

THE EVERETT MOUNTAINEERS



SCRAMBLE LEADERS HANDBOOK

A Guide for Alpine Scrambling, Winter Scrambling, and Snowshoe Trip Leaders
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For an electronic copy of this Guide or of any of the forms, or to submit corrections to the Guide, please contact Andy Boos.

INTRODUCTION

This guide provides rules and guidelines for leaders of scrambling and snowshoe trips. While this guide can not substitute for an experienced and sensitive leader, one who exercises careful and thoughtful judgment throughout the trip, it does strive to provide basic guidelines and rules that all leaders should follow in order to meet the three scrambling priorities for all trips:

1. **Safety.**
2. Fun.
3. Reaching the summit.

The Everett Mountaineers Scrambling Committee prefers to minimize formal requirements, and to foster initiative and the spirit of adventure. Most of these guidelines must be tempered with judgment about the circumstances of each specific scramble. However, a few rules are necessary to enhance safety and appropriate conduct.

The Scrambling Committee appreciates your willingness to lead scrambling trips. Without volunteer leaders there would be no scrambling program. We hope that you will continue to lead scrambling trips, and that all of your trips are safe and fun.

If you have any questions about this guide, or have comments, please contact the Everett Scrambling Committee. Happy mountaineering!

PHONE NUMBERS & INFORMATION SOURCES

- Mountaineers Emergency Pager to report accidents: **206-335-0566**
- NWAC avalanche forecasts (<http://www.nwac.noaa.gov/>): **206-526-6677**
- Emergencies: 911

Backcountry phone numbers for Forest Service and National Parks: see page 25.

Additional information is available in the Scrambling Course Syllabus. To request a current copy, contact the Scrambling Committee Syllabus Coordinator (see page 6).

BENEFITS OF LEADERSHIP

The Mountaineers is a volunteer organization. Without volunteer leaders, there would be no scrambles. Leading scrambles is a way to become more involved with the club. It's a way to choose your own destinations and dates. Learning to lead scrambles is learning how to manage people and situations, skills that carry over into many other aspects of life. Leading makes it possible for less experienced people to learn from you and safely enjoy the wilderness. At the same time, your own skills will increase each time that you lead a scramble. By leading trips, you also become less dependent on other leaders. Leading allows you to give back to others some of the wilderness and learning experiences that you have gained from The Mountaineers.

ROLE OF THE LEADER

The leader is a scrambler with experience and good judgment. You have the authority and responsibility for the safety of the group. You make sure the scramblers are adequately equipped, based on Mountaineers policy. A successful scramble is a *team effort*. Mountaineer leaders are not guides; however, while you may wish to consult with the other scramblers, you make the final decisions regarding the group's safety in difficult situations.

Ultimately, the point of any Mountaineers trip should be the fun and full experience of traveling to the destination, not merely the destination itself. Even the most strenuous expedition is enriched by memories of good conversation, shared perceptions, and new friends. Reaching the destination is important, but more important is a safe return and an enjoyable trip. You are in a unique position to shape the quality and promote the safety of the trip. We hope that this guide will assist you in strengthening your innate leadership skills.

You will also be evaluating students who need to meet graduation requirements. Put them at ease, but gently challenge them too.

Two of the most difficult leader challenges is keeping a group together, and turning back before reaching a summit. Being able to keep a diversified group together and knowing when to turn back are qualities of good leaders. Staying together is discussed on page 12, and knowing when to quit is discussed on page 16.

LEADERSHIP QUALIFICATIONS AND CHARACTERISTICS

Requirements for Everett Scramble Leaders

You must:

- Be a current member of The Mountaineers.
- Be eighteen years of age or older.
- Be a graduate of the Alpine Scrambling or Basic Climbing course or have equivalency.
- Have a current MOFA (Mountaineer Oriented First Aid) card. Current certification is necessary to become a leader; it is also highly recommended that leaders maintain certification.
- If candidate is a Basic Climbing Graduate but has not taken the Scramble Course, they must have Alpine Scrambling experience (at least 2 official Mountaineer Scramble trips).
- Attend the Alpine Scramble Leader Orientation Seminar or Everett Branch Leadership Seminar.
- Lead one official scramble while mentored by an approved scramble leader, and be recommended by the mentor for leadership status; or, be a scramble leader and have led scrambles for another Mountaineers branch. The mentored scramble should include significant off-trail travel and route finding. Reaching the summit on the scramble is not required if the trip was substantial enough otherwise. If the summit is not reached, the mentor will decide if the trip was substantial enough to qualify as a mentored scramble trip. Snowshoe trips do not qualify unless they are particularly challenging.
- Petition the Alpine Scrambling Committee, and receive approval from the Committee to become an Everett Mountaineers Alpine Scramble Leader.

Requirements for Winter Scramble Leaders

You must:

- Be a current member of The Mountaineers.
- Be an experienced Alpine Scramble leader.
- Attend the Everett Mountaineers Avalanche Safety Course or petition for equivalency.
- Be known to have, or can demonstrate, a strong knowledge of avalanche awareness and avoidance principles such as how to evaluate avalanche hazards, how to route-find and travel in avalanche terrain, how to undertake an avalanche rescue, and how to reduce the odds of being caught in an avalanche.
- Participate in three official winter scrambles. Reaching the summit on these scrambles is not a requirement if the trip was substantial enough otherwise. If the summit is not reached, the trip leader will decide if the trip was substantial enough to qualify as a winter scramble. Qualifying scrambles should include significant snow travel and navigation. In general, snowshoe trips cannot be used as qualifying scrambles, unless they are particularly challenging.
- Petition the Alpine Scrambling Committee, and receive approval from the Committee to become an Everett Mountaineers Alpine Winter Scramble Leader.

