

2019 GCC CONDITIONER LOG

DATE:

LOCATION:

WEATHER:

AVALANCHE CONDITIONS:

TIME IN:

TIME OUT:

L = LEAD W = WFA S = SWEEP A=AIRE TRAINED*** (SEE NOTES)

	NAME	L/W/S/A	E-CONTACT	E-PHONE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

PLEASE E-MAIL OR TEXT AN IMAGE OF THE COMPLETED ROSTER TO MIKE WARNER MGRWARNER@GMAIL.COM or 425-328-9174. THIS IS MANDATORY!

INSTRUCTOR INFORMATION:

- Each outing must have a minimum of 2 leads, 1 of which must be WFA certified and equipped with an appropriate first aid kit. ***For routes with known / 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.
- Teams must check in via call or text to the Conditioner Chair, Mike Warner @ 425-328-9174, to notify us that you are back safe. An Email of the roster is required to track student participation accordingly.
- Leads should encourage students to change out base layers at destination or turn-around point to teach 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.
- Please report any encountered issues to Mike Warner - 425-328-9174.
- **TEN ESSENTIALS:** All Participants must carry the following, no exceptions:

1. First Aid
2. Illumination
3. Navigation
4. Emergency Shelter
5. Repair Kit

6. Fire
7. Insulation
8. Sun Protection
9. Hydration
10. Nutrition

In the event of an emergency, call 911!

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

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

GCC CHAIR - KRISTI GOETZ- 425-443-1847
GCC VICE CHAIR - MATT KASPER- 206-948-0302