Lastly, a waterproof/windproof/breathable jacket and pants. Gloves can be layered too. Use a small leather pair under a larger mitt or glove for standing around.

AIR IN BETWEEN

With all layering, keep in mind that tight fitting clothing are difficult to move

around in so allow for some air space between layers to fill with your warm body heat and to wick away the moisture from your skin. This goes for your boots too. Make sure your boot liners are fully dry if patrolling multiple days, wear thin wool socks, and on cold days don't buckle your boots as tight as usual to allow blood to circulate freely and a little room for air to circulate around your foot and wick away moisture.

HOTSHOT STRATEGIES AND OTHER WARMING TRENDS

I've layered and I'm still cold, you say? Well, Hotshots to the rescue. They can be a patroller's best friend and can be very strategically inserted to keep you toasty warm. Toe warmers are the best for body placements since they have an adhesive already on them.

Top 3 places to stick 'em:

1. Under your armpits over your base layer. (not for use on bare skin)
2. Over your kidneys on top of your base layer and between or just below the waistband of your ski pants.
3. Under your shoulder blade over your base layer to keep the chill of the chair away.

Other warming trends are heated socks (Amazon deals), heated vests (More amazon deals) and heated glove liners ranging from very affordable to very expensive. Boot gloves are a great way to keep warmth-in and keep snow, wind and cold out. NB. Put them on warm boots. Medical tape works well on your cheeks too -just under your goggles, to

keep jack-frost away!

PACKING A DIAPER BAG

Have you ever babysat, looked after your niece or nephew, or perhaps, you have kids of your own? Babies come with a fully packed bag to prepare you for those inevitables for a very good reason. Take a lesson from all those parents out there and pack yourself a cold weather bag with lots of extras and be prepared for inevitables during a long, cold patrol day. Suggestions include:

- non-alcoholic nutritious clear warm fluid (broth)
- High fat snacks like chocolate, nuts and cheese to refuel, as necessary
- small beanie for under your helmet
- extra socks (clean & dry) ...
- extra hotshots...
- extra layer...
- extra buffs (clean & dry) ...
- other extras.

TEAM PLAYS

Most importantly, look after yourself and your fellow patrollers. If you're cold and you need to go inside- GO! Your safety is the priority before all else. And keep an eye on your friends. We know what to look for; white spots on noses or cheeks, violent shivering, slurred speech, and not reacting quickly or thoughts seem incoherent.



COVID INFORMATION

A Calgary Zone task force has been implemented to promote best practices and learnings amongst the ski resorts throughout the season as we all adapt to the ever changing COVID regulations. Initiatives and/or tips will be shared with the membership as they become relevant.

If you are seeking further information

about COVID as it relates to the Canadian Ski Patrol, we encourage you to review the National CSP guidelines and Calgary Zone supplemental material provided on the Calgary Zone website (linked below). Reminder that all policies and procedures followed should be in accordance with your respective resort.

[COVID GUIDELINES](#)

[CZ SUPPLEMENTAL REFERENCE](#)