

Alaska Pacific University's Nordic Ski Center Thomas Training Center on Eagle Glacier Risk Management Plan & Procedures

The Risk Management Plan Purpose: To provide a document of Alaska Pacific University Nordic Ski Center (APUNSC) policies and procedures for the operation of the Eagle Glacier Nordic Training Center. This document will compliment the Off-Campus Travel Policy and the Emergency Response Plan of Alaska Pacific University.

Acknowledgment of Risk: Alaska Pacific University Nordic Ski Center is aware that there is an inherent risk potential when conducting training programs at the Eagle Glacier Nordic Training Center. It is understood this training program must not compromise the health and safety of the athletes while ensuring protection of the environment. By fully examining the risks, have established operational policy and procedures, having trained staff, and using conservative judgment the APUNSC Programs minimizes the possibility of risk during its activities, yet the program acknowledges that some risk will always exist regardless of the precautions taken.

1. Pre-Event Preparation

All participants in APUNSC programs will sign the Assumption of Risk/Liability release form at the start of each year. Those not in APUNSC programs will be required to sign said form prior to departing Girdwood for the Thomas Training Center on Eagle Glacier. Prior to departing all participants will be provided written safety protocols and operation procedures as well as a verbal briefing.

2. Transportation to and from Facility

Under normal protocol, participants will fly to the facility on FAA-certified charter aircraft departing from Girdwood. Upon arrival at Eagle Glacier, they will be met by TTC staff or other authorized personnel to escort them to the facility. The procedure is reversed for departure. Some participants may elect to hike in to, or out of, the facility. This procedure will only be permitted with an escort of staff or staff-approved guides.

3. Participant Orientation

Upon arrival at the facility, participants will be required to attend an orientation session in which the Safety and Operation Protocol will be reviewed. This will include hazard and risk identification, and review of normal camp operation procedures.

4. Care of Participant

Participants are provided with sleeping, dining, bathing, toilet and recreation accommodations at the main dormitory. Safe drinking and bathing water are provided to participants as well as wastewater and solid waste disposal services.

Participants are provided with a groomed ski track, which has been evaluated and marked for safety while outside the dormitory. Participants are to remain under the supervision of the coach or his/her designated assistant at all times when outside the main dormitory.

Participants are expected to assist in maintaining a clean environment both inside and outside the dormitory.

5. Roads, Trails, and Routes Used

The groomed ski track will normally be set on the portion of Eagle Glacier. The exact route will vary depending on glacier conditions. The Standard hike route will be marked with cairns and wands.

6. SAFETY PROTOCOL

The Thomas Training Center on Eagle Glacier is located in a remote area of the Chugach Mountain Range with difficult access at the top edge of Eagle Glacier. The TTC facility is often inaccessible by aircraft due to weather and other conditions over which the operators of TTC facility have no control. In addition, the facility is surrounded by steep mountain cliffs, areas of falling rock, glacial crevasses and other natural and man-made hazards. First aid services are limited. Extreme weather conditions are not unusual. Because of these and other conditions, strict adherence to safety protocol is mandatory. Glacier and snow conditions prevail at this facility. Knowledge of training and living under these conditions is also essential.

Authority

In order to conduct safe and healthy training camps within the guide-lines of the Special use permit issued by the U.S. Forest Service, all coaches and athletes (referred to as "participants") are expected to adhere to this protocol

and operations plan and to submit to the authority of the coach(es), designated supervisor(s), safety coordinator, and/or escort(s). **Failure to comply will result in dismissal from the training camp.**

General Safety and Administrative Guidelines

- A. The Safety Protocol and Operations Policies stated herein apply regardless of the skill level of the participants.
- B. Any departure from the specific safety policies must only be in emergency situations to significantly enhance safety, and must involve a carefully developed, rational and defensible plan.
- C. Acknowledgment of Risk statements must be signed by all participants or their parents/guardians (if minor).
- D. The coach/supervisor in charge of any training camp must be familiar with the environment and be capable of conducting all the activities, which may be part of the camp, including emergency procedures.
- E. Safety briefings will be a part of every aspect of the activities conducted.
- F. First aid kits and emergency evacuation materials will be present during all aspects of the activities conducted.
- G. No coach, supervisor, or participant will be placed in a position of responsibility for the safety of others without having received specific instructions and demonstrated to the designated supervisor(s) the ability to perform satisfactorily.
- H. Participants will not be permitted to travel alone in crevassed terrain or in any other terrain, which has been designated as off limits by the supervisor(s).
- I. All training camps will adhere to the regulations and policies, which have been set forth by the United States Forest Service in the Special Use Permit.
- J. There will be at least one person at the camp with training in CPR and Advanced First Aid or better.

Required Participant Information

The following information on all coaches and athletes (participants) will be required before they are allowed up to the facility:

- A. Signed Risk Acknowledgment Form.
- B. Medical History/Health Emergency Notification Form.
- C. Parental/Guardian Permission and Emergency Medical Treatment Release Form (if Minor).

