

ACMG *News*

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ACMG News

"Remember what Bilbo used to say: 'It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to.'" — J.R.R. Tolkien

Editor-in-Chief: Shaun King

Managing Editor: Kyle Martin Jones

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Editorial Policy

The ACMG News attempts to print every submission that is believed to be of interest to the ACMG membership. This includes items that challenge the Association to examine its actions or direction. Articles that contain insulting or defamatory sections will be edited to remove those sections or not published at all. Technical articles are subject to review by the Technical Committee.

Article submissions and advertising information

Submission guidelines outlined on the ACMG members website.

Submit articles and ads to news@acmg.ca

Cover photo: A TRU student's first ice lead at Tangle Creek.

Photo: Shaun King



FOR THE MOST EXTREME CONDITIONS IN THE WORLD 

© Aaron Mulkey makes quick work of a mixed route in the backcountry of Ouray, CO. JEREMIAH WATT www.rab.uk.com @rabclimbing

President's Prattle

By Marc Ledwidge

It has been about a month since I took on this new role and am grateful for the support I received to do this. I hope I do not disappoint you, the membership. I decided to throw my hat in the ring of the board of directors at a time in my life after many years working in the public sector and during a transition to working in the private sector.

My professional life and my identity for most of my adult life have been defined by being an ACMG member. This association has done a lot for me and I would like to do the best I can to give back to it and you, its members. In my past workplace with Parks Canada I have been a relentless proponent of ACMG certification and high standards.

I have worked as a guide in Canada and internationally, been an instructor on certification courses for many years, been a mentor to candidates, and have sat on a number of ACMG committees.

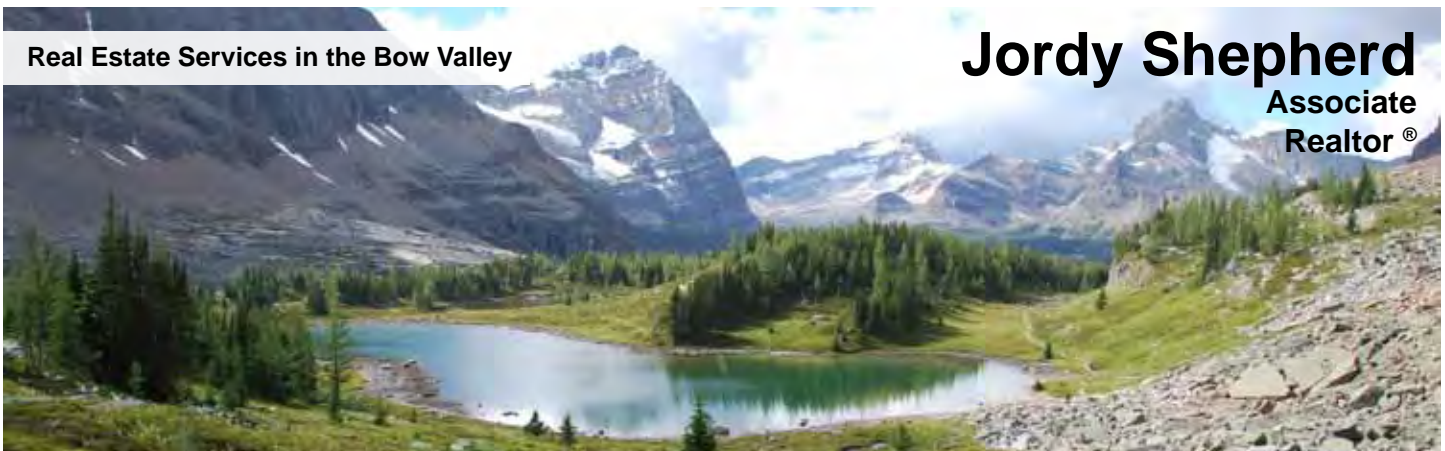
My vision as your President is to have ACMG certification and its accompanying scope of practice the recognized standard in Canada by land managers.

Parks Canada has recognized ACMG certification for guides operating on its land for decades. This is a legacy that Walter Perren started when he was hired by Parks in the 50s. The founding members of the ACMG, who we celebrated this fall, embraced this ideal when they founded this association 50 years ago. I want to take this ideal to the next step.

I have a pretty good track record of successfully navigating through government bureaucracy and achieving results. The President's job requires those skills. I am not a fence sitter. I try and get things done.

I have yet to become immersed with all of the business of our association so at this point have little to report. By the next newsletter, I hope to be able to give you more of an update. The people I have worked with in the past will attest to the fact that I tend to try and not be long winded so on that note I wish you all a safe and successful winter.

Marc Ledwidge



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Canadian Mountain and Ski Guide Program Update

By Dwayne Congdon

Limited SG Certificate Exam Spaces

There are more applicants for the 2014 Ski Guide certificate exams than there is available space. A similar situation occurred for the 2013 exams. The situation is partly the result of changes to ACMG policy regarding Apprentice Guides.

We are doing our best to accommodate as many applicants as possible, but the reality is that capacity is limited. As a result we are prioritizing placement based on the following criteria:

- Previous SG exam attempt
- Waitlisted for the 2013 SG exam
- Number of years since the applicant's ASG exam
- Marks from the applicants ASG exam (fewer substandard marks earns a placement)

We recognize that many applicants are frustrated and hope this situation will resolve in a couple of years.

Thanks

The following individuals and organizations deserve recognition for their recent operational support of CMSG courses and exams:

- Bruce Miller (Lake O'Hara Lodge)
- Mount Royal University (Climbing Gym) – Calgary
- The Rock Oasis (Climbing Gym) – Toronto
- Elevation Place – Canmore
- The Boulders (Climbing Gym) - Victoria

2013 Exam Pass Rates

Pass rates are posted here to allow ACMG members to monitor how effectively the CMSG program is preparing candidates to meet the ACMG exam standards.

Apprentice Ski Guide	19 of 24 passed	79%
Ski Guide	22 of 29 passed	76%
Assistant Hiking Guide	18 of 18 passed	100%
Hiking Guide	9 of 9 passed	100%
Apprentice Rock Guide	16 of 17 passed	94%
Rock Guide	0 of 2 passed	0%
Apprentice Alpine Guide	5 of 7 passed	71%
Alpine Guide	5 of 8 passed	62%
Top Rope Climbing Instructor	22 of 24 passed	92%
Climbing Gym Instructor 1	41 of 53 passed	77 %
Climbing Gym Instructor 2	16 of 17 passed	94%

Ski Skills Screening

Future Guide Training Skiing applicants who are unsure they meet the ski screening standard are encouraged to screen their ski skills prior to submitting an application. In 2014 ski screening is scheduled to take place on January 17 at two locations (Whistler and an Interior ski resort). Contact the CMSG program office for further details.

Guide Training Skiing applicants are also reminded that they are required to submit a ski video with their application. Conditions can be groomed or backcountry snow, but the video should provide clear evidence of the applicant's ski or riding ability.

CMSG Program Review

Given that it is almost 10 years since the ACMG and TRU collaborated to create the CMSG Program we feel it is an appropriate time to review the content and structure of each guide certificate to ensure we are providing relevant training delivered in the best manner possible. Specifically we want to ensure that each certificate:

- Is consistent with the ACMG Scope of Practice
- Meets industry needs

- Is up to date with current guiding practice and technical standards
- Is delivered in a manner that is as efficient and cost effective as possible

The review process will require that a working group consisting of the CMSG Program Coordinator, the ACMG Technical Director and a selection of course leaders and industry representatives will review each guiding specialization. Only one guiding certificate is reviewed at a time and each working group is tasked with recommending changes that are consistent with the above goals.

Significant changes are communicated to the ACMG Board of Directors and Technical Committee and the Adventure Studies Department at TRU. Not all recommendations will necessarily be implemented, however those deemed to be practical will be initiated at the start of the next training cycle for each guiding certificate.

The review is conducted with financial support from the ACMG and CMSG.

A review of the Rock and Alpine certificates has already been conducted (September 18 & 19) and the Ski Guide review will hopefully be conducted before the winter guiding season begins.

The working group that recently reviewed the Rock and Alpine Guide certificates did not recommend any major changes, but did make the following recommendations:

Changes to Guide Training Rock

- Add one day to the course to accommodate more training with multi-client rope applications.
- Place less emphasis on short roping applications; training should focus mainly on managing clients in simple 4th class terrain. (The bulk of short roping training occurs during Guide Training Alpine.)

Changes to the Apprentice Rock Guide Exam

- Shorten the overall exam length from 8 to 6 days and reduce the number of guiding assignments from 6 to 4.
- Guiding assignments should be conducted mainly at ratios of two candidates to one instructor to allow assessment of multi-client rope applications.
- Drop or reduce movement screening from the exam as it is already done during Guide Training Rock. (Candidates, however, will still have to demonstrate a minimum movement standard during guiding assignments.)
- Change the rock rescue exam from a memorized scenario to a demonstration of core rescue components. This means that each candidate will complete a different rescue scenario based on a set of core rescue skills.

Note: the shorter ARG exam will not necessarily be lower cost due to the higher instructor candidate ratio.

Changes to the Rock Guide Certificate Exam

- Revise the Rock Guide scope of practice; an ACMG task. (The working group felt that the current SOP is not consistent with the certificate's training and assessment standards, in particular with regards to alpine rock terrain and short roping applications.)
- Shorten the Rock Guide Certificate exam to mirror the ARG exam. (This is a reduction of one day.)


Changes to Guide Training Ice

- Lower the student-instructor ratio to accommodate more multi-client rope applications
- Drop one day from the course. (Instructional ice climbing workshop will instead be delivered as a video assignment.)

General Changes

- Work towards online delivery of course lectures and written exams where appropriate.
- Recommend the ACMG change the name of the Alpine Guide certificate to Climbing Guide certificate.

Dwayne Congdon is a Mountain Guide and Coordinator of the CMSG Program at Thompson Rivers University in Kamloops, BC.



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Technical Director's Report Fall 2013

By Marc Piché

Since the last issue of the ACMG News, the Technical Committee has continued to focus on tightening our technical governance with an emphasis on the continued communication and clarification of the numerous changes made in the last few years. We have also been engaged with stakeholders like WSBC to help them better understand our industry and ensure we are current with best practices in the workplace.

WorkSafe BC

WSBC 4.1.1 Avalanche

WorkSafe has been working on revising Part 4.1.1 which was shelved due to an inability to enforce because of challenges in the interpretation and enforcement. I attended two pre-consultation meetings this fall where WSBC introduced a new draft of 4.1.1. The proposed new regulation is currently much less prescriptive and easier to interpret. This proposal is still subject to public consultation and the ACMG will inform you of these opportunities when they arise.

WSBC 34 Rope Access

The deadline for online public review was pushed to October 31st and WorkSafe is very motivated to make sure that the majority of issues are addressed prior to the public hearings. A public hearing was held on November 27th and we will let the membership know of any proposed changes if they arise.

WSBC 8.11 Helmets

Please see clarification on helmet use in the "WSBC Workplace Helmet Use for Skiing" article in this edition of the ACMG News

TRU – Canadian Mountain and Ski Guide Program

The CMSG program at TRU continues to be proactive in its approach to delivering the best possible training and assessment program. Several initiatives are currently being worked on with a focus on helping candidates be more successful in this program. See the CMSG Update in this edition of the ACMG News for more info.

CMSG Program Audit

TRU and the ACMG are engaging in a course-by-course audit of each program in the CMSG. The process is to bring a small group of instructors and industry representatives together in order to assess the level at which it is meeting the needs of employers and the industry as a whole. The goal is to fill gaps without significantly increasing course cost or adding time. It became clear that in order to accomplish these goals, a great deal of material will need to be delivered to the students online prior to the course. TRU is looking at delivery methods and the ACMG TechFiles will become an important part of the curriculum.



CMMSG – Other Initiatives

1. We are working out the details of creating a ‘Winter Travel’ course as an upgrade accreditation for Hiking Guides to allow them to work in winter. This will be a more diligent way of delivering this accreditation than the current format of submitting an application.
2. TRU is slowly making the shift from ‘pre-course’ training delivered a few weeks prior to the final exam to an ‘upgrade’ where students are encouraged to attend the season prior. This will allow significantly more time to work on weaknesses before the exam while giving people the experience they may not be getting through work.
3. TRU and the ACMG are working on implementing a requirement for an updated personal resume for applicants to the final alpine and ski exams in an effort to motivate applicants to maintain or improve their personal skills prior to the exam.