Requirements for Snowshoe Leaders

You Must:

- Be a current member of The Mountaineers.
- Be eighteen years of age or older.
- Be a graduate of the Alpine Scrambling or Basic Climbing course or have equivalency.
- Have a current MOFA (Mountaineer Oriented First Aid) card. Current certification is necessary to become a leader; it is also highly recommended that leaders maintain certification.
- Attend the Alpine Scramble Leader Orientation Seminar or Everett Branch Leadership Seminar.
- Be an experienced snowshoer (at least 2 official Mountaineer snowshoe trips).
- Attend the Everett Mountaineers Avalanche Safety Course or petition for equivalency.
- Lead one snowshoe trip while mentored by an approved winter scramble or snowshoe leader, and be recommended by the mentor for leadership status.
- Petition the Alpine Scrambling Committee, and receive approval from the Committee to become an Everett Mountaineers Snowshoe Leader.

Characteristics of a Good Leader

A Good Leader:

- Has enthusiasm for scrambling and sharing the experience with others.
- Has sound judgment and is prepared.
- Has group awareness, and gets along with people.
- Has the ability and willingness to make decisions.
- Accepts responsibility for decisions.
- Is concerned about group and individual safety.
- Maintains control of the group; keeps the group together.
- Delegates responsibility.
- Minimizes impact to the environment.
- Has knowledge of and adheres to Mountaineers principles.

- Has knowledge of scrambling and wilderness skills.
- Is physically and mentally fit.
- Only leads trips within one's abilities and experience.
- Has a positive mental attitude.
- Is flexible (adaptable).
- HAS FUN!

Active Leader Status

Your leader status is lost if you do not lead any snowshoe or scrambling trips for three consecutive years. If your leader status lapses, you must attend the Alpine Scramble Leader Orientation Seminar, and petition the Scramble Committee to request reinstatement. The Scrambling Committee may also temporarily or permanently suspend any leader who demonstrates dangerous leadership, poor judgment or unsafe conduct.

LEADERSHIP TRAINING:

Both the Scrambling Committee and the Everett Mountaineers branch offer annual leadership training (usually in February and March). You are encouraged to attend both. Contact the Scrambling Committee or Branch Chair for additional information.

NEW LEADER TALENT

People of considerable experience and maturity often join trips. Consider inviting them to talk with the Committee about opportunities to lead trips. Inform the Scrambling Committee of possible new leaders. The Club is always seeking to renew its supply of competent, enthusiastic leaders.

PROCESS FOR MENTORING NEW SCRAMBLE TRIP LEADERS

One of the requirements to become a new scramble leader is to lead an official scramble while being mentored by an approved scramble leader. Here are the guidelines which should be followed by the "Leader-in-Training" (L-I-T) and the Mentor:

1. First, the L-I-T should find an experienced leader who can be the Mentor for their mentored scramble trip.
2. Two guidelines should be followed in selecting the mentor: the mentor should be a very experienced leader, if at all possible, and the mentor should not be a close friend or regular scrambling partner. This helps to ensure that the L-I-T will get the best possible training, and that they'll be judged objectively.
3. The L-I-T should schedule their mentored scramble trip with the Trip Coordinator. We discourage L-I-Ts from "piggy-backing" onto a trip that the Mentor leader has already scheduled. The idea is that the L-I-T should get the experience of submitting the trip and taking all of the sign-up requests. SEE NOTE BELOW
4. The L-I-T should make the plans for the trip (route choice, starting time, carpool location, equipment needs) while the Mentor acts in an advisory role. The L-I-T should also field all of the sign-up requests, and should connect with each of the people to confirm plans.
5. Once the group is all together on the day of the trip, the L-I-T fulfills all of the expected roles of a leader, while the Mentor leader continues to act in an advisory role.

6. Ultimate responsibility for the trip falls on the Mentor Leader. Therefore, the Mentor must step forward, if necessary, to help the trip meet its goals.
7. After the trip, the L-I-T fills out the Trip Report form (available on the web site) and submits it to the Trip Coordinator.
8. The Mentor leader fills out the Mentor Evaluation form (also available on the web site) and submits it to the Trip Coordinator.
9. If the L-I-T has completed the requirements for Scramble Leadership, they fill out a Scramble Leader Application (see web site) and submit it to the Scramble Committee Chairperson.

NOTE: Often a Leader-in-Training will want to submit future trips that they wish to lead, on the assumption that they will be approved to lead them in time. They are welcome to plan ahead, but we will only publicize their future trips once they become an approved leader. We recommend allowing at least a month beyond the Mentored scramble date, so there is time to approve you, and publicize the subsequent trip(s).

TRIP RULES

Official Trips

In order for any Alpine Scrambling trip to be considered an *official* trip, it must be scheduled, approved and advertised as noted below under *Scheduling Trips*, and must include at least three participants.

Private Trips

Any scramble that does not satisfy the scheduling requirements listed below or the minimum-participants requirement is considered a private trip. In the event of an accident, injury, complaint or other incident on a private trip, the Everett Mountaineers Alpine Scrambling Committee and The Mountaineers assume no responsibility whatsoever.