Safety Guidelines for Hiking In/Out

The weather at Eagle Glacier often precludes flight service operation. During these periods, some or all participants may find it necessary to hike in or out of the facility. In addition, emergency situations may require the hand-evacuation of an injured or ill participant. In these situations, the following training and safety guidelines will be adhered to:

- A. An evacuation route has been established from the facility to Crow Creek Road. The trail will be adequately marked so that it is usable under conditions of poor visibility and inclement weather. Participants must stay on the designated route.
- B. All leaders guiding participants in to or out of the facility will be competent in the skills required for negotiating the terrain, will have adequate first aid materials, and will have adequate training in first aid, crevasse rescue, and evacuation procedures. Leaders (guides) must be approved by the head coach or supervisor at the facility.
- C. All participants will be adequately clothed and equipped for the environment.
- D. All participants will be briefed on the nature of the route, which includes off-trail hiking in steep terrain, negotiating couloirs where rock fall is possible, stream crossing, snowfield and glacier crossing. Participants will be briefed on crevasse-rescue procedures.
- E. Participants must travel in groups. Smaller groups may be allowed to hike ahead if approved by the group leader provided they are experienced on the route. These smaller groups must stay together and wait for the entire group before traversing the glacier (snowfield).
- F. Glacier travel gear (ropes, harnesses, ice axes, and crevasse rescue gear) will be securely cached at the access point leading to and from the glacier. At the end of each trip the gear will be re-cached after the group has exited the glacier.
- G. No participant will be permitted to traverse the glacier alone. Each group traversing the glacier must have a minimum of two persons trained and experienced in glacier travel and rescue procedures.
- H. The portion of the hike trail that traverses the glacier will be wand and maintained by the coaches and/or camp operations staff prior to use by participants. Wands will be placed so that the next wand can be seen in typical limited visibility conditions.

- I. Each group hiking in or out will be required to carry a bivouac shelter, sleeping bag, and adequate food and water supplies to support an injured hiker while awaiting rescue.
- J. Each group hiking in or out will be required to carry at least two cellular telephones or two-way radios for use in emergency situations.

Safety Guidelines at the Camp Site:

The immediate area at the camp site (dormitory and accessory buildings) has natural hazards which include a steep cliff 50 feet west of the dormitory building, and all along the ridgeline running east and west from the building. Rock outcrops and talus slopes in the area are unstable. The glacier contains crevasses, which may be hidden by snow bridges. Certain areas on the glacier are utilized for fixed-wing aircraft operations. One area near the camp site is designated for helicopter landings. Participants must adhere to the following guidelines:

- A. Prior to the arrival of participants, the ridge area will be roped and signed in a manner similar to "Off Limits" fencing at ski areas. The ropes will not necessarily be attached to fixed stations and may be attached to temporary stations. Ropes will be approximately waist high with signs reading "Off Limits" and "Danger" placed at appropriate intervals. The ropes shall not be considered lifelines but shall be considered as warning and demarcation boundaries. Participants are not permitted to pass beyond these marked boundaries. Throwing rocks or other debris off the cliff is expressly forbidden.
- B. All participants will be briefed and taken on a tour of the immediate area to have the hazards pointed out and be informed of restrictions.
- C. Solo hiking, climbing, or skiing will not be permitted.
- D. The ski-training track will be laid out by the head coach (and/or the safety coordinator) and marked by wands prior to use by participants. The course will be inspected and assessed. A finding of minimal risk will be made, if conditions warrant, prior to use by skiing participants.
- E. When conditions allow, and after a finding of minimal risk is made by the head coach (and/or the safety coordinator), participants may be allowed to tour ("crust cruise") the glacier in designated areas, in groups of at least two persons.
- F. Participants will not be permitted to take their skis off and walk on the glacier unless specific areas have been evaluated and approved by the head coach (and/or safety coordinator).
- G. The designated fixed-wing aircraft and helicopter landing areas will be marked.
- H. A fire emergency plan including building egress routes and outside meeting locations will be posted. The plan will be covered in the orientation briefing.

Health and Sanitation Guidelines at the Camp Site

The Thomas Training Center camp site is located in a difficult environment to produce potable water and properly dispose of waste products. In addition, maintaining good health and preventing contamination of the living quarters and the surrounding environment requires constant attention. Participants will be required to adhere to the following health and sanitation guidelines:

