



# OSAR NEWS

Volume 2

Spring 2003

Issue 2

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Olds Search and Rescue, P O Box 4283, Olds, AB Canada T4H 1P8

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## Contact Information

Our office is located on the main floor of the Kiwanis West Manor at 5314 - 50th Street.

Office phone (403)556-5994 ( answering machine )  
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## Message from OSAR

This issue of OSAR NEWS is a bit late but contains new information.

**Contact Information** has been updated to reflect our new meeting and office location.

**Member Profiles** has been added to provide readers with some perspective on OSAR and what walks of life our members come from.

**Web Page Changes/Updates** has also been added to reflect some of the ongoing work being done to our world wide presence.

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## Member Training

Training of search and rescue personnel is a two sided program requiring members to take training in new techniques and procedures for different search situations as well as refresher training in already acquired skills. Much of this training is scheduled on an as needed basis often with little notice to members and sometimes the training schedule changes due to unforeseen challenges.

Our training information comes from many sources within the SAR and emergency services community.

Olds Search and Rescue tries to keep abreast of this training by posting upcoming courses on our website and in our office with as much detail as we can at the time of posting.

Training sessions are open to other SAR and emergency services groups as well as members of the public where possible. Some courses have limited space and are on a reserve priority basis going to SAR members first.

## Regional SAR Teams

We have added information to our website which includes the locations of other central region SAR groups. This information provides group names, meeting nights and times and contact information. Basic information will be shown here as a reminder.

Name	Meeting	Contact
Sundre SAR	1 <sup>st</sup> Wednesday each month at 19:30 hrs	(403) 638-3435
Red Deer SAR	2 <sup>nd</sup> Thursday each month at 19:30 hrs	(403) 341-4788
Didsbury SAR	Last Thursday each month at 19:30 hrs	(403) 637-2688
Rocky SAR	4 <sup>th</sup> Tuesday of Feb, May, Aug & Nov at 19:00 hrs	(403) 844-2834
Olds SAR	2 <sup>nd</sup> Tuesday each month at 19:30 hrs	(403) 556-5994

## Hug-a-Tree and Survive

As part of our ongoing program of public education Olds Search and Rescue has been conducting courses in the widely acclaimed Hug-a-Tree and Survive program which is offered to youth. Chinooks Edge School Division has given us permission to make this program available throughout their schools and to date we have presented to about 450 youth in the schools and other groups.

The program is a combination of video, workbook and demonstration which takes about one hour to complete and provides participants with valuable information which can help them stay safe and warm should they become lost while in the woods. They are also taught to

respond to searchers and that they will not be in trouble with their parents but that their safe return is the most important.

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## Training Schedule

As always subject to change without notice.

### June

- Sundre SAR Exercise June 7th
- Regular meeting June 10th
- Practical Ambulance assist June 10th
- Rollover practice RD SAR June 19th

### July

- Regular meeting July 8th
- Table Top Scenario July 19th
- GPS Practical Exercise July 19th

### August

- Regular meeting Aug 12th
- First Aid practical Aug 7th - 10th
- Ride for Rescue Aug 15th - 17th

### September

- Regular meeting Sept 9th
- First Aid practical MVRES Sept 9th
- OSAR Mock Sept 20<sup>th</sup>
- Team Builder Sept 20th

### October

- Regular meeting Oct 14th
- Civil Emergency Response Course Oct 25<sup>th</sup> - 26th

## Training Schedule cont'd

### November

- Regular meeting Mon Nov 10<sup>th</sup>  
Due to Remembrance Day
- Search Manager Nov 9<sup>th</sup> - 14<sup>th</sup>
- Table Top Scenario Nov 22<sup>nd</sup>

### December

- Team Building Exercise Dec 9<sup>th</sup>

station.

During the last few years Jack worked tirelessly to keep the team operational and was instrumental in bringing SAR training to the few remaining members in the spring of 2001. The focus of the team had now begun to change and with it a new name Olds Search and Rescue and growth in membership to the vibrant community minded group of today.

