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Subject: NJ Region Nordic Refresher, High Point, NJ Saturday November 14, 2015

Hello Nordic Patrollers, Candidates and Friends,

This is a reminder that the NJ Region Nordic Refresher will be held at High Point XC Ski Center on Saturday, November 14. The gates open at 0800. Registration for the refresher will begin at 08:30. We will start our first station at 09:00. This refresher is open to all patrollers, including alpine patrollers, who wish to see what Nordic is all about. (Please help Hans to unpack the trailer between 0800 and 0900 after you are registered and settled.)

Like OEC, we have been following a 3-phase refresher content rotation. So this is Nordic Cycle "B." (Pretty clever right?)

In Cycle B we cover the more exotic subjects on the 50 Nordic Skills list including:

Station A: Survival, Fire, Shelter, Backcountry OEC scenario. (skills 11, 12, 25, 17, 18, 24, 26)

Station B: Emergency equipment repairs, Binding repair, ski pole repair, etc. (Bring your repair kit if you have one.) (Skills 13, 14, 15)

Station C: Emergency Transport. Stokes litter, Hypothermia wrap, webbing harnesses, and Hauling (team) (Skills 29, 27, 28, 30, 31, 16, 32, 22)

Station D: Helicopter procedures. (Skills 34, 35, 36)

Skill numbers correspond to the list attached. (AMN Instructors: Please let me know what station you would like to work!)

At 1300 station rotations are complete. Visiting patrollers may stay or leave at this point. HPSP members will break for 30 minutes to eat lunch (please bring your own food and drink). We will begin Patrol registration at this time.

At 1330 we will finish registration and will have a brief session all together on local protocol, patrol sign in and radio use.

At 1400 we will have our annual patrol meeting. This is an election year and the results of the nomination committee will be announced soon. We will vote for Patrol Director, Treasurer and Secretary. Hans, myself and others may have a few announcements and then we can take care of patrol business and conclude the meeting by 1600.

If you have any questions please contact me. Don't forget to dress for the weather. Portions of this refresher will be held outdoors. Again, all are welcome. This day includes course number 33241 Nordic Toboggan Refresher and course 33242 Instructor C.E. Clinic ☐ Nordic.

Best Regards and wishing you all a fantastic winter season.

STEVEN DEVINE | HIGH POINT SKI PATROL - DIRECTOR

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