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Emergency Phone List

<u>Mountain</u>	<u>Route</u>	<u>Notify</u>	<u>Phone</u>
Mt. Hood	South/West	Clackamas Cnty. Sheriff	503-655-8218
Mt. Hood	North/East	Hood River Cnty Sheriff	541-386-2711
Mt. St. Helens	All	Skamania Cnty Sheriff	509-427-9490
Mt. Adams	All	Yakima Cnty Sheriff	509-574-2500
3 Fingered Jack	All	Linn County Sheriff	541-967-3950
Mt. Washington	All	Linn County Sheriff	541-967-3950
Mt. Jefferson	Whitewater	Marion Cnty Sheriff	503-588-5032
Mt. Jefferson	South Park	Linn County Sheriff	541-967-3950
Three Sisters	All	Deschutes Cnty Sheriff	541-388-6655
Broken Top	All	Deschutes Cnty Sheriff	541-388-6655
Mt. Rainier NP	All Peaks	Nat'l Park HQ	360-569-2211 x2334
Mt. Rainier NP	After Hours	Pierce County Sheriff	253-798-4722
Olympic NP	All Peaks	Nat'l Park HQ	360-565-3115
N. Cascades NP	All Peaks	Marblemount	360-873-4590 x37
Glacier Peak	All	Snohomish Sheriff	360-388-3328
Mt. Stuart	All	Chelan Cnty Sheriff	509-663-9911
Mt. Baker	All	Whatcom Cnty Sheriff	360-676-6911
Mt. Shasta	All	Siskiyou Cnty Sheriff	530-841-2900
Mt. Shuksan	All	Marblemount	360-873-4590 x37

This list was last revised on January 23, 2008. For any peak not listed above notify the County Sheriff of the county in which the accident has occurred **or CALL 911**.

Assumption of Risk

The Chemeketans is an outdoor recreation club, not a mountain guide service. Chemeketan climb leaders and assistants are climb facilitators, helping to organize and lead climbs. They are not climbing guides with appropriate certifications and professional liability insurance.

Climbers should:

1. Reserve their judgment and climb in an alert and questioning manner, not blindly placing their faith in the judgment of the leader and assistants.
2. Ask a question when they do not understand what is going on.
3. Notify the leader if they feel unsafe and require a belay or if they feel the climb is too dangerous for them to continue.
4. Climb as a team recognizing that there is safety in numbers. Participants are expected to stop at all trail junctions and allow stragglers to regroup before proceeding.
5. Notify the leader of all existing and potential medical or health conditions that may affect you.

When climbers sign the liability release they:

1. Agree to assume all risks associated with the activity including travel to and from the activity.
2. Understand that Chemeketa climbs are potentially dangerous activities and that accidents or illness can and do occur in remote locations where access to qualified emergency medical personnel is not readily available.
3. Agree to pay for their own medical and/or rescue expenses, whether or not authorized by the participant in the event of accident or illness.

Awards

The purpose of the Chemeketa climbing award system is to recognize those members possessed of the stamina, will power, and enterprise necessary to climb to the top of a difficult mountain.

Awards are given on request for certain climbs, as follows:

First Ascent: A climber's first ascent of any Chemeketa award peak.

Santiam Peaks Award: Mt. Jefferson, Three Finger Jack, and Mt. Washington.

Guardian Peaks Award: Mt. Hood, Mt. St. Helens, and Mt. Adams.

Nine Oregon Peaks Award: Mt. Hood, Mt. Jefferson, Three Finger Jack, Mt. Washington, North, Middle and South Sisters, Broken Top, and Mt. Thielsen.

Eighteen Northwest Peaks Award: The nine Oregon Cascade Peaks plus Mt. Shasta, Mt. St. Helens, Mt. Adams, Mt. Rainier, Mt. Stuart, Mt. Olympus, Glacier Peak, Mt. Baker, and Mt. Shuksan.

A member wishing to receive a Chemeketan climbing award must apply to the Climbing Committee Chair(s) and must submit proofs of climbs such as summit certificates or Club Bulletin listings.