Scheduling Trips

Any of the following methods may be used to schedule a scrambling trip. Note that all trips must go through the Scramble Committee Trip Coordinator to ensure they are permissible scrambles:

- By having the trip published in the *Go guide* magazine. The *Go guide* has nearly a month-long deadline for submissions, so please plan ahead. Contact the Trip Coordinator (see page 6).
- By listing the trip on the Everett Mountaineers web site at least one week before the trip.
- By having the trip announced or distributed in written form at one of the course lectures by the Lecture Coordinator (see page 6).

Snowshoe Trips

Snowshoe trips involve snowshoe travel on terrain that does not require an ice axe for safety. The destination is usually not a summit, and the trip should have little or no avalanche potential.

- An approved Snowshoe Trip leader must lead the trip.

- Everett Mountaineers snowshoe trips are equivalent to the Seattle Branch “Easy” snowshoe trips. They are open to any Mountaineers member or guest, provided they have a signed waiver on file with The Mountaineers clubhouse before the trip. The participants need not have taken the Snowshoe Course, nor have any snowshoe experience, although the trip leader may refuse anyone whom they judge to be unqualified for the trip.

Scrambling Trips

Scrambling trips involve off-trail travel to a summit. They are scheduled from May through October. Scrambles involve travel on terrain that may require an ice axe for safety.

- An approved scramble trip leader must lead the trip. Any approved trip leader may substitute for another approved trip leader on any scheduled trip.
- Trips are open to any Mountaineers member who is a graduate or current-year student of a Mountaineers Alpine Scrambling or Basic Climbing course, or has equivalency.
- Scrambles are classified as “Rock” or “Snow” for credit towards student graduation requirements. This designation is applied assuming that there is a significant amount of travel on either medium. The trip leader has discretion as to whether credit for either is merited. If there is neither enough rock nor snow travel to qualify as a “Rock” or “Snow” scramble, then the trip may be listed as “Other.”
- Scrambles from May through October must reach the advertised summit in order to be considered official for student graduation purposes. The trip leader is authorized to change the summit destination for access or safety reasons, *but must do so before the trip leaves the trailhead.*

Winter Scrambling Trips

Winter scrambles involve travel on terrain that may require an ice axe for safety. The destination is usually a summit, and the trip is likely to have avalanche potential. They are scheduled from November through April.

- They must meet all of the requirements for basic scrambling trips, except as noted below.
- An approved Winter Scramble Trip Leader must lead the trip.
- All participants should take shovels and probes (ski poles are okay). Those who have them and are trained or experienced in their use should carry avalanche rescue beacons.

Changing the Destination of a Trip

If conditions do not permit you to do a scheduled trip, you may make a change of destination. For safety or access reasons, winter scramble destinations may be changed at any time, including during the trip. Summer scrambles, however, may only be changed prior to leaving the trailhead in order to remain an official trip for scrambling students. The new destination should preferably be at about the same level of difficulty. As leader, you are responsible for notifying each participant of the change and any new meeting place and time.

The destination of snowshoe trips may be changed for a variety of reasons, including access, avalanche potential, dangerous hazards, etc. The destination may be changed at any time before or during the trip as decided by the trip leader.

Trip Reports Are Required

A Trip Report must be completed for all *official* trips, including scramble trips that do not summit, and snowshoe trips that do not reach the destination. Send the report to the Committee Trip Coordinator (see page 6) within one week after the trip. Trip Reports are used for tracking student and leader participation, to determine route conditions, to provide route references for

future trips, to notify the Scrambling Committee of any participant problems, accidents, etc., that may have occurred on the trip, and to determine leaders and participants that may be eligible for awards. The Committee will follow up on any concerns or problems; consequently, it is very important to be specific when completing the trip report. There are two options for filing trip reports. One can fill out a printed form by hand and mail it in, or complete a digital copy that may be sent as an e-mail attachment. These may be obtained from the Trip Coordinator (see page 6), or you can download the forms from the Everett Mountaineers web site by going to: http://www.everettmountaineers.org/scrambling/scramble_docs.html.

Permits

Obtain necessary hiking and parking permits from the appropriate agency. Ensure that drivers have the necessary parking, trailhead or Sno-Park permits.

Party Size

The group must be at least 3 and no more than 8 persons. Be sure to observe any lower limits instituted by government agencies or property owners. Leaders may also restrict the group size for other reasons, as determined by the leader.

Minors

No person under age 16 is allowed on a trip. All 16 and 17 year old scramblers must always carry with them a *Consent for Scrambling, Medical Care and Treatment of a Minor* form signed by their parent or guardian. Medical personnel will not give treatment to a minor without parental consent (except for life-threatening injuries). 16 and 17 year-olds complete this form when they enroll in the scrambling course, and are instructed to carry the form in their pack. Forms are available from the Course Enrollment Coordinator (see page 33).

Guest and Participant Policy

Guests are not allowed on official scrambling trips. All participants must either be a current-year student or graduate of a Mountaineers scrambling or basic climbing course or been granted equivalency. Students may only participate in scrambles from May through October during the year in which they are enrolled in the course, unless the Scrambling Committee approves an extension. Guests are allowed on snowshoe trips (see Snowshoe Trips on page 7) but must have a signed waiver on file at The Mountaineers clubhouse prior to the trip.