TechFiles

As usual, this project is not moving as fast as it should. I have been working on creating a detailed table of contents to work from and Chris Miller has a number of TechFiles ready to go while he is waiting for me to complete one key document. Our focus will likely be shifting to enable the transition to pre-loading materials for courses in the rock and alpine programs.

Membership Reinstatements

We continue to field quite a few requests for reinstatement including a number from people who have been non-members for an extended period of time. We have created a document to help us be more consistent with this process.

Scope of Practice

SOP Infractions

Peter and I continue to proactively contact people about known SOP infractions. These are mainly related to supervision and are generally well received. There are a few cases in which members do not respond and require quite a bit of prodding. We continue to encourage you to contact either the Technical Director or the Executive Director if you have concerns about a member’s activities. It is in the best interest of our entire association that we hold ourselves, and our fellow members to the high standard for which we are known. We will endeavor to publish anonymous accounts of the issues we have addressed in the next issue of the ACMG News in an effort to help people better understand the Scope of Practice.

SOP Review

It has been just over one year since we finished the re-write of the Scope of Practice and we are preparing to undertake a review with possible implementation of revisions based on feedback from members and industry. Please contact me directly with any suggestions or concerns you have with the current SOP.

Apprentice Guide Timelines

We will be reminding people this winter that those who did an apprentice exam or failed a final exam in 2012 will be required to challenge their next exam before the end of 2015. A reminder this winter will give them one year to prepare.

RMGA (Russian Mountain Guides Association)

Since the spring BOD meeting, Keith Reid and I returned to Russia once to deliver a Guide Training Alpine course. In general the students’ skill level was variable with a few being very strong, some average and a few very weak. This winter will have two sets of courses, one combined avalanche/ski touring course in February and the first ski exam in April. We have secured some funding from Arc’teryx (through the IFMGA) and will be trying to bring a couple of the strongest students to Canada to observe our courses.

IFMGA

I attended the IFMGA meeting in Huaraz, Peru this fall and I am happy to report that this organization is on an energetic and proactive trajectory. There are a number of difficult questions being asked and several significant initiatives in progress. Numerous small group workshops were held addressing issues including illegal guiding, accepting new countries, partnering with other organizations like the UIMLA (Union of International Mountain Leaders Association) and the UIAA, future direction of the IFMGA Technical Commission and a few others. The purpose of the workshops was not to come up with solutions, but to determine direction.

Reciprocity

All ACMG members working in foreign countries (IFMGA or not) must work within their Scope of Practice and respect the local and national laws, cultures and guiding best practices. You are encouraged to contact the local guide association for information. Reciprocity, defined as “bringing your own clients to a foreign county for a short period of time” is a ‘gentleman’s agreement’ that in no way makes you immune from these laws.

Expeditions and Trekking Manual

The IFMGA Technical Subcommittee on Expeditions and Trekking has finished their manual and it is available under the resources section of the ACMG members' site. This is a great resource that we encourage all ACMG members doing this type of work to review.

IFMGA Website

The IFMGA's new website www.ivbv.info is a great resource for contacting foreign guides' associations and includes a growing list of requirements for guiding in specific countries. All IFMGA members can log in to the members site using information from their IFMGA card.

IFMGA Risk Management

Several initiatives are on the go with this committee with the most significant being that we are working on creating an international Informalex for sharing information both locally and with visiting guides. Canadian Guides are unique in the world in terms of their ability to work in teams and willingness to share information. Some of the other initiatives we are looking at are:

- Creating instructor hiring and training guidelines
- Creating guidelines for introducing guides' meetings and information exchanges in training programs
- Introducing a program that will encourage guides to communicate in European huts more consistently.

ISSW (International Snow Science Workshop)

I recently attended the ISSW in Grenoble, France on behalf of the IFMGA. This was the most science oriented ISSW I have attended, with fairly limited practitioner input. It seems the focus of the research world these days is on modelling of all types, but from what I could see, human decision makers won't be out of work for quite some time! One paper that is in the Resource section of the ACMG members' site addresses interference in avalanche transceiver use. I highly recommend reading it before your winter season starts.

The ISSW will be held in Banff in 2014 and the ACMG will be involved with the goal of increasing practitioner participation. See more details in Mary Clayton's ISSW 2014 article in this edition of the ACMG News.

Marc Piché, Mountain Guide and Technical Director, lives in Canmore, AB.



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International Snow and Safety Workshop ISSW 2014

By Mary Clayton

The pre-eminent conference for all things avalanche is coming at us soon. Banff, AB will be host to the ISSW 2014 from Sept 29 – Oct 3, gathering together some of the world's most prominent avalanche specialists.

After the ISSW 2012 in Anchorage, AK, Banff organizers surveyed those delegates to get some ideas on how to shape the 2014 conference. Out of the 278 responders, 77% said they wanted more presentations from practitioners. With that in mind, the Banff conference has made some special efforts for front-line workers.

The University of Calgary's Applied Snow & Avalanche Research Centre program under Bruce Jamieson, has offered to provide mentorship for practitioners who haven't presented at a scientific conference. There are certain guidelines that need to be met that can be intimidating for those of us without a science background. With help from Bruce and his colleagues, you'll learn how to submit an abstract, how to format your paper, and how to deliver a relevant and interesting presentation.

Another innovation from this conference is in the abstract submission process, with an additional level of scrutiny. All abstracts must include a description of how the presentation relates to practical avalanche work. In addition, all research presentations will wrap up by describing how the study applies to people in the field, or pose research questions that might support field work.

There will be daily panel discussions designed to stimulate debate about things that matter to front-line workers. Panel discussions are being organized by the ACMG, so you can be sure the topics will be relevant to you.

The conference will be held at the Banff Centre, which is making its entire campus available to the ISSW. The Centre is also offering well-priced on-site accommodation, which includes use of all the facilities. Abstract submission and conference registration will open in early 2014. There will be early-bird pricing so please register early.

On the organizing front, things are going well. Conference organizer Grant Statham reports the sponsor line-up is shaping up nicely, with TAS signed up as one of the title sponsors. Supporting sponsors so far are Arc'teryx, Wyssen Avalanche Control and Black Diamond/Pieps. TECTERRA, CIL Explosives and Osprey have signed as contributing sponsors. There's still room in all those categories for more sponsors, so expect to see more logos soon.

The ski patrol team at Lake Louise is feverishly organizing social events, and with Rocket Miller in the lead, you can be sure these will be memorable. The ski patrol team at Sunshine Village is organizing the mid-week field trips, and these are promising to be notable as well. With about 1000 delegates expected, the organizing committees have their hands full.

Like most things that are a lot of work, there's a lot of reward as well. The volunteer meetings are full of good energy, creative ideas and great people. The team is proud to be the host of ISSW 2014 and all are looking forward to showing off Banff, the Rockies, and the Canadian way of avalanche safety. More volunteers are always welcome and you can sign up online at issw2014.com. You can count on the Friday night after-party for organizers, staff and volunteers being well worth your efforts.

Mary Clayton is the Communications Director for the Canadian Avalanche Centre from Revelstoke, BC.

issw2014.com



ISSW 2014 Quick Facts

- Sept 29 – Oct 3, 2014
- [Issw2014.com](http://issw2014.com) is updated regularly, or you can sign up for updates
- Sign up on Facebook (International Snow Science Workshop 2014)
- Thursday night's banquet will feature Chris Stethem as the keynote speaker
- Diva Night at the Aurora on Sept 30 (men allowed after 9 pm)

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Skiier: Jessy / Hummer
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The Interpretive Guides Association

Accrediting Another Type of Hiking Guide

By Tracey Gage

Stemming from the ACMG's recent hiking guide focus group, the Interpretive Guides Association and the ACMG have begun conversations aimed at providing local businesses, guides and the public with a better understanding of what our respective organizations offer, as well as what our respective members are qualified to do.

Formerly known as Mountain Parks Heritage Interpretation Association, the IGA is a professional non-profit guide association representing and training accredited, Interpretive Hiking Guides. We provide a range of educational opportunities from a basic mountain parks cultural and natural history course, to a 2-day apprentice course and 5-day professional level course. Our professional level interpreters are recognized as true experts in their field by several interpretive associations in North America. It requires a great deal of dedication and hard work to attain an accreditation at this level.

We also offer a 2-day group management course that instructs interpreters on how to manage the safety aspects of terrain and to assess clients' abilities in various environments on low risk hikes. By combining the group management course with our apprentice or professional accreditations, a guide is allowed to take clients out on established hiking trails throughout the mountain parks. This course caters to younger, entry-level guides and older professionals retiring from careers as geologists, biologists, and teachers.

The main goal of our association is to establish and maintain high standards in heritage interpretation. We believe that meaningful and memorable experiences in Canada's parks can be fostered through the provision of high quality experiences by a professionally accredited interpreter. Interpreters weave natural and cultural history into engaging stories that help people connect to our mountain landscapes.

Like all professionals, interpretive guides need professional representation, accreditation and on-going opportunities for learning and discovery. The Interpretive Guides Association provides services that support guides and thus ensures visitors to the mountain parks have an enjoyable, safe and memorable experience.

The IGA was established in 1998 and we ran our first course in 1999. We have trained more than 4000 individuals since that date and presently have over 2500 active members within our association. You may be included in this number since many ACMG members are also IGA accredited.

If you want to learn more about us or would like to participate in our courses or professional development opportunities please visit our website at www.interpretiveguides.org or email us at info@interpretiveguides.org.

Tracey Gage is the Executive Director of the Interpretive Guides Association.

WSBC Guideline G8.11 (2)-2

Workplace Helmet Use For Skiing

By Marc Piché

On August 1st, 2013 WorkSafe BC (WSBC) added a specific guideline for wearing helmets while working on skis. This guideline (see link at the end) was created in the wake of incident reports affecting ski resorts. While WSBC did consult the Canada West Ski Area Association, neither the CAA nor the Association of Canadian Mountain Guides were involved in the creation of this guideline. Below we outline the implications of the regulation and attempt to contextualize how it applies to non-mechanized ski environments.

It is important to recognize that the regulation requiring helmet use where workers face hazards in the workplace has not changed. It has existed for several years, although our industry has widely failed to apply it. The 'guideline' was created to help the members in the ski industry understand and implement the 'regulation' in their workplace. This WSBC regulation, like all others, has always applied to all employees and contractors working in British Columbia. Section 8.11 (see link at the end) of the Occupational Health and Safety (OHS) Regulation states in part:

(1) Safety headgear must be worn by a worker in any work area where there is a danger of head injury from falling, flying or thrown objects, or other harmful contacts.

While OHS Regulation 8.11 has not changed, its guideline - G8.11(2)-2 Activity Specific Safety Headgear was revised on August 1st, 2013 to include skiing related work. The element of the guideline that has caused some confusion so far relates to the use of the words "sliding activities". A literal interpretation would result in the assumption that whenever a worker is 'sliding' on snow, they must wear a helmet. The Guideline states:

The requirement for safety headgear arises whenever there is a danger of head injury from any "harmful contacts." Work activities performed while engaging in alpine, or downhill, skiing or snowboarding present a danger of harmful contacts. These harmful contacts include possible contact with the ground, moving or stationary objects, and other persons. Accordingly, all workers engaged in sliding activities must wear safety headgear.

CAA Executive Director Joe Obad and ACMG Technical Director Marc Piché contacted the WSBC Regional Director responsible for implementation of the enforcement strategy regarding ski helmets. WSBC clarified the difference between a regulation and a guideline and emphasized that the guideline is merely a tool to help the industry interpret the regulation.

When do workers need to wear helmets?

WSBC is familiar with the level of assessment of judgement ACMG members have undergone and feel comfortable that we will be able to make reasonable decisions based on the following question: Is there a 'danger of head injury from falling, flying or thrown objects, or other harmful contacts'. If the answer is 'yes', then you should be wearing a helmet.

Is it likely that you could suffer a head injury while skinning up a 20-degree slope? No. How about boot packing up a chute with steep rock walls on both sides? Yes. Skiing through dense forest at 40 kph? Yes. Working around a helicopter? Yes. Every case will be different and you will need to use your best judgement to make the decision.

The CAA and the ACMG recommend that all members working in British Columbia read regulation 8.11 and guideline 8.11(2)-2 thoroughly. The regulation applies to employers, employees and contractors working in British Columbia. Sole proprietors are exempt if they do not pay WSBC premiums.

This is a good reminder that workers are required to comply with all occupational health and safety regulations within their jurisdictions regardless of whether or not their specific activity is mentioned. It is the responsibility of employers and employees to ensure they have thoroughly reviewed and understand the regulations and how they apply to their work.