All climbs applied toward a Chemeketan climbing award must be scheduled Chemeketan climbs except for the 18 Peak Award for which up to six of the climbs may be made under the auspices of a fellow Federation of Western Outdoor Clubs (FWOC) member club.

A distinctive plaque shall be awarded to members who have climbed the designated 18 Northwest Peaks.

Emblem Recognition/Selected Peak and Route Lists: For those club members wishing to strive for a goal beyond the standard ones listed previously, the climb leadership has devised several challenging climb lists. Each has a specific theme and level of difficulty. Special emblems may be requested upon successful completion of a climb list. See the club's website for details.

Climb Training

Basic Climb School

A basic climb school is organized each year consisting of two classroom sessions and two field sessions. Participation is limited.

Intro to Smith Rock

A weekend field session introduces climbers to top-roped rock climbing at Smith Rock State Park in Central Oregon.

Sport Climbing Seminar

Introduction to sport climbing that includes one classroom and one weekend field session. Class content is focused on leading bolted climbs.

Eliot Glacier Ice School

We spend two days on Mt. Hood's Eliot Glacier practicing ice axe and crampon techniques. The goal is to make participants more confident on higher angle snow and ice.

Route Finding School

A land navigation course is conducted each year. It consists of three parts: 1) Maps, 2) Using a Compass, and 3) Using a GPS.

Guidelines for Climb Leaders

Before The Climb

1. Research the route using available guidebooks and references, and obtain current maps of the route and approach.
2. Advertise the approved climb by submitting climb information to the newsletter bulletin editor for publication prior to the date of the activity. Climbs should be advertised for a minimum of fourteen (14) calendar days prior to the date of the activity. The purpose of the minimum advertising time is to allow a fair opportunity to all club members to sign up for the activity and to allow for sufficient time for the Leader to prepare for the trip. Use of the climber e-Group is encouraged for late notice climbs at:
chemeketan-climbers@yahoo.com
3. Select the climb participants with regard to experience, skill level, appropriate training, and level of physical, emotional, and mental fitness.
4. Create a prospectus and send it to all participants that contains the trip itinerary, participants names, participants contact information, and emergency contacts such as the local ranger station phone, etc. See Sample Prospectus.
5. Communicate with all participants to:
 - a. Insure that they understand what is expected of them
 - b. Inform them of personal equipment that is required
 - c. Learn any special medical conditions that they may have
 - d. Communicate transportation plans to and from the trailhead
 - e. Establish the minimum level of participation that is required
 - f. Determine if any party members have special medical training.
6. Obtain the proper club equipment (ropes, pickets, etc) and summit certificates from the quartermaster.
7. Meet with inexperienced participants as needed to assure that they have the proper equipment, clothing, and skills.
8. Establish a local (in town) emergency contact that will communicate with the participant's families in the event of an accident. Leave a copy of the prospectus and participants' phone numbers with the local contact.
9. Contact local rangers to confirm the emergency phone list number and obtain the most current general mountain conditions and the specific route conditions.
10. Research short and long term weather forecasts and avalanche conditions.
11. Obtain a copy of the Release from Liability form from the

website.

12. Obtain USFS/NPS permits if required for the climb. Check any restrictions that may apply such as maximum party size. All participants must adhere to the requirements of the controlling authority during club activities.
13. Secure the participation of a Club approved Climb Assistant or Co-Leader when appropriate (i.e. due to route, party size or nature, trip type, etc.) for the purpose of assisting the trip Leader during the activity.
14. Provisional Leader must secure the participation of a Supervising Leader for a climb to be an official Club climb.

During The Climb

1. Sign in and complete any climb registration forms and permits as required by the controlling authority.
2. Begin and end the climb at the appointed place (e.g. trailhead).
3. Establish a turn-around time that will allow for a reasonable margin of safety.
4. Check participants for the appropriate equipment, clothing, and the 10 essentials.
5. Maintain control of the climb by setting the pace, checking on the climbers periodically, and keeping the party together.
6. Recommend that helmets be worn in any situation warranted by falling rock, ice, or other debris, or likelihood of a climber fall.
7. Evaluate the need for ropes and protection.
8. Monitor weather, party, and route conditions. Turn back if conditions warrant (e.g., rock fall, adverse weather, snow conditions, avalanche risk or medical problems).
9. Determine if participants are capable of completing the route if conditions warrant a change from the scheduled route.
10. Verify that all climbers have returned safely to the appointed place (e.g. trailhead).
11. If the leader becomes unable to perform leadership duties, turn leadership authority over to the Co-Leader, Climb Assistant or when neither is available, a capable participant.