Trip List

In order to maintain complete records of trips and assure that all participants are accounted for, leaders must have a trip list. The trip list includes the names and phone numbers of those who have signed up for the trip. You, as the trip leader, are responsible for preparing the trip list. The trip list can be developed on a trip report form, which can serve as telephone sign-up sheet, trip list and trip report form (see page 19 for an example).

Accident Reports

The leader must report all accidents or injuries to the Scrambling Committee. Minor injuries and accidents may be reported in writing within 10 days. A written report of the accident, using the standard accident report form, should be submitted along with the trip report to the Trip Coordinator. Major accidents or injuries need to be reported to the Mountaineers clubhouse within 24 hours. After rescue has been initiated, call the Mountaineers Emergency Pager at (206) 335-0566. After leaving your name and phone number, wait for a return call from the Mountaineers. In most cases this will be within 5 minutes. See Emergency Procedures on page 17 for additional information.

Cancellations

If your trip has a waiting list, please make an effort to fill any spot left open by a cancellation by calling those persons on the wait list as soon as possible.

Canceling a Scheduled Trip

Cancel a trip only as a last resort. Even though you are a volunteer, once a trip is scheduled it becomes an obligation. If you are unable to lead the trip, try to find a substitute leader. If no leader can be found, cancel the trip. Call each participant and tell him or her that the trip is canceled as soon as you can so that they may sign up for another trip.

Alcohol and Drugs

Alcohol and illegal drugs are not allowed on any Alpine Scrambling activities, and are cause for dismissal from the Scrambling course or removal from the leader list. This policy applies to students, leaders, and organizers, and includes all Committee-sponsored activities at Mountaineers lodges, scramble and snowshoe trips, course field trips, and social activities during course field trips — for example Saturday evening socializing at the Leavenworth Rock Field Trip. This policy has been established because:

- Many of our activities involve persons less than 18 years of age and we have no way of controlling who drinks and who does not.
- Drinking does not support a positive image of The Mountaineers, nor does it promote the positive and supportive atmosphere that we strive to provide for our scrambling activities.
- Drinking may cause impairment to persons involved in potentially hazardous scrambling activities, as well as being hazardous to driving.

TRIP GUIDELINES

Trip Participants

SCREENING TRIP PARTICIPANTS: The leader may screen trip participants or hold a pre-trip meeting. Talk with potential trip participants about equipment, trail conditions, trip difficulties, and readiness for the particular trip. Many a trip has been made or broken by how well the leader has screened participants. See the Scramble Trip Checklist on page 19 for potential questions. By asking these questions and (politely) insisting on complete answers, the leader can make an initial assessment about the appropriateness of the trip for each participant. If in doubt, recommend a trip more suited to the person's skill level and conditioning.

TRIP PARTICIPANTS WHO HAVE DIFFICULTIES: If a participant on your trip proves to be unqualified because of lack of skills or fitness, a gentle but frank conversation after the trip may prevent future mismatches. If the person appears not to accept the message or is hostile, refer the matter to the Scrambling Committee. If the Committee determines that the person is unqualified to participate in certain trips, it will advise the person and the clubhouse that he or she is on probation until specific training is completed, fitness achieved, experience is acquired or behavior modified.

Preparation

CHOOSING A SCRAMBLE: Try to lead scrambles with varied ratings (easy and difficult) so that a variety of trips are offered to potential participants. New leaders should not lead difficult scrambles or new routes on which they have not been. Always choose trips within your abilities and experience.

SCOUTING THE ROUTE: It is helpful to scout the route in advance. You should be aware of current route conditions. Check road, weather and avalanche conditions just before the trip. Recent weather conditions may affect the route, especially in spring and winter. Talk with the appropriate Ranger Station, Forest Service, Park Service personnel, or previous leaders of the trip (check old *Go guides* or contact the Committee Trip Coordinator) prior to scouting the trip. Check on the web (<http://wta.org/> or <http://www.trails.com/explore/>) for recent trip reports. Make a note of the amount of trailhead parking available, emergency telephone locations, trail intersections, and water crossings.

WEATHER CHECK: Get the most recent weather and avalanche forecast. In winter and spring, you should check with the Northwest Weather and Avalanche Center (NWAC) at 206-526-6677 or www.seawfo.noaa.gov/products/SABSEA, or the appropriate Ranger Station, Forest Service, or Park Service (see page 25). You may also be able to get a recent report on snow conditions from other leaders (check *Go guides* for recently led trips).

YOUR OWN READINESS AND MOUNTAINEERING SKILLS: Schedule trips that are within both your physical and mental abilities, and within your mountaineering skills. Have strength to spare to help others, or to meet an emergency. Be sure that you have all required equipment and that it is in good repair. Keep up your mountaineering and safety skills by taking advantage of classes offered by the Red Cross or the Mountaineers (such as the MOFA course), attending course lectures, and helping out with scrambling and basic climbing field trips.

Safety

TRIP PLAN AND RESCUE: Leave an emergency phone number at home with someone who will know if your group is overdue. Ask them not to call for help until noon of the next day after you are due back home. They should then contact the county sheriff or National Park Service where the trip is located, or 911. If you get caught by nightfall and for safety reasons decide to spend the night, having until noon the next day gives your party time to get out and notify the emergency contact person that you are safe. However, remember that if you have an emergency and cannot send for help, you should not expect any help to arrive until the afternoon of the next day at the earliest.

