



# Huff Hills Ski Patrol Newsletter

March 2020

*"Service and safety"*



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Huff Hills Ski Patrol is debuting their quarterly newsletter! Read on to find out what's happening in the Hut and on the Hill...

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Photo: Huff Hills Ski Patrol Fall 2019 Outdoor Emergency Care Annual Refresher

## Join the team!

Like to ski or snowboard? Like helping people? Like learning? Then joining the National Ski Patrol (NSP) is your kind of thing!

We are seeking new candidates for the 2020-21 season. Anyone with basic ski or snowboarding proficiency who is 15 years old or older can study and work toward becoming a patroller. Classes are taught locally through our own Huff Hills Ski Patrol instructors who are nationally certified by the NSP.

Chat with a patroller for more information, contact us on the Huff Hills Ski Patrol website, or find us on social media:

[www.huffhillsskipatrol.org](http://www.huffhillsskipatrol.org)



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## Quarterly Q & A:

How many combined years of experience does the Huff Hills Ski Patrol have?

(find the answer in our next newsletter!)

## Safety Corner

Wrist sprains and fractures are among the most common ski and snowboard injuries. Learn to fall correctly and avoid a trip to the patrol hut:

Resist the urge to extend your arms. Try to fall on your dairy aire; landing on the fleshy part of your body will distribute the impact. When falling forward, tuck in your elbows and fall on your forearms.

Remember, the best way to avoid injury is to ski and ride *in control*. Know the code!

## Recent Happenings

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*Right:* Winter Tip Off at Red Lodge, MT. In January, 12 of the Huff Hills team joined patrollers from other NSP Northern Division ski areas for an annual training event.

*Below:* Patrollers get set to practice their toboggan handling skills at Huff Hills. Patient transport skills are refreshed every season.



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### Reminders:

*Have you paid your NSP membership dues?*

*Have you submitted your ICS-100 certificate?*

*Have you completed your toboggan refresher AND registered for the course online?*

*Have you planned your CPR certification renewal?*

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### Mark Your Calendars:

(tentative dates - see current meeting minutes)

**March 27 & 28** - OEC Candidate testing

**March 28** - Republican State Convention, call for volunteers

**First week in April** - Brave the Shave Event

**Weekend of April 19** - Poker Tourney

**Late April** - end of season awards ceremony

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*See you on the slopes!*

Huff Hills Ski Patrol is an all-volunteer, non-profit organization affiliated with the Northern Division of the National Ski Patrol. For more information on Huff Hills Ski Patrol, send us a message: [www.huffhillsskipatrol.org](http://www.huffhillsskipatrol.org)