After The Climb

1. Leave a clean camp. Pack it out.
2. Sign out at the Ranger station or other location where you left a climb registration form.
3. Accidents must be reported to the Climbing Chairperson(s) as soon as practicable.
4. Return ropes and other club equipment following the climb so they are available to other climb leaders.
5. Notify the Climbing Chairperson(s) of the number of

- participants and the number that summited.
6. Prepare an activity report and submit it to the bulletin editor for publication.
 7. Sign and distribute Summit Certificates to all successful participants.

Managing Emergencies

Ill or Injured Persons

1. Stop and think. In an emergency situation you will need to battle panic. Pull yourself together, take a deep breath and do not blindly proceed without thinking things through.
2. Survey the scene. Do not put yourself or other members of your party at risk in order to reach the victim. Rescuer safety comes first.
3. Reassure and comfort the victim using your best bedside manner; it's the best medicine you can give.
4. If a spinal injury is suspected, do not move the individual unless the safety of the victim requires it.
5. Determine if any member of the party has special medical training and if anyone is carrying a cell phone.
6. Use the First Aid Report form to do a thorough victim assessment and administer whatever first aid is necessary.
7. Assign a monitor to be at the ill/injured person's side constantly, reassuring the victim and recording vital signs.
8. Collect available non-prescription pain medications from group resources as needed.
9. Have your best map person locate your position on the map and check it with the leader and assistant leader.
10. If an evacuation of the victim is necessary, attempt to call 911 with a cell phone and communicate your position and the condition of the victim.
11. Determine if the group can get the person out safely. If not, send two capable people and a map expert out. One of the three gets to a phone with the map person and one stays at the trailhead to mark its location. Be certain the people you send out have money for the telephone, car keys, directions to the nearest help and a completed Rescue Request form. Tell them to pace themselves going out so that they don't end up adding to the emergency. The map expert's job is to communicate an accurate location of the victim(s) and remainder of party.
12. If there are only three in your party, one person goes out and one remains with the ill/injured person. This is why the

recommended minimum number for a trip is three.

Lost Person

1. Try to make voice contact with the individual using a group yell.
2. Begin a search. Keep part of the group (with leader or assistant leader) at or near the location where the person was last seen. The other part of the group (with leader or assistant leader) should hike up and down the trail and around the area attempting to make voice contact, always keeping in contact with each other. This group will then return to the original location to join the rest of the party.
3. If your search is unsuccessful, leave two people at the location where the person was last seen and have the rest of the party seek assistance.

Managing an Unplanned Overnight Stay

1. Maintain a calm, positive attitude.
2. Take steps to keep everyone as warm and dry as possible.
3. Find a safe, protected place to camp.
4. Gather any dry wood before dark and don't waste it.
5. Pool your resources: food, water, clothing, shelter, etc.
6. Continuously monitor each individual's physical and mental condition.

Communication after the Emergency

1. Contact the club President or an Executive Council member immediately after the incident.
2. Call, or have the council representative call, the ill/injured person's family/emergency contact person and keep them up to date on what is happening.
3. Refer all media questions to President/Executive Council/club spokesperson.

People Problems

Problem Participants: Any behavior endangering the group's safety or cohesiveness must be addressed. Advise the person(s) that if the behavior is not corrected they will be signed off the trip. Document the incident and report any such misbehavior to the Executive Council.

Tagalongs: Everyone must sign the club liability waiver. If someone does not sign in with the group but follows along, tell him/her, in front of the others, that he/she must sign the liability waiver or they will not be considered a participant in the climb.

Leaving the Group: Inform the individual, in front of the group, that he/she must stay with the group. Otherwise, he/she will no longer be considered a participant on the climb.

