

2020 Presentation Descriptions



Wednesday, March 18th

What can the outdoor profession learn from the airline industry?

Elizabeth K. Andre, Ph.D. – Associate Professor of Outdoor Education Nature and Culture Department, Northland College
Similarities abound between training and operations in the airline industry and the outdoor profession. In contrast to the outdoor profession, however, the airline industry is more closely scrutinized, studied, and regulated. After an airline accident, little black boxes, flight data recorders, and forensic studies help us learn from the incident in a way that most outdoor incidents don't allow. The outdoor profession can learn from both the strides the airline industry has made, and the lessons it's still trying to learn.

Understanding and Addressing Safety Culture

Jeff Baierlein – Viristar

What is "safety culture?" Why is it important? How is it formed? Is our safety culture ok? We'll discuss these and other questions, and explore the role of safety culture in preventing outdoor incidents. We will use a case study of a fatality by lightning in the Boundary Waters to launch the discussion. We'll review the origins of safety culture awareness, explore how safety culture is managed in aviation and healthcare, and look at tools outdoor programs can use to build and sustain a positive safety culture in their organization.

Survival Instincts: Understanding Natural Stress Responses

Zoë Bertz – Field Specialist, New Vision Wilderness

David Puhl – Program Director, New Vision Wilderness

During a normal day in the backcountry our brain is able to make rational decisions. That is in thanks to our pre-frontal cortex. The pre-frontal cortex is in charge of executive functions and impulse control. When stressful situations arise the pre-frontal loses control and then the limbic system takes charge. The limbic system is sometimes called our "lizard brain" because it is where our survival instincts live. When our brain perceives a threat or that we have entered an unsafe situation the limbic system flips on and responds. There are six stress responds and everyone responds to stress differently. Once the brain has started a stress response it can be challenging to convince it that it is in a safe place. This presentation will discuss the sex different stress responses and learn how to identify them and learn techniques to lead them out of the stress response. Participants will:

- Understand how the brain responds in stressful situations
- Able to identify and understand the different stress responses

Learn techniques to support a student or co-staff in a stress response

Ticks, Bats, and Giardia- oh my!

Jenna Bjork – Minnesota Department of Health

Carrie Klumb – Minnesota Department of Health

Abbey Ruhland – Minnesota Department of Health

Diseases spread by ticks, mosquitoes, animals, and water are significant risks to outdoor enthusiasts in Minnesota. In this presentation, epidemiologists from the Minnesota Department of Health will discuss important vectorborne, zoonotic, and waterborne diseases that you should be aware of and how to best protect yourself, your staff, and your visitors. In particular, by the end of the presentation you will know how to prevent tick and mosquito bites and the diseases they carry, when and how to safely capture a bat for rabies testing, and how to reduce health risks associated with backcountry and recreational water activities. Participants will:

- Know how to protect staff and visitors from tick and mosquito bites and the diseases they carry.
- Understand when and how to safely capture a bat for rabies testing.
- Learn how to reduce the health risks associated with backcountry water consumption and recreational water activities.

The Evolution of Primary Assumption of the Risk in Minnesota and its Implications for Outdoor Activities

Amanda Cialkowski – Attorney, Nilan Johnson Lewis PA

The Minnesota Supreme Court recently curtailed the application of doctrine of implied primary assumption of risk, which used to serve as a bar to lawsuits. Consequently, it is important to understand what steps you can take to protect yourself from suit.

Active Listening Skills

Joe Malhoit – All Points North Consulting

1. Why you should use Active Listening Skills.
2. Where to use Active Listening Skills.
3. The principles behind effective communication.
4. The 8 Active Listening Skills, with illustrations.
5. Advanced communication tactics

This presentation is based upon the same set of skills Hostage/Crisis Negotiators use to successfully resolve dangerous situations. When these skills are applied to everyday communication the affect is powerful and can improve any setting where they are deployed.

911 What's Your Emergency? Responding to Accidents on the Water

Cathy Scheder – Second Nature Partners, LLC.

Holly Schmies – University of Wisconsin, Stevens Point

Develop your plan for responding to emergencies on the water from initial response to transfer of care. Your local EMS may or may not get on the water to support bringing someone injured to shore. This session will focus on the structure of an Emergency Action Plan (EAP) to incidents specific to an open water environment, discuss how to involve local EMS, and you'll begin to develop an aquatic EAP to implement in your program this next summer. Participants will:

- Learn the structure of a comprehensive Emergency Action Plan.
- Understand the nuances of responding to emergencies in a natural aquatic environment (beyond what lifeguards do).
- Contribute to planning to address potential accidents in activities and environments specific to their own program.
- Be engaged to work with local EMS and frame out an emergency action plan that addresses scenarios specific to their own program.

Thursday, March 19th

Natural Disaster Management and Recovery

Max Clark – Green Bay YMCA

Jordan Baxter – Green Bay YMCA

A storm on July 19th damaged or destroyed 72% of the facilities at YMCA Camp U-Nah-Li-Ya. The damage was extensive enough to close the camp for the last 4 weeks of summer. Despite these challenges the camp was able to reopen in 6 weeks and by the end of October was completely repaired except the high ropes course. Additionally the camp was able to fundraise over \$125,000 in additional support for the cleanup effort. The workshop will present Disaster Management Best Practices, Communication Plans and Navigating Insurance Claims and FEMA grants by the camp executive and operations director. Key Takeaway Points from this presentation:

- Disaster Management Best Practices
- Communication Plan and Fundraising
- Navigating Insurance Claims and FEMA grants

Psychological First Aid Resources

Abby Dare – Voyageur Outward Bound School

Description coming shortly, please check back!

Keynote Panel

Moderated by Emily Ten Eyck, YMCA Camp Menogyn

Our panelists represent a variety of outdoor and adventure education organizations. In their current roles, their approach to effective risk management must necessarily differ. Factors such as organizational mission and history, position responsibilities, past experiences, participant population, and external expectations (of parents, participants, supervisors, volunteers, etc.) all play a role in the risk-management related decisions of each of our panelists.