TRIP SAFETY: In your trip planning and route decisions take into consideration the time needed for the trip, the time of year, weather, avalanche hazard, route choice, hours of daylight, physical condition and experience of party members. In cold conditions, be vigilant for hypothermia, heat exhaustion and heat stroke; urge all participants to look for signs of these problems. Try to minimize sweating which creates chilling in the winter, and maximize water intake during hot days in the summer and cold days in the winter. Emphasize continued drinking and eating to maintain hydration and energy.

CELLULAR PHONES AND TWO-WAY RADIOS: As more people are taking cell phones and two-way radios into the mountains, they are playing an increasingly prominent role in search and rescue. The Mountaineers neither encourages nor discourages their presence on a trip, but they should be switched off until there is an urgent need. Leaders may wish to find out at the trailhead who is carrying a cell phone or two-way radios. Since they are not guaranteed to work when you need them, you should not take risks that you would otherwise choose not to take.

STAYING TOGETHER: Don't let any member of the party go ahead or behind the rear guard without permission. Call the shots — that's what it means to be a leader. Be prepared to modify the plan depending on the group's capability, route conditions or other factors. Be comfortable with the possibility of aborting the trip. It's okay to allow a group to spread apart on trails, as long as:

- the group regroups at trail junctions,
- regroups for regular hourly breaks,
- regroups whenever the route is not absolutely clear,
- participants travel in pairs so that everyone is always in sight of at least one other person.

Do not split the group during off-trail travel. Turning a participant back once the trip has begun endangers the safety of that person and the rest of the group. For safety reasons, the Scrambling Committee highly recommends that groups not be split. If splitting the group becomes absolutely necessary, designate a leader for the new sub-group and carefully brief them on what to do. Take into consideration the group size and experience of both groups. *You should make any decision about splitting a group on the assumption that you may not be able to rejoin later.*

THE DESCENT: The descent is also a part of the scrambling experience and should not be merely an anticlimax. These adventures broaden the experience of beginners and enhance everyone's enjoyment of the trip. Demonstrate scrambling technique where it is safe. Take extra care on the descent, as scramblers may be tired and less alert. Stay alert as the descent is often more dangerous than the ascent — this is where accidents commonly occur.

Equipment

TEN ESSENTIALS AND OTHER REQUIRED EQUIPMENT: The Ten Essentials are required on all trips, plus a pack, lunch, drinking water, and adequate clothing and appropriate boots (see the scrambling course syllabus for additional information). Most scrambles require an ice axe. Students occasionally leave the ice axe at home, not realizing how late the snow remains at higher elevations or how useful an ice axe may be on wet heather. Leaders may make taking an ice axe optional, but should use good judgment in doing so. It is Mountaineers policy that leaders leave scramblers who are inadequately equipped or prepared at the trailhead or meeting place.

PACKS: Take special note of party members having unusually large or small packs. A large pack will slow that person down. A small pack may not have enough gear for the outing. This is particularly important for students and inexperienced scramblers.

ALTIMETER: Each party should have at least one altimeter. They are a tremendous aid for determining location.

GPS: A Global Position Satellite receiver in the party can be used for emergency locating. They are also handy for route finding in poor weather. However, there are many places where they don't work, such as in canyons or among trees.

HANDLINES: A hand line may be carried and used at a leader's discretion if it is anticipated that one may be needed for a descent or other reasons.

CRAMPONS, AVALANCHE BEACONS AND SHOVELS: These items may be required on trips at the leader's discretion. Note that the arrest technique is different when wearing crampons (don't use feet), and that rental crampons may be difficult to locate. If a leader requires crampons on a trip, make sure that students wear and use them properly.

Trip Good Practices

CARPOOLING: Carpooling is strongly recommended for all Mountaineers trips, not only for environmental reasons, but also because of parking scarcity. See the *Go guide* for the current recommended car driver reimbursement policy. Please remember that for insurance and liability reasons, Mountaineers trips begin and end at the trailhead. Carpooling is a voluntary service offered by and accepted by trip participants as private individuals. Trip leaders are not responsible for carpool arrangements; however, the leader may want to assist with carpool coordination by asking participants if they are willing to drive and relaying the information to the other participants.

TRAIL COURTESY: If your group is traveling on a narrow trail, please make it easy for other people or horseback riders to pass. Step aside quickly if your group is being overtaken. It is customary for the downhill hikers to step aside for the uphill hikers. When stepping aside, stand just off of the trail — do not walk along the side of the trail, which damages plants and causes erosion.

PACE: Once on the route, your constant challenge will be to keep the party moving and yet keep it together. When on a trail, it is the leader's option to keep the group close together or allow the group to spread out. Once the group leaves the trail, however, the group must be kept together. At rest stops, allow slower scramblers to rest after catching up with the faster ones.

GROUP AWARENESS: The stronger, more skilled and more fearless you are as a leader, the more sensitivity you need to develop toward those who are less fit, less experienced, and less confident. Be aware of the condition, skill, and confidence of all participants throughout the trip as these may change due to fatigue, weather, and the mix of personalities. Ask people how they are doing throughout the trip and modify the trip pace and route accordingly.

KICKING STEPS: Many trips involve kicking steps in the snow. This is considerable work for the first person in the line. Let students take a brief turn at this work so that everyone shares in this work. Sometimes a weaker member will stay out front too long. In a sensitive way, suggest that the time out front be short. Often there will be a few strong members who enjoy breaking the trail. It may take a disproportionate amount of leading by stronger members to reach the summit.