Drugs/alcohol/firearms: These items are not allowed and are grounds for being signed off the trip and reported to the climbing co-chairs and the Executive Council.

Problem Leaders: If a participant feels that a leader acted inappropriately, the leader should be reported to the climbing co-chairs and the Executive Council.

Chemeketan Climbing Classification System

Each climb on the Chemeketan climb schedule is rated according to type and difficulty.

Type	Description
Snow (S)	Primarily a snow climb, usually involving moderate to steep snow and crevassed glaciers where use of an ice axe and crampons are necessary.
Rock (R)	Primarily a rock climb where climbers are placed on belay or use a fixed line. Rappelling may also be necessary.
Mixed (M)	A mixed rock and snow climb in which both rock and snow are likely to be encountered during the climb. Knowledge and techniques applicable to both types of climbing are required.
Unrated (U)	No technical climbing skills are required. However, it is still considered a climb since participants must travel above tree line where off-trail navigation is necessary (e.g. South Sister, south side route in summer conditions).

Difficulty	Minimum Eligibility Requirements
Level 1	Chemeketan Climb School or equivalent (Mazama Basic Climb School, Mountaineers, Rainier Mountaineering, Inc., Santiam Alpine Club, etc.)
Level 2	Chemeketan Climb School or equivalent and successful completion of a level 1 difficulty climb of the same type (Snow, Rock or Mixed).
Level 3	The individual climb leader will determine the level of climbing skill and judgment required for a route of this level of difficulty.

Climb Party Size

The Climb Leader sets the maximum party size, keeping the party size within the bounds of the controlling agency. The minimum number of climbers for an official Chemeketan climb is two except when glacier travel is involved in which case it is three. The maximum number of climbers for a Chemeketan Climb is twelve unless authorized by a Climbing Co-Chair. In general, smaller party sizes (8 or fewer) are encouraged and recommended on most routes because the smaller size offers a greater margin of safety for participants, causes less environmental damage and enhances the quality of the experience for all.

Climb Team Selection

The Climb Leader has the authority and is encouraged to screen all participants prior to a climb. A candidate's climbing experience as well as the candidate's physical, mental, and emotional condition should be considered. Any candidate, who in the judgment of the leader is not properly equipped or qualified to participate, should be denied participation.

Club Equipment

The club has various climbing equipment including ropes, pickets, flukes, rock pro, radios, etc. available for use on scheduled and approved club climbs by Climb Leaders. Club equipment must be afforded the highest standard of care and returned clean and dry to the Climbing Quartermaster promptly after the climb. Contact the current Climbing Quartermaster to secure club equipment.

Climbing Safety

Safety near an Exposure

The Climb Leader should assess the risk when climbers are near an exposed position, where a fall would result in injury or death, and act appropriately.

Climbing Helmets

Safety is promoted when participants wear helmets. Climbing helmets should be worn:

1. When climbing routes where there is a risk of falling rock, ice, or debris; crevasses, or risk of a long fall.
2. During any activity where any participant is exposed to rock fall or is near a dangerous cliff edge where a fall would result in injury.
3. During club sponsored climbing training activities.

Mountains with Special Requirements

Mt. Hood - Climb leaders will obtain an MLU (Mountain Locator

Unit) or carry a cell phone and GPS.

Climb Leadership

Competent leaders are necessary to minimize the inherent risks of climbing. The Climbing Committee, composed of the current Chemeketan Climb Leaders, is responsible for granting climb leadership status. There is three levels of climb leadership: Climb Assistant, Provisional Climb Leader and Climb Leader. Each level is further qualified as snow, rock, or both.

Minimum Leadership Requirements

The following minimum standards have been established for all levels of climb leadership.

1. Must be a current Chemeketan club member.
2. Must be at least 18 years of age.
3. Must possess a current American Red Cross Standard First Aid and Adult CPR certification, or equivalent.
4. Should have served an instructional role in the field sessions of the annual Chemeketan Climb School.
5. Must maintain a minimum level of participation on Chemeketan club climbs.