Exemptions

Section 8.3(2) of the Regulation states:

If the use of personal protective equipment creates hazards equal to or greater than those its use is intended to prevent, alternative personal protective equipment must be used or other appropriate measures must be taken.

The risk assessment involved in making this decision should be presented to your local WSBC inspector and the alternate 'appropriate measures' should be approved ahead of time.

The following is a list of acceptable helmet standards:
CE-EN1077 Helmets for alpine skiers and snowboarders - Class A or Class B

ASTM F2040 Helmets Used for Recreational Snow Sports
Snell RS-98 Protective Headgear for Recreational Skiing and Snowboarding

We requested that WSBC assess whether or not they would accept the use of 'mountaineering helmets' (UIAA 106/EN 12492) for ski mountaineering. However, until we hear otherwise, only the helmet standards listed above are considered acceptable.

Please contact Marc Piché if you have any questions.

Email: td@acmg.ca Phone: 403.678.7350

Links:

[Regulation Part 8.11 www2.worksafebc.com/publications/ohsregulation/part8.asp](http://www2.worksafebc.com/publications/ohsregulation/part8.asp)

[Guideline G8.11 \(2\)-2 www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart8.asp#SectionNumber:G8.11_2-2](http://www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart8.asp#SectionNumber:G8.11_2-2)

Marc Piché, Mountain Guide and Technical Director, lives in Canmore, AB.



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Josh Wharton stems his way up the Greenwood-Locke on the North Face of Mt. Temple in the Canadian Rockies. This route capped an impressive trip to the Rockies for Wharton with ascents of Mt. Chephren and Mt. Robson. MIKEY SCHAEFER © 2013 Patagonia, Inc.

Lake Louise, Sunshine, Banff & Area Ski Touring Guide

By Shaun King

In their quest to become THE source for backcountry skiing route info in Canada, BackcountrySkiingCanada.com has launched their 3rd guide book (the first two covering the West Kootenays and Whistler).

The project's intent was to cover 17 meat and potatoes slack or backcountry areas in and around the Bow Valley's big ski resorts, as well as a sampling of popular routes in Kootenay Park and up the Icefields Parkway.

The pack friendly, 40 page book covers a total of 29 routes laid out on 4 area maps.

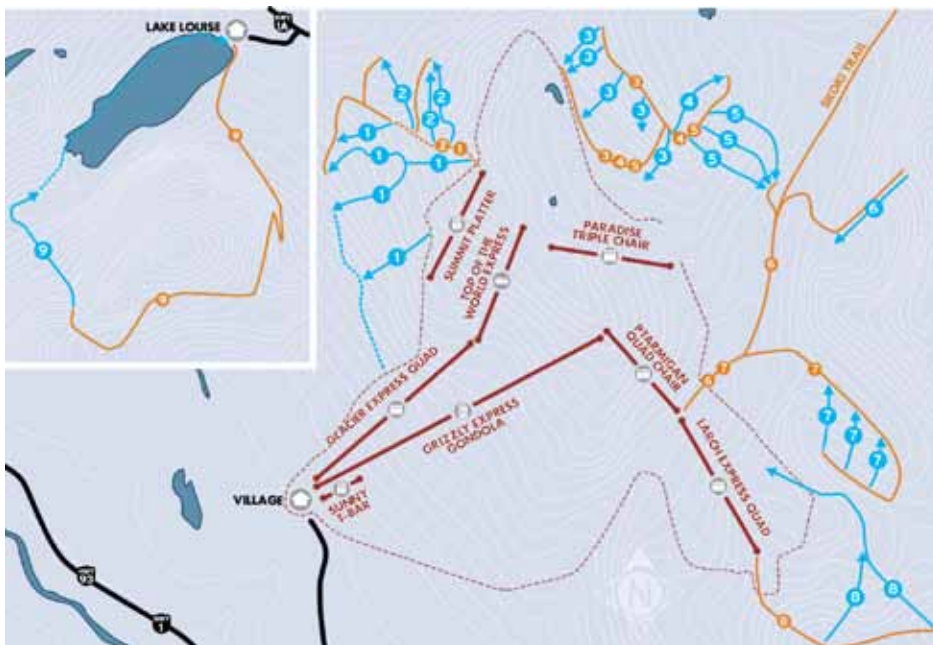
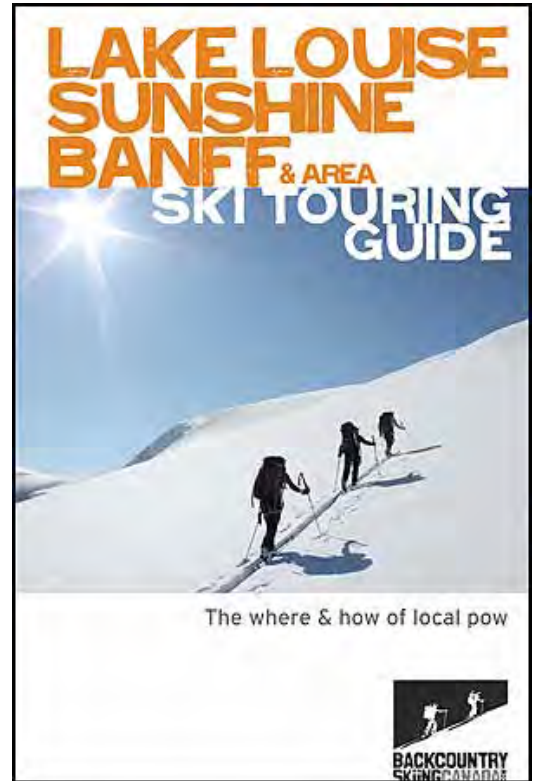
Each route includes:

- An overview terrain photo (larger versions available online)
- Access, parking, chairlift or skiable runs
- NTS map reference and marked up and down tracks on the overview map
- Round trip times
- Elevation Gain
- ATES Rating
- Detailed route description with individual run names, an outline of hazardous areas and key landmarks

The book is authored by Mountain Guide Shaun King with input from key personnel at both ski resorts and Mountain Parks Visitor Safety Specialists. It retails for \$16.95, but ACMG Members are offered the wholesale price of \$10.25 + GST.

The book makes a great stocking stuffer for friends and family and can be purchased at the wholesale price in Canmore from Shaun (250-509-0461, info@mountainsense.ca) or by mail to other locations through Brad Steel (info@backcountryskiingcanada.com)

Shaun King is a Mountain Guide and editor of the ACMG News from Canmore, AB.



Lake Louise Overview Map

New Wapta Icefields Map

By Mark Klassen



I would like to introduce the Summits and Icefields Map: Wapta Icefields and Bow Summit. This marked route map and mini-guide is meant for skiers and climbers travelling on the Wapta Icefields and in the Bow Summit area of the Canadian Rockies, in both winter and summer. It was prepared by ski touring guidebook writers Mark Klassen and Chic Scott (Summits & Icefields Volumes 1 & 2), and cartographer TJ Neault, all of whom are ACMG guides.

The map is very similar to the classic map Murray Toft published in the past, which is now out of print. It is also similar to John Baldwin's maps of the Whistler area. There is a topographical map on one side and photos and route descriptions on the other. The map will be a good teaching tool as well, with simple route plans that accompany photographs showing crux and hazardous areas.

Some features of the new map include:

- Waterproof and tear resistant Yupo paper, dimensions 24" x 32"
- 1:50,000 scale, with 20 m contours
- Up-to-date glaciation dataset
- The map extends from Mt Patterson in the north to Cathedral Mtn in the south, and from Collie Creek and Amiskwi River in the west to Mt Hector in the east
- Marked route lines of all corresponding trips mentioned in the Summits and Icefields Volume 1 ski touring guidebook

On the reverse side is the mini-guide:

- A 1:20,000 scale map of the Balfour High Col area
- 13 colour photographs with marked route lines
- Mini route descriptions and route plans

The maps are available to ACMG members on pro-deal. Go to the members' website to order.

Mark Klassen is a Mountain Guide from Banff, AB.



Balfour Hut to Balfour High Col. The crux area involves steep slopes, crevasses and serac hazards.

BALFOUR HUT TO BALFOUR HIGH COL

(photo and map left)

This section is perhaps the crux of the Wapta Traverse. Getting to the high col is a fantastic and challenging day in the alpine that requires good decision-making and hazard management. Approaching the glacier from the moraines at its north end is the lowest angled option to start the day. Early morning sun can cause instabilities on the slopes above this route. The high col is more a shoulder than a col and can be difficult to find in poor visibility. Make sure not to drift too far to the east.

ROUTE PLAN

4.75 km/550 m uphill

HAZARDS

Steep moraine slopes
Overhead hazard from east facing slopes and cornices
Large crevasses
Overhead icefall hazard
Challenging whiteout navigation

WAYPOINTS AND ELEVATIONS

Balfour Hut: 537400 E 5715800 N, 2470 m
North end of moraines: 536600 E 5715400 N, 2430 m
Below nunatak (rock cliff): 537800 E 5713700 N, 2600 m
Above nunatak: 537800 E 5713100 N, 2860 m
Balfour High Col: 538300 E 5712200 N, 3000 m

Spotlight on ACMG Members

With the hundreds of members we have in our association it is no surprise that some of them are doing some pretty incredible things. “Spotlight on ACMG Members” is a new, recurring section in the ACMG News designed specifically to showcase our members and the interesting things they are doing.

If you have a story to share about a fellow member or members that we should be proud of, please contact the Editor-in-Chief of the ACMG News, Shaun King at news@acmg.ca by June 1, 2014 for the summer edition of the ACMG News.

Jen Olson in 2014 Sochi Olympics

By Lilla Molnar

The 2014 Winter Olympics will be held in Sochi, Russia and ACMG member Jen Olson will be there representing Canada. It is the first time mixed climbing will be included in the games as a “cultural event” and also the first time an ACMG member will participate in an Olympic Games (from what I could determine).

Jen competed in three World Cup ice climbing events last winter in South Korea, Switzerland and Italy. Her experience on the World Cup circuit and the fact that she is a mountain guide helped her to get selected to the Canadian team. The competition at the Olympics will entail a qualifying round from which 18 competitors will make the semi-finals and 8 will go on to the finals. The routes will be onsighted as all climbers must remain in isolation until it is their turn to compete.

This is a big competition season for Jen and in addition to the Olympics Jen will compete in 5 World Cup events as well as 3 independent competitions in North America. Jen is training with the help of Rob Pizem, a strength and conditioning coach in Colorado, and learning lots from other more experienced competitive ice climbers like Josh Wharton and Gord McArthur (Jen’s teammate on the Canadian Olympic team).

This year Jen hopes to use the lessons from her previous experiences, which include believing in her strength, learning not to trust all the ice holds and conserving more energy in the isolation areas. Jen has several sponsors, but she is working hard to fundraise \$30,000 to achieve her goal. The airfare alone will cost \$12,000 for a travel itinerary that looks like this:

Bozeman, Montana	December 13-15, 2013
Ouray, Colorado	January 10-12, 2014
Busteni, Romania	January 16-18, 2014
Saas Fee, Switzerland	January 24-25, 2014
Champagny en Vanoise, France	Jan.31- Feb.1, 2014
Rabenstein, Italy	February 7-9, 2014
Sochi, Russia	February 13-23, 2014
Ufa, Russia	February 28, 2014

If you would like to donate to Jen’s Olympic fund or see her video, which educates Canadians about competitive ice climbing, check out:

www.indiegogo.com/projects/ice-climbing-at-sochi-olympics-2014

Lilla Molnar is a Mountain Guide from Canmore, AB.



Jen reaching for the tricky spinning barrel at Bozeman in 2012. Photo Claudia Lopez

First North American Woman to Climb M12

By Sarah Hueniken

Editor's Note: In the spring of 2013 ACMG member Sarah Hueniken became the first North American woman to attain the mixed rock and ice grade of M12 without the use of heel spurs. Sarah's rapid rise through the "M" grades have garnered much attention and earned her an invite to the 2014 Sochi Winter Olympics where mixed climbing will first appear as a Cultural Event.

I remember seeing a short video 10 years ago of Will Gadd and Ben Firth climbing a mixed route called Musashi. It was the hardest mixed route in Canada. At the time, I had no intention of following them, but apparently a seed was planted.

I had been sitting at home, wondering if there was an equation to this climbing obsession that had me close to a depressed state. I needed a fix. A new goal to plant its seed in my heart and send me down the path of truly "wanting" again.