THE SUMMIT: If weather, mood, and space permits, plan to spend about an hour at the summit (or more if you and the group wants to). Let the scramblers enjoy the fruits of their labors. Encourage exploration of the vicinity, if it is not dangerous. If there is no space, or it is too windy, find a spot below the summit to rest and enjoy the views.

STUDENTS

Evaluations

Part of your job is to evaluate students of the snowshoeing or scrambling courses, and to provide feedback to participants, and the Scrambling Committee about unsafe or unfit students.

Teaching

Let students take an active role in route finding, kicking steps, discussions on scrambling techniques, etc. Encourage them not to get into a "guided tour" mentality. Have them use their compass and map to learn those skills in a real situation. Students learn by doing, not by being led. Make sure that they understand that the scramble is a *team* effort, particularly in route finding.

Share Information

Show people where hazards are and why you do things the way that you do. On changes of route or schedule, ask for other opinions. Involve everyone in route finding (would others know the route out if you were injured?). When it is safe you can delegate responsibility: have someone else count heads, ask someone to find the lunch spot, or on safe terrain, let others lead. The more you involve others in trip responsibility, sharing of opinions and developing a team, the fewer conflicts you will have and the less likely you will overlook a problem.

Risks and Exposure

Students may be quite uneasy about exposure. Be patient with them. Encourage them to try, but don't make the trip miserable or unsafe for them or the rest of the group, and don't force risks on others beyond what they are prepared to accept. Oftentimes, a scramble looks impossible from a distance. Explain this to those who are uncomfortable. Let them see the difficult sections up close. Turning the group around and ending the trip may be necessary in some cases.

Summiting

There may be considerable pressure from students to summit. If it is not safe, you have reached your turn-around time, or if the party is too tired, then you may have to disappoint them. Always remember that safety is the first priority!

GUIDELINES FOR EASIER TRIPS (Rated 1-2)

Pace

The leader should design the trip primarily to be a pleasurable, safe, and sociable experience. Keeping the group together is strongly advisable, because participants' abilities may vary widely. Slower scramblers might benefit from tips on scramble technique such as breathing and the rest step.

Rest Stops

On both the ascent and descent, space rest stops about an hour apart, allowing time for a drink and a snack. Stops should be brief — between 5 and 10 minutes. Other, briefer stops may be needed for clothing adjustments. Stopping places should offer a place to sit down plus some added attraction such as a sparkling stream or a beautiful view. If it is cold, find a sunny spot. If it is windy, look for a sheltered area. If you have allowed the group to spread out on a trip, ensure that the faster members wait until the slower scramblers have caught up *and* have had a chance to rest before leaving again.

GUIDELINES FOR MORE STRENUOUS TRIPS (Rated 3-5)

Co-Leader

Appoint a co-leader, someone who is strong, with whom you work well, and whose abilities you know. You want someone who can take over if you are incapacitated, and is patient enough to follow behind the stragglers.

Start and End Times

Consider how long it will take the group to ascend, stop at the summit, and descend. A rule of thumb is 1-1/2 miles plus 750 vertical feet per hour or for a strong group perhaps 2 miles plus 1,000 vertical feet per hour. Although some of you can handle 2000 vertical feet and 4 miles per hour, it is rare that your entire team can maintain such a pace. Add more time for special terrain problems such as bushwhacking, stream crossings, loose scree, or snow. Add even more time for route finding if you are not familiar with the route. Try to schedule some leeway before dark for route problems or emergencies. Far better to schedule an earlier turn-around time than plan to make it back to the trailhead at dusk *only* on the assumption that all will go well.

Your Own Readiness

You must be strong enough for the trip, with plenty of reserves to help others in an emergency. You must be familiar with map, compass, and route finding. You should have done several such trips before under similar conditions. You must be ready to lead, to make hard decisions with a clear head, and be constantly alert for problems.

Pace

Your constant challenge will be to keep the party moving. It is the leader's option to keep the group close together or allow the group to spread out. Make one stop early to remove excess clothing and adjust equipment. After that, try to keep stops not more often than one per hour. Though rest stops should be brief, encourage everyone to eat and drink.

Ropes

You may wish to carry a rope for use as a hand line on descents and as an aid in self-evacuation of slightly injured persons. Climb ropes are available by contacting the Equipment Custodian (see page 6).

Knowing When to Quit

Remember that Mountaineers scramble trips are *recreation*, not contests. The primary goal should be to come back safely. It's not worth racing a storm, flogging your stragglers, or risking rockfall to make the summit. When the leader feels the party must retreat, explain the reasons that led to the decision. Ask for thoughts and opinions from the group, but be prepared to make the decision yourself. That is your job and it should never be delegated.

CONSERVATION AND WILDERNESS GUIDELINES

The high country is a very fragile ecosystem, which does not have the capacity to re-vegetate quickly. Scrambling routes often go into these pristine areas, so we need to be particularly aware of our impact.

Wilderness Policy

In consideration of the wilderness and other wilderness users, no pets, firearms, radios or other entertainment devices are allowed on trips. Cellular phones and two-way radios are allowed, but should be turned off until needed. Groups in wilderness areas are strictly limited to no more than 12 participants. There may be substantial fines for larger size groups. Note the lower limit of eight for Everett scrambles. When possible, schedule your trip to avoid times of high use. Travel on durable surfaces (established trails, rock, gravel, dry grasses or snow when possible). Respect and protect wildlife — it is into their homes that we travel. Also, be considerate of other visitors.