Status	Minimum Participation
Assistant	Must assist at least two climbs per type of qualification every two years.
Provisional Leader	Must lead at least two climbs per type of qualification every two years, one of which must be an overnight climb. If minimum qualifications are not met in a two-year period, applicant must re-apply for Provisional Leader status.
Leader	Must lead at least two climbs per type of qualification every two years. Supervising a provisional leader counts as a lead.

Mixed climbs count for both snow and rock.

Application for Climb Leadership Status

To be considered for any level of climb leadership candidates must submit a letter of application in writing or by email to the Climbing Co-Chairs. The letter of application should include:

- Leadership status for which the candidate is applying
- Relevant climbing experience to include: climb, date, leader, candidate's capacity
- Copy of first aid certification
- A cover letter that describes why you are applying

Leadership Review Meeting

The Climbing Co-Chairs will convene a meeting of the current Chemeketan Climb Leaders to review applications for climb

leadership. The Climb Leaders in attendance will review and discuss the applicant's qualifications and either award the requested status or recommend further experience by a simple majority vote. These reviews are not open to the Club membership or to the candidates being reviewed. The candidates will be notified of the results as soon as practical. Leadership Reviews normally take place during a portion of a regularly scheduled meeting of the climb leadership.

Climb Assistant Candidates

1. Must have completed the Chemeketan Climb School or equivalent.
2. Must have successfully participated in at least three Chemeketan climbs; two for each type of qualification (mixed climbs count for both snow and rock). These climbs should have been led by at least two different Climb Leaders.
3. Must demonstrate the following minimum skills:
This list is not yet available.

A candidate with extensive climb leading experience may be granted Climb Assistant status without satisfying these requirements.

Provisional Climb Leader Candidates

1. Must be a current Chemeketan Climb Assistant.
2. Must have successfully participated in at least six Chemeketan climbs; three in each type of qualification (mixed climbs count for both snow and rock).
3. Must have assisted at least three Chemeketan climbs; two in each type of qualification (mixed climbs count for both snow and rock). These climbs should have been led by at least two different Climb Leaders.

A candidate with extensive climb leading experience may be granted Provisional Chemeketan Climb Leader status without satisfying the above requirements.

Climb Leader Candidates

1. Must be a current Chemeketan Provisional Climb Leader.
2. Must have led at least two Chemeketan climbs; one in each type of qualification (mixed climbs count for both snow and rock). At least one of the climbs must be an overnighter. A Chemeketan Climb Leader must supervise these climbs. Use of the same Supervising Leader for all provisional climbs is discouraged.
3. A candidate who was previously a Chemeketan Climb Leader may be reinstated without having to repeat supervised climbs.
4. A candidate with extensive climb leading experience may be

granted Chemeketan Climb Leader status without satisfying the above requirements.

Evaluation Forms

Feedback is an important part of leadership training. Forms for evaluating the Provisional Climb Leader and Climb Assistant are available on the club's website. These evaluations are useful when considering promotion during Leadership Reviews. It is the mentoring leader's responsibility to submit a written evaluation to the Climbing Co-Chairs.

Training Reimbursement

The Climbing Committee has chosen to encourage Climb Leaders and Climb Assistant Leaders to pursue additional training by reimbursing a portion of their training expenses. Application for such reimbursement must be made in writing to the climbing co-chairs for review and approval upon successful completion of the training. Generally, a 50% reimbursement will be granted depending on funds available and the value of the training to the club. Approved reimbursement requests will be submitted to the club's Executive Council for final approval and payment.

Climb Leader Training

Mazama Training

The Portland based Mazamas offer excellent climb training. See <http://www.mazamas.org> for a schedule.

Wilderness First Responder Certification

These weeklong training sessions are widely recognized as the standard of care for backcountry recreation professionals. Some are offered locally. See <http://www.nols.edu> for a schedule.

Chemeketan Climb Leader Training

Two-hour training is for Climb Leaders, Climb Assistants and persons wishing to pursue a role of climb leadership in the club. Topics: guidelines for leading a climb, managing a climb team, roles of the Climb Leader and Climb Assistant, advancement, Provisional Leader evaluation, and training opportunities.