Jack has been instrumental in bringing the Hug-A-Tree and Survive training to local youth and continues to devote many hours each week.

Jack works in the financial services industry as an investment broker and life insurance agent. Members of Olds Search and Rescue and the community at large are proud of his efforts.

### Thank you Jack

## Member Profiles

Our first member to be profiled is John R (Jack) Humphries.



Ron Hilton, town manager, and Carol Ringheim developed a plan for a volunteer organization to assist Fire, Ambulance and Police in times of

emergency. In January 1990 Olds Emergency Response Team was born with Jack being one of the founding members. During the next several years Jack acted as team leader and president. Jack along with other members took training in basic rescue, first aid/CPR, fire dept assists, ambulance assists, reception centre operation, emergency operation centre operation, evacuation procedures, man tracking, team management, building SAR and SAR Fundamentals. Many refresher courses were also taken to keep skills at their highest level.

During Jack's time as president the team underwent many changes including membership highs and lows. Jack headed fundraising for needed equipment including the outfitting of a 1971 International bus which many visitors to the Olds Fair have seen operated as a first aid

## Web Page Changes/Updates

There have been many changes during the past few months with needing to find a new home for the team as the old town office had been sold. We had several Hug-A-Tree presentations and our recent public awareness day activities which along with the business of earning a living have kept members busy.

The web pages did not keep abreast of several changes and as such is now undergoing several adjustments including updating office location, training and adding a new feature to show Olds Search and Rescue in action. This new feature will be in the form of photo galleries containing thumbnail and full size photos of members in

## Web Page Changes/Updates cont'd

action on training exercises and actual searches. This will result in a page which will always be in a state of flux with new galleries being added and at some point some galleries being taken away to keep the web site within allotted storage kilobytes.

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## SAR Fundamentals

### Walking SAR Fundamentals Ch 12

We all know how to walk is probably the first thought to cross your mind when you saw this topic. You would be correct however how long could we be effective searches in the bush, mountains, steep slopes or damaged buildings if we did not know how to walk in these places.

To be effective in SAR work we all need five things: endurance, energy, water, rest and technique. The first four items are covered in detail in chapter 5 of SAR Fundamentals under Body Management. We will touch on some of the techniques.

Land travel techniques are based largely on experience but practices learned through instruction and observation can partially replace experience. Effectiveness in the field (Probability of Detection) can be directly related to your conditioning and travel skill level. A tired searcher may miss a vital clue or become a casualty thereby hampering the search effort.

On short journeys walking properly or efficiently is not as important as walking for several miles with a heavy pack and someone's life depending on your ability to travel. Fatigue

in SAR can be dangerous for the SAR worker and the lost person. Proper technique requires periodic rest to maintain body temperature and a pace gauged to the slowest member of the team. When travelling it is important to maintain a steady rhythmic breathing pattern to avoid becoming ill. Keeping your breathing and pace rhythmic and steady will allow you to travel farther between rest periods. Your pace and frequency of rest periods will be determined by the terrain you are travelling. If you must breathe with your mouth open your pace is too fast and must be slowed until you can walk and breathe without opening your mouth to get enough air.

Tools to assist you in your travels are many, in winter snowshoes and poles, and in summer a walking stick (staff) of stout construction. Each of these tools can help reduce fatigue and provide a third point of contact with the ground for stability. On steep slopes the staff or poles can help you push yourself upwards, arrest a fall or simply be used to rest on. On level ground or when fording a stream a stout staff can provide balance and stability in a strong current. These are but a few of the tools you may need but are the most common for level and low slope terrain.

In more inhospitable areas such as steep slopes and mountains more specialized equipment is often needed and one should be properly trained in its care and use before attempting to travel in these areas.

Always travel by the easiest route you can find unless your search area requires you to traverse the more difficult. Adjust your pace and rest periods accordingly.

Thank you to all who have helped by providing input for OSAR NEWS.

Have a great summer filled with fun and as few searches as possible.

OSAR NEWS Editor: Rick Astle