

# 2020 GCC CONDITIONER LOG

DATE:

LOCATION:

WEATHER:

AVALANCHE CONDITIONS:

TIME IN:

TIME OUT:

L = LEAD

W = WFA

S = SWEEP

A=AIRE TRAINED\*\*\* (SEE NOTES ON REVERSE)

	NAME	L/W/S/A	EMERGENCY CONTACT & PHONE NO.	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

**PLEASE E-MAIL, TEXT, OR FB MESSAGE AN IMAGE OF THE COMPLETED ROSTER TO**

**JAMIE CHEATHAM at [jamielcheatham@gmail.com](mailto:jamielcheatham@gmail.com) or (206) 518-8277.**

**THIS IS MANDATORY!**

**INSTRUCTOR INFORMATION:**

- Each outing should have 4 leads, 1 of which must be WFA certified and equipped with an appropriate first aid kit. A minimum of 3 leads (still with a WFA of course) will be allowed (exceptions to the 3 lead minimum rule may be made on a case by case basis, contact Jamie Cheatham to discuss). \*\*\*For routes with known or possible avalanche dangers, there must be a lead with avalanche rescue experience.\*\*\*
- Check weather and avalanche conditions prior to your trip. If conditions are dangerous or questionable, default to a more accessible area (Mt. Si, Mailbox, Tiger 1-2-3) or consult one of the committee members for advice.
- Each participant must fill in all fields of the roster on the reverse side of this sheet.
- Leads should encourage students to change out base layers at destination or turnaround point to teach the importance of staying dry and warm.
- It is the responsibility of the leads to keep the group together at all times, for both day and evening conditioners.
- Microspikes and Snowshoes may be required on certain routes. Communicate well in advance to your team if they will need to bring traction.

**Teams must check in via call or text to the Conditioner Chair, Jamie Cheatham at (206) 518-8277, jamielcheatham@gmail.com, or FB messenger to notify us that you are back safe. A screenshot of the roster is required to track student participation accordingly. Please also report any student struggles or issues at this time.**

TEN ESSENTIALS: All Participants must carry the following, no exceptions:

- |                      |                   |
|----------------------|-------------------|
| 1. First Aid         | 6. Fire           |
| 2. Illumination      | 7. Insulation     |
| 3. Navigation        | 8. Sun Protection |
| 4. Emergency Shelter | 9. Hydration      |
| 5. Repair Kit        | 10. Nutrition     |

**In the event of an emergency, call 911!**

Snoqualmie Ranger Station	Valley General Hospital ER
902 SE North Bend Way	14701 179th Ave SE
North Bend, WA 98045	Monroe, WA 98272
425.888.1421	360.797.7497

Swedish Medical Center	Snoqualmie Valley Hospital
751 NE Blakely Dr.	9575 Ethan Way SE
Issaquah, WA 98029	Snoqualmie, WA 98065
425.394.0610	425.831.2300

GCC CHAIR:	ROB BODKIN (206) 550-4554
GCC VICE CHAIR:	SHAWNA LAMOREE (206) 919-2885