Trails

Stay on trails wherever possible, or on obvious paths. If there is no trail, use the route least damaging to soil and vegetation (e.g. rocks, snow, and dry grass), and spread out the group to avoid long-term damage on the ground.

Camping

Camp at least 200 feet from water. Use a highly impacted site, do not sprawl your campsite out, and keep the damage in one area. Try not to camp on vegetation. Choose rocks, snow, sand, gravel, or hardpan. Leave no sign of your camp. Use a stove unless a life depends on using a fire.

Sanitation

Minimize the chance of water pollution and the spread of water-borne diseases such as giardia. Dispose of human waste at least 200 feet away from water, not in a drainage area affected by storm runoff, and above the spring runoff line. Wash your hands and dishes 200 feet away from water. Dig catholes 6 to 8 inches deep, and carry out TP and tampons in plastic bags. If you can't dig a cathole, pack out human waste. Pack out all litter.

EMERGENCY PROCEDURES

Leaders are required to report all incidents and accidents, minor and serious, to the Scrambling Committee. Use the trip report form (see page 21) and the MOFA Accident Report Form (see page 23). The Scrambling Committee and The Mountaineers will investigate all serious accidents. Reasons to report all accidents include insurance and liability reasons, as well as education. Accident information is shared with other leaders so that we may all learn from them.

Lost Scrambler

- Determine when/where the scrambler was last seen.
- Plan a search party. Determine the areas to be scouted and call loudly, or use whistles. You can choose to divide the group, but designate a leader in all new groups. Never send anyone out alone, nor leave anyone waiting alone while the group searches. Don't allow anyone to go home. You may need them later.
- Designate a time and place to reassemble all search groups whether or not the lost scrambler has been found.
- If, after this initial search, the scrambler is still lost, contact the local sheriff or park ranger. Remember that you have the best chance of finding a lost scrambler, as many agencies will not begin a search until a person has been gone for 24 hours.
- After the search has been initiated, immediately contact the Mountaineers via the Emergency pager (206-335-0566).

Minor Accidents

A "minor" accident is one that is successfully treated on the spot, does not require assistance in evacuation, and will not cause future complications. The leader should inform the Scramble Committee of the accident, no matter how minor, by sending a completed trip report Form.

Serious Accidents

A serious accident is one in which the injured party: 1) requires assistance back to the trailhead, or 2) requires assistance in evacuation, or 3) requires hospitalization, or 4) is treated by a medical professional, or 5) results in death. In the case of a serious accident, follow the procedures below.

FIRST AID: Remember the 7 steps from MOFA:

1. Take charge of the situation.
2. Approach the victim safely.
3. Perform emergency rescue and urgent first aid.
4. Protect the patient.
5. Check for other injuries.
6. Plan what to do.
7. Carry out the plan.

SELF-EVACUATION OR RESCUE: Determine if your group is able to self evacuate, or whether you will need help from Search and Rescue.

SEND FOR HELP: Use a cell phone if there is one available. If necessary, send two strong people who know the route back to get help. Be sure they have coins for the phone, and keys to a car (the persons going for help may not be the same persons who drove). They should mark the route for the rescue party if it may be confusing or darkness may fall. They should note terrain, distance, and time from the accident site to the road. Send the written accident report form with them to be sure that they can provide all the details about the accident, the victim's condition, and the group's resources. Even when using a cell phone, you may need to send two people to the trailhead to guide the rescuers.

CONTACT THE AUTHORITIES: Call 911 for County Sheriff in Washington State or a National Park Ranger. Give them the details of the accident, the victims, the weather and terrain conditions, the phone number and the location of the phone so they can meet you. Get the rescuers Name and Phone number. Stay at the phone and be prepared to lead the rescue team to the accident site.

NOTIFY THE MOUNTAINEERS: After assisting with evacuation and other urgent matters, notify the Committee Chair, and the Mountaineers Seattle clubhouse via the Mountaineers Emergency Pager 206-335-0566.

FILE TRIP REPORT FORM: Complete the trip report form and file it with the Committee within 10 days of the accident. Complete and detailed information about all accidents is important to evaluate the accident in case of a legal challenge. It also provides opportunities to examine the causes of accidents and design safety programs and policies to avoid them in the future.

EVERETT MOUNTAINEERS — SCRAMBLE TRIP CHECKLIST

Before the Trip

- Screen participants for fitness and technical capabilities.
 - Are you a member of the Mountaineers? Which Branch? How long?
 - When did you take the Climbing, Scramble or Snowshoe course? Are you a student?
 - How did you enjoy the course? Any problems?
 - Have you gone on Mountaineers trips before?
 - How long and how difficult were previous trips? (Compare with the scramble ratings for your trip.)
 - Are you aware of the distance, elevation gain, and difficulty rating of this trip?
 - Bring the 10 essentials and your ice axe.
 - Are you properly equipped for bad weather?
 - Do you have physical conditions or disabilities that may cause you or the group any problems?
 - Are you willing to drive and how many passengers can you take?
 - Discuss the meeting time and estimated time of return.
 - Remind drivers of the requirements for Trailhead, SnoPark and other permits.
 - Discuss any requirement for crampons or avalanche beacons, and discuss their use.
 - Discuss who may be driving so that carpooling arrangement may be made.
- Notify party members of any special equipment (crampons, beacons, shovels, helmets, overnight gear, etc.)
- Coordinate group gear (tents, stoves, rope, etc.)
- Register the trip with officials if necessary, and obtain permits.