The seed is planted: My first spray ice

Last year at Helmcken Falls I experienced my first spray ice - basically thick icicle strands formed on a wall from the spray of a waterfall. I had no idea how to climb upside down, and although it fascinated me, I was also frustrated because of my lack of experience. Deep inside I knew I could be strong enough, but I didn't have the experience to trust myself. I made it a goal, with my friend John Freeman, to train at home on mixed climbs and the splice (artificial plastic ice) to prepare for spray ice the next year. That was the seed.

Setting down roots: Practicing mixed climbs

In the fall, I started pushing myself at the "Playground", a dry-tooling crag near Canmore. I had been there several times before, but always climbed the same easy routes. Mixed climbing had been a fun way to get a good pump when rock season was done, but I had always been scared of it. Tools unexpectedly popping and never knowing what you were actually hanging on to felt foreign and uncomfortable. But my new goal gave me focus and a new reason to get over my fears.

My first climb was Swiss Cheese, an M9 or something like that, that involved a bit of upside-down climbing. Thanks to talented and motivated friends like Gord and John, who were doing laps on Swiss Cheese (climbing up and down as if it were a well-endowed maple tree) I was able to tick this goal off quickly.

The next logical step to cave climbing here in Canmore was Caveman, a famous M10 in Haffner Cave. It involved a bit more technical, upside-down climbing, and was more sustained with a finish that scared me. But John sent it and shortly afterward so did I. My seed had sprouted some roots.

A growing goal: Neolithic (M11)

Excited from sending Caveman, I started to believe I liked mixed climbing and set my sights on Neolithic, an M11 in the same area that John had moved on to. This climb, however, didn't just involve straightforward figure-9s and 4s. It involved a huge wingspan move, followed by the feet cutting out and a tricky tool retrieval.

My little seedling of a goal was rapidly shooting skyward.

It's simply a matter of time.



Photo: Jason Hummel.



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Spotlight on ACMG members

I felt if I could unlock the mystery of the swing/tool-retrieval move, I could hold on for the send. This turned out to be true one day while climbing with Will Gadd. He was training for the Bozeman Ice Festival and climbed all the routes in the cave that day. Inspired, I held on to the swing and finished Neolithic.

Sprouting branches: Pushing the limits in Bozeman, Montana

In Bozeman, I was fortunate to have a couple of extra days to climb and test gear with my sponsor Outdoor Research. We sessioned Northwest Passage, a fun M11 in the Bingo Cave. On the third go, with much help from cheering peers, I held on through the shaky slab finish and clipped the chains.

Coming home from Bozeman, I was still stoked about the potential of climbing spray ice. I ventured to the Cineplex Cave to try Musashi, an M12. This had never my goal. But without even realizing it, my tree had sprouted limbs.

Growing tough bark: Pushing past obstacles

The winter was full of ups and downs. Torn intercostal muscles, work and other personal issues saw the tree that had grown from my seed start to wither and lose leaves, eventually growing some tough bark to withstand exterior forces.

I tried to keep nurturing the goal, going for runs, hanging on the tools, trying to stay positive. When your goal gets this big, your investment and time put in have to match the desire. The tree required much more than the seed did.

I drove the two hours out to the Cineplex several times last winter. Few people wanted to try a climb like this, so finding like-minded belayers was no easy task. But part of me knew, since my first visit there, that this was possible for me. So I kept watering my struggling tree.

Last April, my axes finally hit the ice at the end of Musashi and I fulfilled my goal! A mixture of relief, happiness and anticlimactic realization overcame me. The fear of this exact moment is what almost prevented it from happening. Often the best way for me to finish a goal is to have another one waiting, and thankfully the thought of warm rock was a strong draw.

Fertilizing a new seed: What's next?

But what do I do now that my tree has bloomed and lost its leaves? Winter was over, mixed climbing was pretty much done, and mentally, so was I. There was sadness in seeing my goal slowly decompose. Somehow I needed to take all those branches, leaves, limbs and weathered bark and let them fertilize a new seed, allowing the life cycle of my goal to complete itself. So I raked the leaves into a big pile in the hopes that they would feed the soil of a future seed. And the search begins...

Sarah Hueniken is an Alpine Guide from Canmore, AB. At the time of writing it is uncertain whether she will be able to attend the Sochi Olympics, but keep watch as the new seedling unfolds...



Sarah Hueniken on Musashi (M12) at the Cineplex. Photo Rafal Andronowski

Sepp Renner's 50th Assiniboine Climb

By Natalie Renner

As mountain people we all feel a special connection to a certain place. That combination of beauty and grandeur that makes us smile and be glad that we have been lucky enough to return to it. Sepp and Barb Renner are lucky to have made their living in such a place for the past 30 years. Assiniboine Lodge has been a tremendously successful business, an unparalleled daycare for the Renner offspring, and a place where long lasting friendships have begun.

Each change in the season at Assiniboine brings a different feeling. Sepp knows where the sun sets in October, and which day in April matches the same spot.

Over all of this Mount Assiniboine has presided - its beautiful symmetry, jewel box glacier and shimmering lake draw your eye to its upper slopes. As many know, that is where you often run into Sepp. He first took me up when I was 11 and his patient, calm and swift short roping took me to the summit and back to the lodge with no meltdown. Now that is guiding!

He first climbed Assiniboine in 1968 when he was 22 years old. He had seen a picture of it while in Switzerland and found an American client who wished to go up. Later on he wanted to take his wife, Barb up. He was already climbing it with a client from the lodge, so after summiting with him he then went to the Hind Hut to get Barb and go up again! Apparently it wasn't romantic, as it was a bit rushed.

A slower trip was when he took up a double amputee who had two prosthetics. They had to bivi out that night and as Sepp was digging a ledge his client protested that he was making it too long, to save work he would take off his prosthetics!

Sepp usually makes at least one summit a year, usually in the best conditions, taking staff or close friends up the sharp ridge. He has taken all of his children and is looking forward to taking his grandchildren up when they are ready. To him, the mountain is a special place and anyone who climbs it will feel its magic in their hearts.

This summer Sepp summited Assiniboine twice. Once was with his good friend Jamie Mackie. He knew that he was close to summiting it 50 times and over a glass of scotch he tallied up the climbs to realize that his next trip would be 50th! A beautiful weather forecast and perfect climbing conditions beckoned. He decided to take up two lodge staff, Heather and Jose. They left the lodge at 5am and watched the sunrise from the Gmoser highway. They summited at 11am and were back for the guides meeting at 4:30pm. It was a beautiful day in the mountains.

How lucky are we to be able to love where we are and what we do? Ask Seppi Renner. You might find him above the red band on Assiniboine, happily sitting in the sun with a friend.

Natalie Renner (Sepp's proud daughter) is a Ski Guide from Canmore, AB.



Sepp Renner was recently inducted as an Honorary Member for his outstanding contributions to the ACMG at the AGM in Canmore. Photo Jordy Shepherd

The Outward Bound Veteran's Program

By Marc D'Astous

In these Mountains I have found peace.

We have been walking uphill since before daybreak, sweating now and alone in our thoughts. Soon the sun will rise over the prairies and we will be treated to a first light ceremony on top of Mount Yamnuska. This is the last day of the course and we have set up this morning activity the evening prior. Veterans have been asked to think of someone they have lost and dedicate the week to them. I have had a few brothers on my mind during the climb; the ones that never treated me like the "new guy" when I came to the regiment but as an equal who had earned his place amongst modern warriors.

The program is best described as an adventure-based resiliency and transition program for ill and injured veterans. An Outward Bound course involves taking small groups (called patrols) of participants into unfamiliar, often wilderness, settings with highly trained instructors. Veterans undertake a series of activities designed to teach new skills, set and work towards common objectives, build teamwork and group cohesion, face and overcome challenges, and participate in progressively deeper personal and group reflection sessions. The positive impacts of an Outward Bound course have been extensively researched and documented. The goal of the courses is to help participating veterans build a supportive community with other war veterans; to facilitate discussions on readjustment and transition challenges; and to re-energize and reinvigorate veterans' spirits with adventures and challenges in the outdoors. For many participants it is also a gateway to other programs and treatment options.

Outward Bound was developed in 1941 as a resiliency program for young British service personnel. The program used a combination of adventure training, personal and team development and community service to help young sailors build the inner resources necessary to survive arduous wartime challenges. The program proved to have far-reaching benefits and since the Second World War, Outward Bound schools have been established in 40 countries around the world. The impact of Outward Bound on outdoor and adventure education has been profound and most of the leading organizations and initiatives in this field have either emerged directly from, or were strongly influenced by, Outward Bound.

Outward Bound Canada began operations in 1969, and over the past 40 years we have graduated more than 150,000 alumni through our courses. Headquartered in Ontario, it maintains year round and seasonal operations in British Columbia, Alberta, Ontario, the Maritimes and the Arctic.

In 1975, Outward Bound began offering specialized programs for military veterans in the USA. Among them were therapeutic programs for veterans diagnosed with Post Traumatic Stress Disorder (PTSD) and short courses designed to support healthy transition and reintegration for combat vet-



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erans. Outward Bound USA currently offers wilderness courses exclusively for veterans of the Iraq and Afghanistan conflicts.

Outward Bound Canada's Veteran's program was established in 2009 with the help of three young Afghan war veterans. I was one of those veterans lucky enough to work with the military post-retirement as a ski instructor. I was able to see the need for this type of programming while spending time with the soldiers in the mountains conducting skiing and avalanche rescue training.

The sun is now cresting to the east and alpenglow illuminates the faces of my fellow warriors. It will be an emotional sharing circle for all, myself included. By dedicating our week together to our fallen brothers and sisters we will get a chance to release some of the energy around these combat experiences and start the healing process.

Outward Bound Veteran Stats:

- 82% of veteran participants had been deployed on international tours, 27% self-reported as having mental health issues, while 82% identified as having transition issues.
- 90% of veteran participants experienced significant changes to their quality of life post course.

Canadian Armed Forces.

- 39,000+ Canadians have served in Afghanistan since 2002.
- 30% experience PTSD or have an operational stress injury after deployment

Other ACMG members working on the Outward Bound Canada Veteran's Program:

Brent Peters – Alpine Guide

Ken Wylie – Mountain Guide

Martha McCallum – Hiking Guide

Brian Spear – Rock Guide

Mark Miller – Hiking Guide, Climbing Gym Instructor 1, Top Rope Climbing Instructor

Greg Yavorsky – Mountain Guide



**Left to right in the Outward Bound uniform:
ACMG members Marc D'Astous, Brian Spear and Brent Peters.**

Marc D'Astous is a veteran of the war in Afghanistan. He served with the 3rd Battalion of the Princess Patricia's Canadian Light Infantry. He has been involved with Outward Bound Canada's Veteran's program since 2009, and is now the program's manager. His work helping veterans heal and transition to civilian life has earned him the Queens Diamond Jubilee Medal in 2012. He is an ACMG Top Rope Climbing Instructor.

Bound For Banff

By Susan Oakey-Baker

The Banff Mountain Film and Book Festival started more than 35 years ago as something to do in the off-season, between climbing and skiing. Some mountain types got together to show some films, over beers.

Now it attracts thousands of people and hosts world-renowned authors, filmmakers, adventurers and explorers such as Reinhold Messner, Jon Krakauer, Lynn Hill, Maria Coffey and Greg Child.

My husband Joe and I packed our truck, loaded our dog and son, and headed east through bursting autumn colours to Banff, to attend the festival for the first time. When we checked into the Banff Centre, I thought “I could do a lot of creating here”. Forest, deer, snow-capped peaks, crisp air. Cool place.



Author Susan Oakey-Baker (right) with Cecilie Skog. Photo Joe Baker

In the Max Bell Auditorium, I listened to David Roberts describe Douglas Mawson’s hard-to-believe Antarctic exploration in the early twentieth century during which the soles of Mawson’s feet detached. In the next presentation, the audience giggled when Lisa Baile showed naked pictures of legendary Coast mountain explorer John Clarke “crack” climbing. I marveled at the photo of Cecilie Skog’s anorexic-looking body, after an 1800 km ski across Antarctica. Through all of the presentations, a common thread emerged: a love of adventure.

I skipped lunch and roamed over the pages of words I might say, as I waited to present my new book. I wondered if I would take people out of their comfort zone.

I stood on the same stage that my late husband, Jim Haberl, had stood on almost 20 years ago when he presented his book “K2, Dreams and Reality.” My slides came alive on the screen: mountains, rivers, oceans and friends. Jim and I explored the wilderness together, all over the world. It was there, out of my comfort zone, vulnerable, that I felt closest to life and to him.

When Jim was killed, I faced my hardest test of survival. I faced my most vulnerable self.