Red Cross First Aid Recertification

This is a challenge course. Participants must hold a current First Aid certification. The climbing committee pays for this training. CPR is offered annually. First Aid is offered every third year.

Wilderness Emergency Management

This free three-hour training is done on a weekday evening at the Chemekeden, and is open to all club members. Basic principles for managing emergencies are covered. Participants will work in

small groups to critique an actual emergency scenario.

Rock Leader Protection and Anchor Building Skills

One-day training at Horsethief Butte concurrent with the Climb School weekend.

Climb Prospectus

Climb Leaders should prepare and distribute a prospectus to participants for each climb they lead. The prospectus should include:

1. Name of the objective.
2. Elevation of objective.
3. Name of route to be attempted and technical grade.
4. Date of the climb and meeting place.
5. Brief description of the route and approach, difficulty, special requirements, and skills needed.
6. List the vertical elevation to be gained and horizontal distance to be traveled.
7. Provide an itinerary for the trip.
8. Emergency contact information.
9. Climb team roster.
10. Advise the participants that they will be required to sign a liability release form at the trailhead.

Sample Climb Prospectus North Sister Climb

Date: September 1-3, 2001

Leader: Larry Leader 503/371-1677(h) 503/945-2345(w) or lleader@yahoo.com

Assistants: Sally Assistant 503/588-2244(h) 503/224-1111(w) or sassistant@yahoo.com

Driving Directions: Drive south on I-5 to Hwy 126 near Eugene. Drive east on Hwy 126 to McKenzie Ranger Station (approx. 55 mi.) Stop at McKenzie Ranger Station to regroup and get available condition reports. Drive a little further east to Hwy 242 (McKenzie Pass) and turn right. Drive east on Hwy 242 to the Scott Lake Trailhead.

Proposed Route: Northwest Ridge (grade II, class 3 except with low 5th Class on Summit Pinnacle).

Top Elevation: 10,085 Feet

Elevation Gain: 5,285 Ft.

Distance: approx. 18 miles round trip.

Itinerary

Saturday

8 am - Meet at South K-Mart parking lot. Car-pooling is encouraged. Drive to Scott Lake Trailhead. Hike east 6 miles on the Scott Lake Trail to the Pacific Crest Trail (PCT). Hike 1 mile

south on the PCT to Minnie Scott Springs. Camp there or close by depending on availability, conditions and water source.

Sunday

4 a.m. wake up call

5 a.m. depart camp and climb NW Ridge to summit

11 a.m. summit

5 p.m. return to camp

Monday

8 a.m. pack and hike to trailhead for return to Salem

1 p.m. arrive in Salem

Required Equipment:

Ten essentials (map, compass, whistle, personal first-aid, food, water, sun screen, sunglasses, matches/candle/fire starter, head lamp)

Climbing (ice axe, helmet, harness, prusiks, two carabiners)

Crampons that you have fitted to your boots and that you have practiced putting on.

Leather climbing boots are appropriate. No plastic boots.

Camping (tent, sleeping bag and pad, comfortable to 25 degrees F. Stove and fuel for dinner, breakfast.)

Three liters of water at start of climb.

Waterproof jacket and pants (breathable - e.g. Gortex)

Gloves or mittens (windproof overmits are a good idea)

Pile or wool cap

Layered clothes (no cotton)

Walking Sticks or Ski poles are optional

Comments:

Be prepared for high wind on the summit and at base camp. If the weather is questionable, Leader will make decision on whether to go or not on Thursday night or Friday morning at the latest. If you have any questions, please give Leader a call or send an email.

Reference/Maps: Oregon High, Jeff Thomas, page 97

Emergency Contact: McKenzie Ranger Station, 541/822-3381 or Willamette National Forest 541/465-6522 or Lane County Sheriff Office

Climbers Roster:

Larry Leader, lleader@yahoo.com

Ellen Redpoint, eredpoint@peak.org

Van Matt Crampin, vmcrampin@yahoo.com

Herb S. Summit, herb.summit@gte.net

Sally Assistant, sassistant@yahoo.com

Jerry S. Rope, JRope@mail.open.org

Alternates:

Bill E. Goat, wildbill@yahoo.com