At the Meeting Place

- Show up 15 minutes early at the meeting place.
- Check individual gear. Discretely turn away unprepared people.
- Conduct introductions. Find out who are students.
- Assess each party member's condition and skill level.
- Describe the trip and route conditions, potential problems, pace, side trails, special scenery, etc.
- Establish the trip philosophy (pace, breaks, etc.).
- Declare the turnaround time, and inform if you intend to return after dark.
- Assign an assistant leader, First Aid person (MOFA Leader), and rear guard.
- Determine medical conditions that may affect the trip.
- Ask who has extra gear, such as cell phone, GPS, beacon, altimeter, water filter etc.

After the Trip

- Make sure everyone has returned to the cars. (No one is to leave until everyone has returned to the trailhead.)
- Review any incidents.
- If a dinner/food stop is being planned, identify the restaurant and directions, etc.
- Make sure all cars start before leaving (including yours).
- Complete the Trip Report and send it to the Scrambling Committee Trip Coordinator within one week. This includes evaluating students. (The Trip Report is available in MS Word from the Committee.)

Alpine Scrambling Trip Report

Everett Mountaineers

Destination:	Date of Trip:
Map(s):	Scramble Rating:
Guidebook:	Summit Height:
Trailhead:	Elevation Gained:
Miles Round Trip:	

Leader: _____ Phone # _____ Email: _____

Driving Instructions:

Ascent Route:

Descent Route:

Weather conditions:

Trip Summary	From	To	Elapsed Times
	Carpool: am	Trailhead: am	hours
	Trail head: am	Summit: pm	hours
	Summit: pm	Trailhead: pm	hours

Overall Pace of Party: Leisurely Moderate Intense
 Steepness Can't Fall Could Fall Don't Fall
 Terrain Encountered: Rock Snow/ice Brush Other:
 Equipment Recommended: Hardhat Crampons Rope Snowshoes

Was a hand line used: **No** (If yes, describe circumstances):

Accident Involved: **No** (If yes, submit an accident report):

<u>Party Members</u>	<u>Phone</u>	<u>City</u>	<u>Student</u>	<u>Reached Destination</u>	<u>Adequately Prepared</u>	<u>Comments Below</u>
1)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w1)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w2)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w3)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Trip Comments:

Accident Report form Page 1

Report form follows, or can be found at the following address:

<http://www.mountaineerhikes.org/images/acc-rpt.pdf>

Note the following updated phone numbers which are not shown on the above pdf file, or on the form that follows. This is from the lower left corner of Side 2.

Glenn Eades, President, 425-885-3842

Ron Eng, President Elect, 206-547-16436

Sherri Chisarik, Scrambling Committee Chair, 425-438-9216

FIRST AID/ACCIDENT REPORT FORM

START HERE _____ **FINDINGS** _____ **FIRST AID GIVEN** _____

Airway, Breathing, Circulation
Initial Rapid Check
(Chest Wounds, Severe Bleeding)

ASK WHAT HAPPENED:

ASK WHERE IT HURTS:

TAKE PULSE & RESPIRATIONS	PULSE	RESPIRATIONS
HEAD - to - TOE EXAMINATION		
HEAD:	Scalp -- Wounds	
	Ears, Nose -- Fluids	
	Eyes -- Pupils	
	Jaw -- Stability	
	Mouth -- Wounds	
NECK:	Wounds, Deformity	
CHEST:	Movement, Symmetry	
ABDOMEN:	Wounds, Rigidity	
PELVIS:	Stability	
EXTREMITIES:	Wounds, Deformity Sensations & Movement Pulses Below Injury	
BACK:	Wounds, Deformity	
SKIN:	Color Temperature Moistness	

STATE OF CONSCIOUSNESS _____
PAIN (Location) _____
LOOK FOR MEDICAL ID TAG _____

ALLERGIES _____
VICTIM'S NAME _____
COMPLETED BY _____

AGE

DATE

TIME

RESCUE REQUEST

Fill Out One Form Per Victim

TIME OF INCIDENT AM	PM	DATE
NATURE OF INCIDENT		
<input type="checkbox"/> FALLON	<input type="checkbox"/> ROCK	<input type="checkbox"/> SNOW
<input type="checkbox"/> ILLNESS	<input type="checkbox"/> CREVASSE	<input type="checkbox"/> AVALANCHE
	EXCESSIVE	<input type="checkbox"/> HEAT
		<input type="checkbox"/> COLD

BRIEF DESCRIPTION OF INCIDENT

INJURIES (List Most Severe First)	FIRST AID GIVEN
SKIN TEMP./COLOR:	
STATE OF CONSCIOUSNESS:	
PAIN (Location)	

RECORD:

Time	Initial	When leave scene
Pulse		
Respiration		

VICTIM'S NAME	AGE
ADDRESS	
NOTIFY (Name)	
RELATIONSHIP	PHONE

OTHER COMMENTS:

DETACH HERE - SEND OUT WITH REQUEST FOR AID

TEAR HERE - KEEP THIS SECTION WITH THE VICTIM

APPENDICES

Backcountry Phone Numbers

SORRY, NOT AVAILABLE ON THIS ELECTRONIC VERSION