The audience listened for 45 minutes as I detailed my journey through grief. Sometimes they laughed.

I tried to answer the question, “Was it worth the risk loving Jim, a mountaineer?”

To be vulnerable, to venture out of one’s comfort zone, to live wholeheartedly in spite of the uncertainty of life, is absolutely worth the risk. Living with your whole heart is the only way to truly survive.

To finish my presentation, I described how my husband, Joe, and I and our 7 year-old son, Sam, went wilderness camping just a few weeks ago. Sam scrambled up the rocks, jumped over logs and said, “I love this world. This is the best hike ever. It’s risk. It’s freedom. There are no signs.”

Susan Oakey-Baker is an ACMG Hiking Guide and the author of Finding Jim, published by Rocky Mountain Books October 2013 (see [Facebook page Susan Oakey-Baker](#)).

New Honorary Members

Walter Perren

The father of modern mountain rescue in Canada's National Parks. Legend tells that as soon as Walter Perren arrived in 1950 at Lake Louise after the long trip from Switzerland, he stepped off the train and "stretched his legs" with a climb of the needles between Mt White and Mt Niblock.

Perren came from a famous family of Swiss mountain guides in Zermatt, home village of the legendary Matterhorn that he climbed not less than 140 times. After his contract with CPR ended in the autumn of 1954, Perren stayed in Banff with his family. By February 1955, he received an offer to work for the Canadian National Parks Service.

Under Perren, mountain rescue as an integral component of the warden function had begun. Eventually, Perren became the Chief Warden of Mountaineering Services, a position that soon after evolved into the roles of the National Parks Alpine Specialists. He pioneered the use of the helicopter as an aid for transport in rescues and instituted the technical rope and cable systems that form the basis of today's system.

Walter is credited with proposing the formation of the ACMG. In 2013 he was posthumously elected an Honorary Member.



Sepp Renner



Growing up in Andermatt, 100 km NE of Switzerland's Matterhorn - to which Mt Assiniboine is frequently compared - Sepp Renner devoured Jack London's books and dreamed of coming to Canada, the land of adventure. With help from his uncle who was a professional Mountain Guide, Sepp earned his Swiss Mountain Guide licence.

For 14 winters he guided for Canadian Mountain Holidays and helped pioneer heli-skiing and ski touring in Canada. Then in 1983 seeking a more family-friendly environment, he took over the management of Assiniboine Lodge.

Barb and Sepp Renner operated Assiniboine Lodge for over 30 years. This became his stomping ground, the place where he raised his family and where he truly felt at home. Sepp is a grandpa, philosopher, storyteller and your ultimate guide.

Sepp has spent a lifetime of guiding in the mountains. With complete contentment, ease of movement and passion for the mountains still pouring out of him, he embodies what it is to be a Mountain Guide.

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Jordan Manley

Going Platinum

By Marc Piché

The ACMG's success as a respected and internationally recognized association is directly related to thousands of hours of hard, insightful work. Over the course of its 50 year history, the ACMG has relied on generations of dedicated individuals to navigate through the challenges of constant evolution and growth.

Although hundreds of people have contributed to this success, few have done so long enough to be chosen for the Platinum Distinguished Service Award. Platinum, the most esteemed of the service awards, requires a minimum of 11 years of service to the ACMG professional community and brings with it a special pin and an exemption from paying dues.

When I joined the ACMG as a Day Hiking Guide in 1996, the names Colin Zacharias and Chris Miller had already long been legendary in all aspects of the association. In my journey through the certification process I was lucky to have had them as instructors on nearly every course and several years later, when I started working as an instructor, I had the privilege of learning from them again. Involved in the training and assessment of guides for nearly half of the existence of the ACMG, it is safe to say that the majority of our membership has learned from and been influenced by these guys at some point in time.

Nearly every time I tie into a rope, I flash back momentarily to Chris teaching me the importance of doing it so that it looked professional every time. Chris's consistent, methodical and professional approach to everything he does has raised the bar for professionalism in all facets of the ACMG and the industries related to it. Still working as a CMSG instructor, ACMG Webmaster, TechFile creator, Chair of the Awards Committee and always the first one to show up and last to leave any ACMG event, Chris continues to set the standard.

The name Colin Zacharias is known throughout the world of mountain professionals as someone who has been at the forefront of risk management education and training for many years. Greatly responsible for the creation of our current training program, Colin has been a link between the ACMG and various other associations and industries, both in Canada and around the world. A member of the Technical Committee for roughly 20 years and Technical Director close to half of that, Colin has influenced every aspect of where we are today.

Marc Piché, Mountain Guide and Technical Director, lives in Canmore, AB.



Colin Zacharias. Photo Joe Royer



Chris Miller. Photo Jordy Shepher

Distinguished Service

A Golden Award for Keith Reid

By Peter Tucker

Perhaps gold isn't as rare as platinum, but it certainly is flashier. That kind of sums up how I see the work of past president, Keith Reid, who received a Gold Distinguished Service Award at this year's Annual General Meeting in Canmore.

When Scott Davis stepped down as President in 2009, we were in a bit of a jam. Nobody had offered to step up in his place and we all knew what could happen to an association without an El Jefe. Though he felt as though he wasn't ready for such a role, Keith decided to take the hit for the team and he was voted in as President.

I suspect that Keith thought he would only be the chief for a couple of years. However, as time went on, he discovered that his abilities as a natural leader were significant enough to help make a difference for the association. With him as President, the ACMG took the final key steps toward self-regulation, committees were revamped to become more effective and long-standing technical issues were resolved. More than anything, though, Keith believed strongly that the association should be more inclusive of all categories of member. As a Mountain Guide, he understood the possibilities of leveraging everyone's strengths, regardless of certification.

Now that he has more free time, Keith will focus on his guiding career and family, but will always play some exciting role in the advancement of the ACMG. Maybe you recall the MEC summer 1987 catalogue cover, showing someone in wild yellow tights sending the Split Pillar on the Chief. Like I said - flashier than platinum.

Peter Tucker, your Executive Director, lives in Bragg Creek, AB.



Former Past President Scott Davis (right) presents Keith Reid the Gold Distinguished Service Award at the fall AGM. Photo Jordy Shepherd

New Mountain Guides



New Mountain Guides (left to right) James Madden, Matt Mueller, Ian Jackson, Fred Amyot, Darek Glowacki and Tim McAllister. Photo Jordy Shepherd

Thank You ACMG!

I would like to thank the ACMG for supporting me through the Guide Assistance Fund / Simon Parboosingh fund this past summer. In February 2013, I was injured in a paragliding accident and was not able to work for six months. Although I did carry wage loss insurance, there was an unfortunate exclusion for all things flying. Needless to say, the financial support of the ACMG was a big help in getting through this time.

On top of this, there are many people and organizations who I can't thank enough: K-Country Search and Rescue and Alpine Helicopters for getting to me quickly at the crash site, STARS for the flight to Calgary, Canadian Mountain Holidays for their tireless, generous and extensive support, everyone at the Bugaboos Lodge for giving me a great place to rest and recover, the kind and patient doctors and nurses at the Canmore Hospital and Foothills Hospital, the pros at Rocky Mountain Rehab and Active Motion Physio, and Cindy Jagger for donating her time to put me through the paces in the weight room. Until you are in a situation like this, it's hard to imagine how much the support of friends and family means and I am grateful to everyone who came to the hospital or sent healing vibes my way.

See you on the slopes - Andrew Wexler

Andrew Wexler, a Mountain Guide from Canmore, AB is seen here above the Glacier de Bossons in Chamonix, France.



Helmets and Mechanized Skiing

Moving Forward with WSBC's New Regulation

By Matt Peter

Having done a recent CPD presentation on this topic, I was asked (tasked!) with writing a brief article to broaden our reach in an effort to help folks make the transition to mandatory helmet use when ski guiding in BC. This article will focus on the specifics of incorporating helmet use into mechanized ski guiding. I will begin with the story of my personal experience with helmet use in mechanized skiing, and follow with some practical information that may help ease the transition period.

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INSIDE OUTSIDE

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First off, some context. What I am really speaking to are the challenges of helmet use in heli ski guiding. Simply put, wearing a helmet cat ski guiding does not increase the logistical challenges of the job, or require any special attention/mitigation. However, wearing a helmet around or in the helicopter does add to the logistics of the job as “traditional” hearing protection and headsets don't necessarily work. Cat ski guides need to find a helmet that fits, performs well and looks good, while heli ski guides require a few more layers of adjustment.

Onto my story...

I learned to ski to become a Mountain Guide. My mountain background is firmly rooted in climbing. As I transitioned from waterfall climbing/guiding to skiing it only made sense to wear a helmet. It was already my norm across all of my climbing disciplines and (let's be honest here) there was clearly a safety issue in my early years on the sticks!! My first ski guiding work was tail guiding at a cat ski operation, and I wore my helmet there without any real consideration.

When I passed the Assistant Ski Guide Exam (now the Apprentice Exam) I was fortunate to have opportunities to work for several heli ski operations along with my original cat skiing employer. I was on a steep learning curve going heli ski guiding, and I was eager to shine. Wearing my helmet proved somewhat logistically challenging, but not insurmountable. However, that piece of plastic on my head certainly made it difficult to fit in (and I'm not talking about the helicopter!). It was “suggested” that I stop wearing my helmet. The increase in logistical challenges diluting my ability to focus on guiding being cited as one issue, as well as the guests' perception of “incompetence/low confidence”. I shelved it without too much pressure.

Fast forward 8 years. March 20, 2009 is a date that some (many??) of you may remember. Three separate accidents involving working guides that resulted in serious injury occurred on that day. The world fell apart...

I was caught in a size 2.0 avalanche while heli ski guiding. I had decided not to ski a short, steep roll but the roll pulled below me and stepped back into the gentle terrain I was using to end run the steeper slope. The terrain was heavily forested, and I was strained through the trees.

I was the only person involved, and came to rest on the surface about 50 feet from a reasonable landing

spot. The best estimate is that it took 40 minutes from the time of the accident to landing at the hospital in Revelstoke. I arrived with a blood pressure of 50 over 30 (due to volemic shock from blood loss), they quickly stabilized my condition and I was flown to Kamloops; the closest hospital with neurosurgery. I was kept in an induced coma for a week or so as they monitored my intracranial pressure. Final diagnosis; torn knee ligaments (all of them) broken femur, broken humerus, basal skull fracture, 60-70 scalp stitches and a few less teeth.

Here's an email sent to me (March 23) from one of the guests I was guiding that day:

Hi Matt,

Greetings from Prague.

It was a good fall you took there and we all hope you are recovering well. Ilya told us you were much improved on Friday night.

Once you are back on form we hope you will do the right thing and give yourself a penalty Jaegermeister for not wearing a helmet!

Other than Friday we all had a great time.

All the best, Robert.



Site of the accident. Photo Andy Freeland



A view up towards the crown showing the tree spacing that I "flowed" through.
Photo Andy Freeland

Many layers of recovery ensued. Different surgeries, physiotherapies and cognitive treatments wore through the remainder (or bulk of!) 2009. Early in 2010 I climbed back into the helicopter, this time wearing a shiny new lid. Obviously, wearing a helmet would not have prevented my accident, but consensus among my medical team (of which there were many) was that it would have helped immensely. I came dangerously close to dying from blood loss, and the only lacerations I had were to my scalp ... that alone is reason enough.

So how do we make helmets work for heli ski guides? I have tried lots of different combos as part of my learning curve, and can group helmet use into 3 broad categories: helmet off AROUND the machine, helmet off IN the machine and helmet ON always.

1. Helmet off AROUND the Machine

- The helmet is removed on the approach to the machine (or on the pickup if the machine has yet to arrive)
- The helmet is loaded with the Guide's pack
- This method requires little change from "the norm". Standard Peltor hearing protection can be used and there are no challenges with the headset. This method has the user wearing the helmet over the normal hat/goggle combo while skiing (thin hat required).
- The downside is adding another "thing" that requires management around the machine at a time that is already quite busy/complicated. As well, you're constantly putting on a cold, snowy helmet!!

2. Helmet off IN the Machine

- Requires helmet compatible hearing protection for working around the machine (more on this later)
- Helmet is removed once in the helicopter, so no challenges with headset use. If you want to keep your goggles on, then the helmet is worn over a hat/goggle combo (as in #1). If you're okay taking off the goggles, then they can be attached to the helmet and everything comes off once you're in the co-pilot seat.

- Downsides include losing time typically spent scoping your next line, talking to your team, lead guide or the pilot
- If you constantly take your goggles off and on you risk a lens fogging fiasco
- Goggles off on sunny days can be debilitating!