- A. Participants will use only the designated toilet facilities at the facility to relieve themselves. Only human waste and toilet paper are allowed to be flushed into the toilet system. Separate disposal containers will be provided for disposal of sanitary napkins.
- B. Fuels, solvents, and other hazardous materials are not permitted within the water supply source area. These materials will not be left stored unattended anywhere on the site without a secondary containment.
- C. Fuels, solvents, and other hazardous materials will not be disposed into the drain system of the facility. Participants are encouraged to use highly biodegradable soaps when bathing and cleaning.
- D. Participants will dispose of garbage and food waste only in designated locations. Segregation of wastes will be performed so that the garbage volume can be reduced and bundled efficiently. Garbage, under no circumstances, will be stored outside. Garbage, once bundled for transport shall be stored inside a secure building (or Conex) until transported off site to an approved sanitary landfill.
- E. Hazardous materials needing disposal are to be segregated from the waste stream so that they may be properly packaged for transport off site to an approved disposal facility. The head coach and camp operator shall be advised of the location of the material requiring disposal.
- F. To minimize potential disease or parasite transmission to wildlife, domestic animals (dogs, cats, llamas, etc.) will not be allowed at the training camp.
- G. Participants will be responsible for carrying out all personal waste generated such as damaged clothing, equipment no longer desired, etc. unless the head coach and camp operator have accepted responsibility for disposal of the item(s).

- H. Participants are not permitted to leave loose items lying around the camp site. High winds can quickly occur and create hazardous flying objects and litter the surrounding environment, in addition to potentially causing loss of the item. Participants are encouraged to contribute to keeping the site clean by picking up litter and debris for proper disposal as you come across it.
- I. Participants will assist the coaches and camp operators with any cleanup and general maintenance tasks requested of them.
- J. Fire extinguishers, First aid kits, and appropriate personal hygiene cleansers will be located in designated areas at the facility.
- K. Proper food storage, preparation, and cleanup is extremely important to prevent illness among participants. All food operations are subject to the supervision and approval of the Cook and other designated personnel who have been trained in proper food safety practice.
- L. A backup food and water supply will be maintained for emergency situations.

Crevasse Rescue.

Crevasse rescue equipment shall be maintained at the facility. Participants will be briefed on crevasse rescue procedures. At least two persons at the facility shall be properly trained and experienced in crevasse rescue operations.

Communications:

Because of the remote nature of the facility, multiple radio communications systems will be in use at the facility.

- A. A radio telephone system is in place, which connects to the Alyeska Resort extension telephone system (907-754-1111 extension 3368). This system is only in place on a temporary basis when camps are in operation. This system is blocked for outgoing long distance calls. Participants wishing to make long-distance calls must bring their own calling cards with local or 800 number access. Outgoing callers must dial 9 for an outside line.
- B. Cellular phones work well at the camp site and other unobstructed locations. They do not work well on the glacier and on portions of the hiking route. The facility does not own a cellular phone. Coaches and Camp Operators may have phones for emergency and business calls only.
- C. A VHF two-way radio system will be maintained at the facility with a base station at the camp site and several handhelds. All groups hiking in or out will be assigned one or two handhelds during the trip. This system is also capable of contacting a limited number of other outside parties in an emergency situation. A Citizens Band Radio will be maintained for backup. This system is capable of communication with the Girdwood Fire Department/Emergency Medical Response (channel xx).

**Alaska Pacific University Nordic Ski Center-Eagle Glacier Nordic Ski Center
Registration and Acknowledgement of Risk Form**

Participant's Name:		DOB:	
Address:		Sex:	
City:	State:	Zip:	
Home Phone:	Program:	Dates of Use:	

Email: _____

Read each statement carefully before signing.

I the applicant (parent or guardian of participant under 18) declare that:

1. The applicant has met all the prerequisites required for participation in this activity.
2. The applicant agrees to abide by the rules and regulation imposed on participants by Alaska Pacific University and it's staff.
3. The applicant understands and appreciates that there are a number of inherent risks involved in glacier skiing and in accessing and egressing the facility which are beyond the control of Alaska Pacific University and its staff, and the U.S. Forest Service. These risks include (1) hiking in steep terrain on and off trails, above and below timberline; (2) river and stream crossings; (3) walking across snow fields and glaciers which have crevasses; (4) being near exposed ridge lines; (5) encountering extremes in weather conditions.
4. The applicant understands that every care and attention will be given to the health and comfort of the participants, but Alaska Pacific University and/or staff can not be held liable for any injuries sustained which were not directly caused by their failure to take due care.

I hereby authorize the Alaska Pacific University staff or the project leader of the event to secure such medical advice and services as may be deemed necessary for the health and safety of myself (or my son/daughter/ward) and I agree to accept the financial responsibility in excess of the benefits allowed by my health insurance plans:

- a. Where the health and well being of the applicant is involved:
- b. Where medical advice has been such that further services are required-services which require the consent of parent or guardian:
- c. Where attempts to contact the parent or guardian have failed or where due to the nature of the emergency there is insufficient time to contact such parent or guardian

It shall be at the discretion of the Alaska Pacific University staff or project leader of the event as to what steps must be taken for the welfare and safety of the applicant.

Athlete Signature:	Date:
Parent Signature:	Date:

(Parent or Guardian of applicant under eighteen)