3. Helmet ON Always

- Requires helmet compatible hearing protection for working around the machine (more on this later)

- Requires wearing the headset upside down or behind the head to work around the helmet
- Downsides include using different tools or standard tools in different ways ... the reality is this method looks the same as “helmet-less” guiding, but requires an old dog to learn a new trick
- Major upside is that you have head protection in and around the machine (which can be one of the more hazardous parts of the job)

Issues – Hearing Protection

- Peltor makes a “behind the head” model that works reasonable well. The unit relies on the cups sitting on/over the ears ... not quite as effective as the standard band, but tolerable. Thick hats exacerbate this issue, as do small ears!
- In ear (framed or strung) protection works well. Standard deci-damps mounted on half-circle plastic frames that sit comfortably around the neck when not in use are effective. Custom molded, in-ear protection that are on strings are the gold standard. Some models have canals that allow for sound transmission; you get protection from the high decibel rotor noise but can leave the protection in and hear comfortably with a headset.

Issues – Headset Use

- Headsets can be flipped upside down (tuck the “hat-band” into your collar) or worn behind the head
- A simple modification to the headset that moves the hat-band 90 degrees back looks promising. The headset is worn with the band behind the head (similar to the helmet compatible Peltor). Thanks to John at Whistler Heli-Skiing for sharing this modification.



Headset modification for use with helmet.
Photo courtesy of John Furneaux

Issues – Comfort/Usability

- There are 2 schools of thought – super light helmets with limited functions and full featured models
- Light helmets are ...light, but may have limited ventilation and features
- Full featured models have better ventilation and easier adjustments (typically)
- Irrespective, I would recommend models with removable ears ... get rid of anything that impedes hearing your guests while out skiing

My Setup

- Smith Variant – full featured helmet with lots of ventilation and easy adjustment if I change the thickness of my under layer
- Huge brim – fantastic for keeping goggles clean and dry
- I keep my helmet ON, using behind the head Peltors around the machine and the headset upside down once I’m inside.
- Wearing a helmet is far and away the best thing for keeping dry when it’s dumping!

Recommendations

- Full Featured – Smith Vantage, Salomon Prophet Custom Air
- Lightweight – Smith Maze, Salomon Hacker

The Future

The buzz is all about having an integrated audio setup built into our helmets. While cool, this may not be super practical ... time will tell. The reality is that what is currently available works just fine and simply takes a bit of getting used to. To be honest, having gone through the learning curve (which was short and uneventful) I don’t ever think about my helmet anymore. It’s a part of my guiding gear, just like my transceiver and skis.

And an added bonus is now I fit in with my group, as opposed to being the only one in the helicopter NOT wearing a helmet!

Matt Peter is a Mountain Guide from Kimberly, BC.

Everything You Ever Wanted to Know About a SPAW

By Mary Clayton

From time to time, forecasters at the Canadian Avalanche Centre (CAC) determine that the risk of an avalanche accident is elevated and decide to issue a Special Public Avalanche Warning (SPAW). As many may already know, risk is not the same as danger. Risk is a combination of hazard (in this case avalanches), vulnerability, and exposure. Communicating risk, especially to a broad recreational audience over large regions, is an ambitious undertaking. Getting it right is a challenge.

Our SPAWs are not intended for professionals and commercial operations. In fact, much of the data we use to assess the need for a special warning comes from these operations. Avalanche professionals, more than anyone, are aware of the problem. However, there is still some confusion and misunderstandings in the professional community about what a SPAW is, when/why it's issued, and what its intent is. This article is intended to help professionals learn about the CAC's SPAWs and let you know how you can help the forecasters determine if a SPAW is called for.

There are two key points to keep in mind with our SPAWs. The first: our target audience is backcountry users who are relatively untrained and unaware, and not regular or knowledgeable users of our forecasts. This is not to say that knowledgeable users get no benefit from a SPAW. For those with experience, a SPAW offers a heads up that we are concerned about something unusual in the snowpack and the details are in the forecast.

The second point is that we are conveying a message that danger ratings alone cannot convey. We know from surveys that unaware and untrained users tend to base their decisions on the danger rating only. Danger ratings are based on very specific parameters as defined in the North American Danger Scale. Certain criteria have to be met before we can assign one of those colours or words to a given area. For instance, a high danger rating requires that natural avalanches are occurring on a fairly widespread basis.

However, as all of us know, there are times in most winters when the danger rating—in isolation—does not accurately reflect the potential for an avalanche. Here's an example:

There is a persistent surface hoar layer below treeline that has adjusted to existing conditions and is not active. A recent small storm has improved riding conditions but this minor additional loading has brought that surface hoar layer to the tipping point. Few naturals are running and the danger rating is at considerable. The weather looks good for the coming long weekend.

When a non-obvious or hidden hazard like this exists, some backcountry users have a much different perception of the problem than the forecasters (and often the professional community). The decision to issue a SPAW in this scenario depends on factors likely to cause vulnerable people to be exposed to the hazard—and increase their risk. These additional factors include things like riding conditions. When conditions have been poor and are about to improve, people are more likely to go out and perhaps tackle terrain that is too aggressive for the given conditions. Another factor is timing. It's no coincidence that most SPAWs are issued for weekends or holiday periods, as this is when more people are out in the mountains.



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The combination of a significant avalanche problem not accurately communicated by the danger rating, and the increased likelihood of exposure owing to human factors of demand and timing, tip the balance in favour of a SPAW. Not because our forecasts lack the information people need, but because we know there are still backcountry users who do not consult the bulletins, who tend to go into the mountains without doing much in the way of planning, preparation, or risk management, and who may not even be aware that the CAC exists.

The SPAW process was first developed shortly after the CAC was born back in 2004. The Operations Manager at the time, John Kelly, identified the need to reach out to backcountry users who were not using our website. He and I worked together to develop a strategy to solicit the media coverage that we still use today. By issuing a press release and giving interviews, we are able to broadcast our warning to reach people who may not otherwise have been drawn to read the bulletin.

Every SPAW is in the form of a news release, where we first define the geographical and temporal extent of our warning—where does it apply and for how long? We then define the situation in quotable language. There is no technical jargon, no crystal definitions, just simple messages delivered in a (hopefully) memorable way. The final part of the formula is to provide information that clearly defines ways to decrease risk. From the top to the bottom, we stress that these warnings are for recreational backcountry users.

In recent years, the CAC forecasting and communications teams have developed a well-defined set of criteria that need to be taken into account when considering a SPAW. We assess both physical conditions and human components of decision-making when determining whether a SPAW is warranted. Pent-up demand due to previous poor weather or poor riding conditions, along with a good weather forecast, improved riding conditions, decreasing danger ratings, a weekend, long weekend, or holiday period, and tricky, non-obvious conditions can create the “perfect storm” for avalanche accidents. This would be a classic scenario in which we would issue a SPAW.

When considering a SPAW, forecasters consult the professional community to gather information and solicit opinions. They do this by direct calls to local practitioners, via InfoEx, and most recently through the ACMG’s Informalex. In this way, the forecasters provide the professional community with a heads up that a SPAW is being considered, discuss the reasoning, suggest the warning’s spatial and temporal extent, and ask for feedback.

While we have no empirical measure to determine the success of our SPAWs (it’s difficult to quantify accidents avoided) we feel we are on the right track based on input from our target audience and their loved ones. Emergency Management BC also believes in the process and supports our efforts. At the end of the day, if we can influence one more backcountry user to pay attention to the bulletin, or maybe even take an AST course, we call that an accomplishment.

Mary Clayton is the Communications Director for the Canadian Avalanche Centre from Revelstoke, BC.

You Can Help

Input from avalanche professionals is always welcome. Here are some ways you can help:

- Familiarize yourself with the criteria for issuing a SPAW. Think about the conditions from the perspective of our target audience—an unaware, untrained user.
- Send information to forecaster@avalanche.ca that might help the forecasters develop a better picture of local conditions in your area.
- Let the forecasters know what you think about the spatial and temporal extent for the planned SPAW.
- Offer your opinion about whether the interests of public safety will be enhanced by a SPAW.

Please feel free to contact the forecasting office directly if you have questions or concerns. Contact details for the person to talk to is usually included in the heads up message. You can also call the forecasting office at 250-837-6405 and ask to speak to the manager on duty or the Senior Forecaster working on the SPAW.

Trip Planning for Garmin GPS Units with Google Earth

By Tom Wolfe

Editor's note: At the October CPD sessions Tom Wolfe presented on this excellent topic which I asked him to recreate for the ACMG News so that all our members could benefit from some high end navigational techniques using the latest technologies.

Google Earth is an accurate and precise route planning tool that, like Ozi Explorer or Garmin's Basecamp, is as easy as point and click but with the benefits of 3D View and many additional features. The great thing about Google Earth for guides is that it's easy to use, not to mention free, and most of us already use it extensively for scoping out areas. Transferring this pre-trip planning data conveniently to a Garmin GPS unit is the next step.

Using Google Earth for GPS route planning is especially useful for situations such as onsite navigation in complicated terrain (e.g. downhill ski guiding) or full whiteout navigation (traverses across icefields). Crevasses and cliff bands can be avoided and direct navigation to hidden gullies or notches becomes possible. Old school "handrailing" becomes "virtually" obsolete. Precise navigation that is remarkably close to best-case, good visibility navigation becomes possible in zero visibility.

The major disadvantages with Google Earth have to do with the representation of elevation data. Groundcover representation has been getting better and better over the years as sharper satellite imagery becomes available. The underlying digital elevation data, however, is computer processed from relatively raw NRCAN sources. The way elevation is represented through "3D" satellite imagery (as opposed to contour lines) on a 2D screen gives at best a rough idea of the steepness of slopes, and is often wildly inaccurate. Using overlays of topo maps in Google Earth helps overcome this limitation; I'll discuss this technique briefly below.

The end result of using Google Earth as a trip planning tool is a route plan that will be much more useful than one created with Canadian 1:50,000 topographic maps (NTS or Toporama) alone, even with the help of 2D tools like Basecamp or older programs like Ozi Explorer.

This article assumes:

- You have a Garmin GPS
- You have installed the latest version of Base camp. Go to Garmin's site to make sure before trying anything in this article.
- You have installed the latest version of Google Earth.
- You have solid basic computer file management skills
- You know how to create and organise your paths with Google Earth
- You will create overlay topographic map sheets in Google Earth using Topofusion

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Making Google Earth and your GPS talk to each other

Google Earth packages geospatial data in our discussion “Paths”, in a file format ending in “.kml” or “.kmz”. While Garmin GPS units can read .kml files for some purposes, you need to convert the “.kml” file into something the GPS can apply to “Tracks” for navigational purposes. Fortunately, the latest version of Garmin’s Basecamp (which they offer as a free download since it only works with their GPS units) does this very well. Basecamp is like Ozi Explorer on steroids. Its simple interface belies its power. I will only cover a very small part of its capabilities here.

How to export and share Paths from Google Earth as .kml or .kmz files

Right-click on Path (either 3D View or Sidebar list), “Save Place As”, select “.kml” or “.kmz” -- Basecamp supports both formats. As an aside, the resulting .kml/.kmz file can now be emailed to other people or posted (in an Informalex report for example).

How to import your Google Earth Paths into Basecamp’s Tracks

Open Basecamp. Create a new working Folder in the “My Collection” folder. Then: File > Import into “My Collection”; browse for your .kml file; import. This imports your .kml Path into Basecamp as a “Track”. Cool!

Using paths (aka tracks) with Garmin GPS

After you have imported your GE (Google Earth) paths into Basecamp, you are ready to export them to your GPS. Click on the track you wish to export; Click on Send to GPS button (top toolbar)

Importing GPS data into Google Earth

Basecamp can export tracks as Google Earth .kml files. Do this from the top menu: File > Export > Export ‘name of Track’; select “.kml” as your export format. Open this new file with GE.

Viewing your GPS tracks with Google Earth or Basecamp

When you get home from a trip, it’s good to pull up your GPS tracks and waypoints and finesse them so that you have better data for your next trip there. To do this you need to know how to import your GPS unit’s data into your computer. Both Google Earth and Basecamp do this very well.

Basecamp is the best way to do this. Plug your GPS in and click the “Receive from Device” button (or Device > Receive From Device from the top menu). Your GPS data will appear in the folder list on the left. You can now export it as a .kml file and open the resulting file with Google Earth.

Google Earth will open native Garmin GPS files without going through Basecamp but it’s a bit more complicated. When you plug your GPS into a USB port on your computer it appears as a USB hard drive. Browse to the subfolder Garmin/GPX and look around for your track. Tracks are sorted by date and by name (whatever you called your track should make it pretty obvious). Double-click on the file, which has a .gpx extension, and Google Earth will open and a pop-up box will ask you to confirm (if it doesn’t, just open the file directly from Google Earth). Click OK; your track will now appear as a GE path under “Temporary Places” where you can do with it what you will.

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Installing Topo Maps onto your Computer and Garmin GPS

Garmin's proprietary maps cost about \$130 and may be purchased online. You can also get high quality Canadian topo maps based on the latest CanVec elevation models from Ibycus which is available free of charge. Both are computer generated from NRCAN data with little or no human editing; it's important to realise this before relying on them for navigation; it's always important to have a quality paper map for reference.

Downloading Ibycus Topo free from the net requires use of a bittorrent client, which is a bit of a pain. So, I've also temporarily put these files -- for both Windows and Mac -- on my web server. Go to <http://sawback.com/gps> and follow the links. I've password protected this folder as follows, user: acmg, password: cpd. Once you've downloaded the .iso (Windows) or .dmg (Mac), install the software onto your computer as per usual.

Once installed, you will now be able to upload the maps onto your GPS and computer using the "MapInstall" program which comes with the latest version of Basecamp, and these topo maps will also be available on Basecamp via the map select pulldown menu at the top of the program window.

Creating Topo Map Overlays

Topofusion is a good tool for creating topo map overlays in Google Earth. I've put an example for the Burnie Glacier area up on my web server, <http://sawback.com/gps> under the file name ACMG_CPD_Complete_Files.kmz. A free version -- with watermarks blocking some of the imagery -- is available so you can try it out to see if it's worth paying for the full version. I've included a link to the free version along with the other software on my web page.

Topofusion can act as a standalone GPS program like Basecamp or Ozi. It is far more versatile and powerful than Ozi, and its selection of turn-key map imagery (via the Web Map Service protocol, WMS) is much more impressive and better quality than Basecamp. A complete how-to is given on my web page.

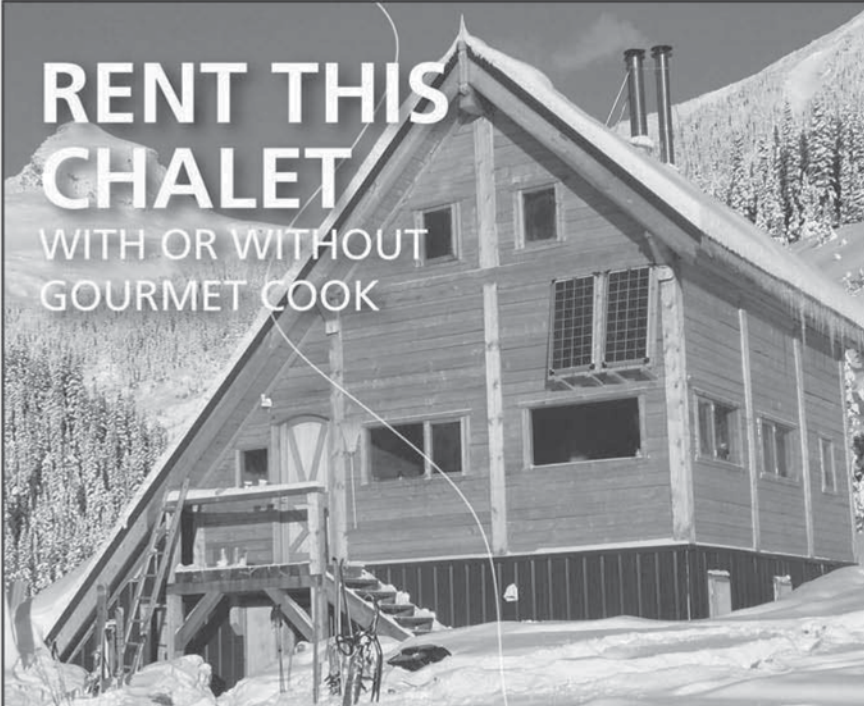
Google Earth and WMS

Google earth can also act as a crude Web Map Service (WMS) client. You can use this service to generate topo map overlays into Google Earth. It's not perfect yet, but you can play with it and see if you like it. I've put a link to a how-to on my web page.

Basecamp

To finish off, I should make a short sales pitch for Basecamp despite the fact I've only touched on it. It is Garmin's full-fledged GPS management software solution and it's worth learning how to use. For a \$20/year subscription you can access their Birdseye imagery, which includes topo map and satellite imagery which I imagine comes via WMS like almost every other GIS product on the planet these days. Unfortunately their satellite imagery still leaves much to be desired. However, managing the data on your GPS -- which so easily becomes a rats nest of jumbled waypoints and tracks -- is incredibly slick once you figure out how its somewhat non-intuitive folder system works.


Tom Wolfe is a Mountain Guide from Canmore, AB.




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Climbing Injuries in the Upper Extremities – Part 1

Story and Anatomy Photos by Barb Clemes

Gym Photos by Joe Buszowski

Editor's Note: As we roll into the prime season for indoor gym climbing, you might find yourself more susceptible to injuries incurred during intense training sessions either due to trauma or repetitive strain. Physical Therapist and former competitive climber Barb Clemes explains some common injuries.

Traumatic injuries

These are only mentioned briefly here as this article will mainly discuss overuse injuries. The exception is in the hands where some of the injuries are so specific to climbing that they are worth some added attention.

Traumatic injuries include the obvious impact injuries from falls (calcaneal and talus - heel bones, and lower leg fractures) and dislocations of shoulders and the frequent but unique injuries to tendons, pulleys and ligaments of the fingers.

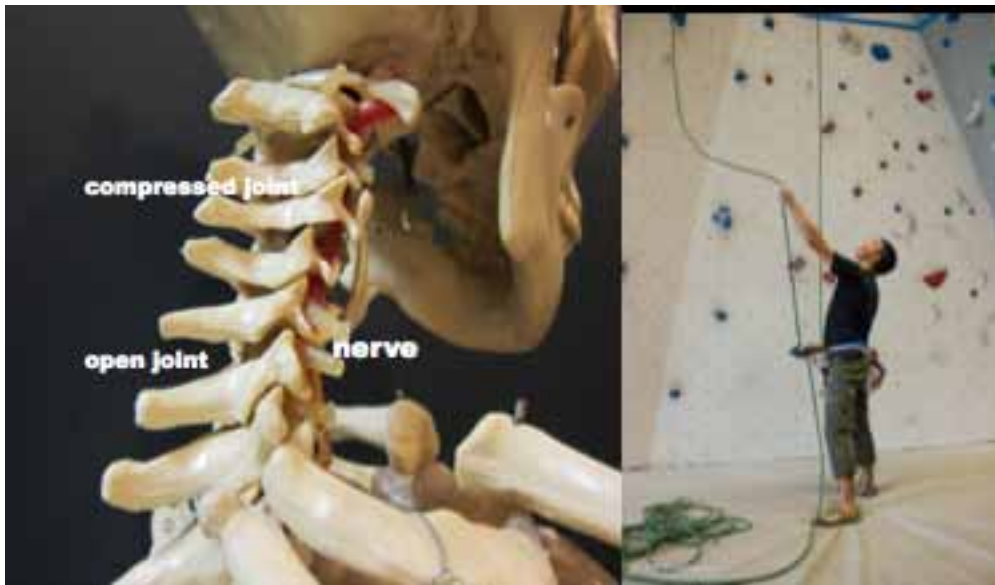
Overuse Injuries

These are often preventable and considered to come from repeated microtrauma in amounts that the body cannot completely heal on an ongoing basis. Acute injuries with inflammatory responses would be called 'itis' like tendonitis. More ongoing injuries with proliferation of type 3 collagen (scarring) and disorganized cell matrix would have the ending 'osis' like tendonosis. Larger tears can leave you with a torn muscle/tendon that could need surgery.

Note the "fun tests" included are not diagnostic, but quick indicators of compromised postures, muscle lengths or dysfunction.

The Neck

Issues - looking up to belay or climb, chin pokes out and compresses vertebra in the middle of the neck (hyperextension). This can irritate the joint surfaces and surrounding soft tissues which when inflamed can cause pain directly from that tissue (muscles, ligaments, capsules) or irritate the nerve and compromise the target tissue that the nerves go to.



Quick Fun Tests

1. Press your lower back flat against a wall and pull your shoulders back to touch the wall. You should be able to get your hands, shoulders, lower back, and the back of your head against the wall without tilting your head to look up.
2. Slump and poke your chin forward and feel down the back of your neck. Feel where it hinges, then pull your chin in and feel greater length (less compression) through the neck.
3. In the same slumped position compare lifting arms up overhead, to repeating while standing more erect. The slumped position creates more compression and irritation in the shoulder with repeated microtrauma.
4. While sitting, where would a plumb line from your chin drop to? Your crotch? That would increase your risk for shoulder and neck issues. Your sternum (breast bone) would be a safer position.

Prevention

- Belay glasses
- Move farther back to belay when it is appropriate and safe
- Change your neck position more often
- Keep your upper and mid back mobile (and even a little help from the low back) to help assist with looking up
- Monitor habitual postures in non climbing situations - try to keep your neck in more neutral positions (i.e. chin not poking out while watching TV, computers, driving, reading)
- Encourage chin retraction (opposite to poking out) by pulling chin and head back parallel to the ground – not looking up or down. Encourage this with a hand on your chin to help push it back.

The Shoulder

This is a very mobile joint with less congruity and stability than other joints which allows for greater range of motion, but also necessitates more control by muscles, capsules and ligaments. Supraspinatus (one of the four rotator cuff muscles) does not have great circulation and is one of the most commonly damaged muscles as a result of habitual postures and repeated actions. Autopsies have shown tearing in this muscle from the mid thirties onward due to a lifetime of microtrauma. This is an 'at risk', frequently irritated and injured area.



Note the open shoulder joint on the left vs. the closed joint on the right. Bones shown are the Humerus (left), Clavicle (top), and Scapula (bottom) with the Acromion Process of the Scapula in the middle.



Notice the supraspinatus muscle under the clavicle (collar bone) where if inflamed or thickened it could become impinged. Note the two biceps tendons are also intimately associated with other structures.

Repetitive Strain Issues

This includes instabilities, impingement and rotator cuff tendonitis and tears. The biomechanical cause is not always obvious but is contributed to by pushing the head of the humerus forward against the anterior muscles and capsule and elevating against the acromion process (the A in A/C joint) or the clavicle. This in turn is influenced by:

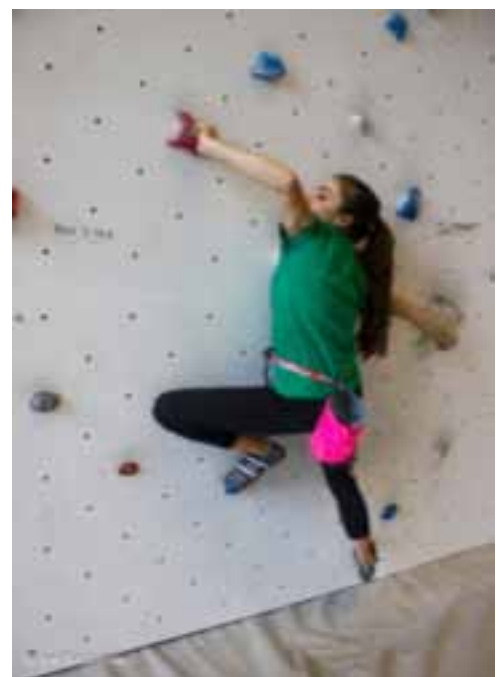
- Protraction of the shoulders (pulling them forward)
- Slumped positions (making you look like a gorilla)
- A stiff thoracic spine (between the shoulder blades)
- Overstressing shoulder joints in attempts to gain more flexion as when reaching far away from the body, palm facing the wall, down or even out as in the photo below (extreme internal rotation)
- Muscle imbalances, tight and/or strong lats that overwhelm the middle and lower trapezius back muscles (looking like a gorilla again)
- Frequent extreme neck extension (looking up to climb or to belay other climbers)
- As you fatigue in some bent arm positions, and lats pull strongly, the elbow drifts up and back pushing the head of the humerus forward like Becca Frangos demonstrating for us in the photo to the right

Quick Fun Tests

1. Can you reach your hands (one over, one under) behind your back and touch? This determines the functional length of your Scapula-Humeral muscles.
2. If you slump and lift your arms overhead do you have pain? This is a sign of impingement.
3. Do you have a lot of cracking in your shoulders? Indicates possible imbalances or hypermobility.

Prevention

- Balance mid back muscle groups (trapezius, serratus anterior and rhomboids) with exercises like rowing and bent over dumbbell flies
- Boulder with the shoulder blades locked in place
- Stretch the pecs and lats before climbing
- Mobilize the thoracic spine with yoga type cats, dogs & airplanes on your elbows
- Strengthen the rotator cuff in positions away from side of body to be more functional (i.e. external rotation or abduction against resistance from weights or rubber tubing) but do not elevate arms high enough to irritate the shoulder
- Improve habitual postures as with the neck



The Elbow

There are large stresses placed on forearm muscles contributing to medial and lateral epicondylitis/tendonitis/tendonosis (tennis and golfer's elbows). This is generally accepted to be caused by an accumulation of microtrauma which is too much for the body's healing processes to manage. A thickened scar forms which is weak and easily damaged on the edges. This takes up more room than it should so it continues to irritate.

Treatment & Prevention

Rest or modified rest, ice, perhaps anti-inflammatories (oral or cream), tape, strapping, stretching of the tendons and either changes in your training methods, or biomechanics are options. Other treatments that may help include nerve mobilizing, active release techniques and acupuncture. Eccentric strengthening (working the muscle as it is lengthened) should improve the long term status of the tendon. This can be done with a Therabar, weights, down climbing, or rolling a dowel with a weight on a rope up and slowly down.

Although rare, some climbers have had medial or lateral release surgeries with variable results. Different injections are being used with variable success. Best results seem to be from Platelet-Rich Plasma injections¹. You should discuss the most current options with your doctor.



Watch for Part 2 in the summer 2014 edition of the ACMG News where Barb deals with finger pulley tears, tendon ruptures, tendonitis, and arthritis!

Barbara Clemes, B.Sc.(PT) and former ACMG member, was a member of the first National Sport Climbing team from 1990-1992. She is currently a physical therapist for Rocky Mountain Rehab and Sports Medicine Clinic in Canmore, AB

¹Comparative effectiveness of injection therapies in Lateral epicondylitis: A Systemic review and network meta-analysis of randomized controlled trials.

Am J of Sports Med. 2013 Jun;41(6): 1435-46.

Ferdinand "Ferdl" Taxböck 1942-2013

By Alison Dakin

It was a great honour for me to have met Ferdl back in the late seventies at the General Mountaineering Camp of the ACC.

He treated everyone with respect and encouragement whether one was the potato-peeler / dishwasher, or the richest client.

Over 30 years later Ferdl and Lloyd (Kiwi) were back and joined us at the Mt. Sir Sandford GMC (2012) in order to celebrate their 70th year.

They proceeded to show us how a week of mountaineering really should be done. They climbed and summited each day with the most elegant routes and fastest times. By the end of the week Ferdl and Kiwi had attained somewhat god-like status in the eyes of the camp participants. We were all elevated and inspired by their accomplishments and by the humility and kindness that they showed everyone.

A true Gentleman of the Mountains, Ferdl will be very much missed.

Alison Dakin, GMC camp manager, is a Ski Guide and Hiking Guide from Golden, BC.



Ferdl and Kiwi on the summit of Belvedere
Photo Alison Dakin

Diapers and Vows

By Lilla Molnar

Erica Roles had a baby girl named Grace on June 6. Grace loves to be outdoors and has already summited many peaks around the Bow Valley!

Alex Geary and his wife Amanda had a baby boy named Dax on October 20th.

This fall Ian Kirschner married Brianna Burley

Tyler Petrusic and his wife Heather, along with their son Keaton, welcomed a new member to their family. Baby girl Kyla Heather Ruth was born on June 20.

Ian Jackson had a great summer. Not only did he get married to his wife Jen, but he became a Mountain Guide too!

This love story comes from the recently remarried Peter Fuhrmann....

“Doris is now my wife. It took a long time, we first met in 1965. I had put an ad in a New York paper advertising my Banff climbing school and on a Sunday morning she and her husband read it. So they found out where Banff was and came. Harry went fishing and Doris went climbing with me. We climbed all kinds of mountains. The highlight for her was the NE corner of Eisenhower tower. Harry past away and so did my wife Vera. After searching for fenders all across the world for my 1980 Scirocco, Doris found them in Boring, Oregon. So in picking up the fenders from her I also found a lovely wife. I guess it’s all in the stars”.

Diapers and Vows is a regular column brought to you by Canmore, AB Mountain Guide Lilla Molnar.

EMPLOYMENT OPPORTUNITIES

Yamnuska Mountain Adventures

Mountain Guide, Alpine Guide, Apprentice Alpine Guide

Yamnuska Mountain Adventures requires Mountain, Alpine and Apprentice Alpine guides for the summer of 2014 for the Rocky Mountain Cadet Camp Glacier Program.

Guides will be responsible for instructing Cadets on glacier mountaineering courses. Contract runs from early July to mid August. Work opportunities also exist on either side of these contract dates. Guides must be members in good standing of the ACMG. Fluent French and basic French writing skills are an asset.

Apprentice Rock Guides

Yamnuska Mountain Adventures requires Apprentice Rock Guides for the summer of 2014 for the Rocky Mountain Cadet Camp Rock Climbing Program.

Guides will be responsible for instructing Cadets on single pitch and multi-pitch rock climbing programs. Contract runs from early July to mid August. Work opportunities also exist on either side of these contract dates. Guides must be members in good standing of the ACMG, have a Class Four Driving License and a clean driving record, fluent French and basic French writing skills are an asset.

Apprentice Rock Guide, Apprentice Alpine Guide

Yamnuska Mountain Adventures requires Apprentice Rock Guides and Apprentice Alpine Guides for the summer of 2014 for various public and private programs.

Guides will be responsible for both instruction and guiding within their Scope of Practice. Guides must be members in good standing of the ACMG, a Class Four Driving License with a clean driving record is an asset.

Apply with resume to: guide.schedule@yamnuska.com



Changes in ACMG Membership

1 June to 31 October 2013

Compiled by Linda Heywood

NOTE: The following is a list of changes in the membership of the ACMG. It indicates new members and their certification level as well as qualifications achieved by ACMG members during this specific time period. Due to Thompson Rivers University privacy concerns it is not a list of all candidates who have been successful on TRU guide training programmes, nor is it necessarily a complete list of ACMG member qualifications, the current status for which should always be checked on www.acmg.ca. Although we strive for accuracy at all times, errors and omissions do happen – please get in touch if you have queries that are not resolved by checking the website, or you feel you have been missed from this list acmg@acmg.ca

Italicized names indicate new ACMG members.

Mountain Guide

Amyot, Frederick
Glowacki, Darek
Jackson, Ian
Madden, James

Climbing Gym Instructor 1

Buzáth, Emma
Eaton-Loken, Derek
Ernert, Thomas
Goldstein, Genevieve
Noel, Patrick
Wood, Sharon

Climbing Gym Instructor 2

Stewart-Patterson, Alison

Top Rope Climbing Instructor

Anderson, Stephen
Ker, Nicole

Apprentice Hiking Guide

Arsenault, Pablo
Boyce, Eliza
Boyle, Sean
Buck, Hayden
Diaconu, Diana
Forseille, Angela
Goonetilleke, Hashila
Hill, Micheil
Horiguchi, Shintaro
Macmillan, Joel
Marshall, Robert
Patterson, Timothy
Peterson, Sarah
Tani, Takeshi
Vincent, Shaun

Hiking Guide

Curran, Ian
Dahl, Nathan
Dakin, Alison
Dykshoorn, Tamara
Maguire, Daire
Marble, Shauna

Miller, Mark
Porter, Lisa
Roy, Christian
Stelfox, Jennifer

Apprentice Rock Guide

Anderson, Ken
Boschman, Cory
Douse, Carl
Dwyer, Justin
Ellick, Claire
Frirdich, Emilisa
Green, Jason
Johnson, Kate
Johnston, Monte
Lavergne, Renée
Lawson, Alexander
Pickersgill, Sean

Apprentice Alpine Guide

Chartrand, Kyle
Gadd, Will
Geary, Alex
Lindsay, Patrick
Loewenstein, Dani

Alpine Guide

Amyot, Frederick
Glowacki, Darek
Jackson, Ian
Madden, James
Peters, J Brent

Ski Guide

Meis, Simon

Joined ACMG for the first time

(not through course during above period)
Corbett, Mark ASG
Dionne, Christie TRCI
Gerrard, Charles ASG
Nam, Jury CGI 1
Neault, Trevor J ASG
Strohmaier, Ryan TRCI
Thomas, Clinton TRCI

Thumlert, Scott ASG
Vesely, Mark ASG
Vickery, Arron TRCI
Yim, Roger ASG

Dropped from the ACMG

Boyle, Ryan ASG
Christopher, Reid AAG, SG
Day, Jason CGI 3
Doram, Brent CGI 1
Earl, Michael DHG
Franson, Greg SG
Greer, Michael CGI 1
Hirota, Yuske ASG
Hofferd, Vernon CGI 1
Johnston-Jewell, Dustin CGI 1
Kreutzer, Jason CGI 2
Kronberg, Mona CGI 1
Krueger, Jeff AHG, DHG
Lam, Gordon CGI 2
Mang, Timothy AHG, DHG, CGI 1, TRCI
Marra, David ARG, AAG, ASG
Matsumoto, Makiko DHG
McDade, Kathleen CGI 1, TRCI
McKibbin, Ingrid CGI 1
Milligan, R Sean CGI 2
Minichiello, Miles AHG
Miura, Emi DHG
Newsome, John DHG, SG
Nguyen, Michael CGI 1
Noble, Oliver TRCI
Ronan, Joe ASG
Russell, Emma CGI 1
Shinagawa, Makoto DHG
Shinozaki, Hiroaki AHG, DHG
Sutley, Amy CGI 1
Tremblay, Catherine CGI 1
Verwey, Mike ARG
Vincentine, Patrick TRCI
Wenzlawe, Mike CGI 1
White, Cameron CGI 1
Winterhalt, Clinton ARG
Zukiwsky, Jeff DHG

Officers of the Board

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Vice-President

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Secretary-Treasurer

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Director-at-large, non-member

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Newsletter

ACMG News is a semi-annual publication focusing on the relevant technical and political issues for the professions of mountain guiding, hiking guiding, and climbing instruction.

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Editor-in-Chief

Shaun King
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Organizational Contractors

Technical Director

The Technical Director chairs the Technical Committee and oversees all matters relating to technical standards. The TD reports to the President.

Technical Director

Marc Piché
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Continuing Professional Development

CPD Coordinator
Alison Dakin
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cpd@acmg.ca

ACMG Administrative Support

The Administrative Support Group is led by the Executive Director and is responsible for matters relating to membership, member services, accounting, IT, sponsorship and promotions. The ED reports to the President.

Executive Director

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Permit Manager,

Assistant to ED
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Administration

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Elaine Powers
Rossland, BC
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ACMG Committees

Committees are groups of volunteer individuals who assist the Board of Directors and the Executive Director in doing some of the operational work and making some of the directional decisions for the Association. As a member-driven organization with limited resources, the Association relies on its committees as sources of insight and energy. A member of the board typically, but not necessarily, chairs each committee and the President and Executive Director are ex officio members of all committees. If you are interested in becoming involved with one of the committees, please contact the President pres@acmg.ca.

Technical

Technical Director:
Marc Piché
James Blench
Dwayne Congdon
Todd Guyn
Mark Klassen
Kirk Mauthner
Craig McGee

Communications

Chair: Ian Tomm
Emily Grady
Paddy Jerome
Jeremy Mackenzie
Olivia Sofer

MCR/Informalex

Chair: Larry Stanier
Steve Holeczi
Sarah Hueniken
Marc Ledwidge
Grant Statham
Tom Wolfe

Conduct Review

Chair: Rod Gibbons
Committee members added as necessary. Pool includes:

Nick Atkinson (public)
Paul Berntsen
Jim Bishop (public)
Barry Blanchard
Gillian Calder (public)
Nathan Dahl
George Field
Neil Haggard (public)
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Marni Virtue (public)
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Chair: Sebastian Powell
Chris Adshade
Dwayne Congdon
Kimanda Jarzebiak
Cort McElroy
Marc Piché
Derek Wilding

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PHOTOS: Adam Clark & Tim Kemple

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minimum \$7500 annual contribution



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Visit our [Partner Page](#) for more information on our partners and their web addresses.