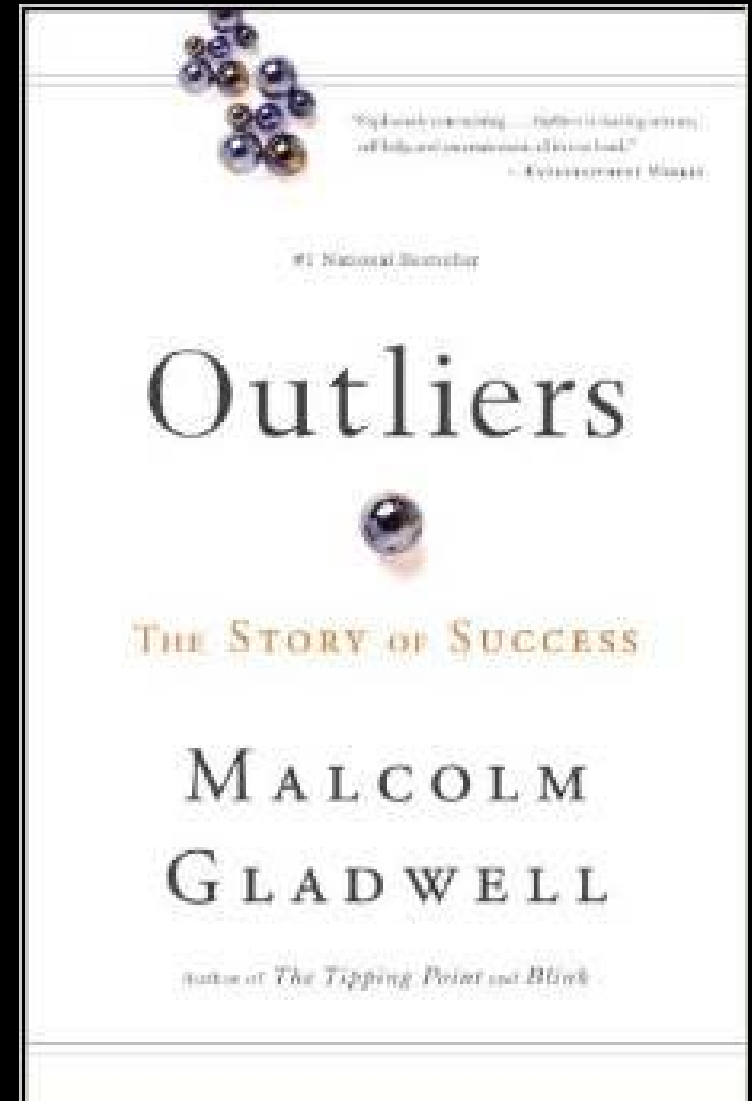


Lesson #4: Practice is different than training.

- 10,000 hours
- Practice less with mindful practice







 Hyperbaric Technologies, Inc.
P.O. Box 69, Amsterdam, NY 12010
1-800-382-2401



Lesson #5: If you are not healthy, don't go.

Physical and Mental Well being

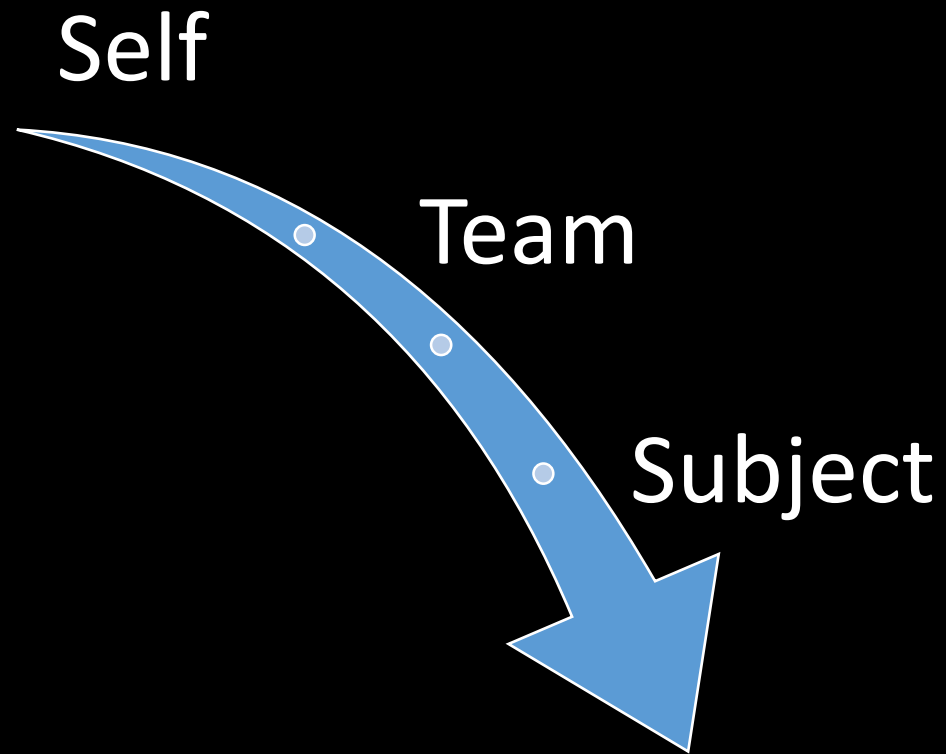
- Sleep
- Nutrition/Hydration
- Fitness
- Cognitive/emotional



At Risk

Rescuer safety, Multitasking, Group Dynamics, Communication

Lesson #6: Rescuer safety is paramount







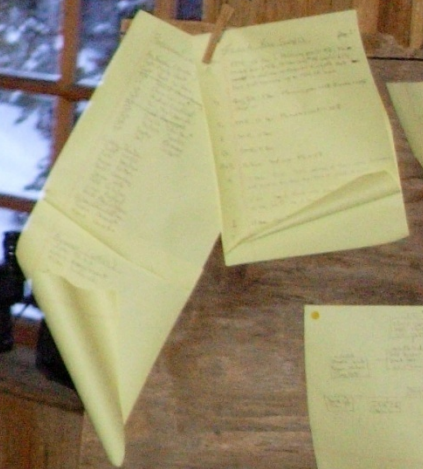
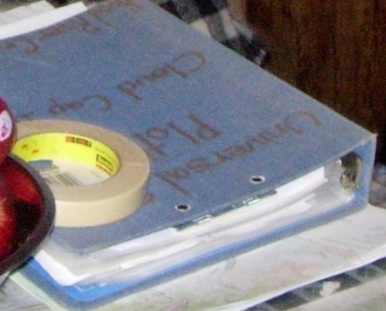




OPERATIONS FX 12-16-2006
OREGON SAR 185.805
SAR BASE at Cloud Cap
OPERATIONS

OBJECTIVE:
1) SAFETY - find down to get up high to determine snow cover
2)
WATCH OUTS:
WEATHER
SNOW CONDITIONS
AIR OPERATIONS
COMMUNICATIONS
WX: PARTLY SUNNY, NO SNOW, 15°F

TEAM 1 CRAIG VINTERS JAY SHARP TERRY JOHNSON MIKE OLIVER ESLIE CRONIN	TEAM 2 CRAIG TIM McCALL STEVE CASE JOHN LEAVELS	TEAM 3 CRAIG MICHAEL Mc CALL CORY SIMMER JOHN PEGG MIKE PYLE	TEAM 4 CRAIG LARRY SCHULTZ KATHY JERSON GARY JERSON
TEAM 5 CRAIG MONTANA	TEAM 6 CRAIG JEFF BERTER KEVIN SCARF DAVID NICHOLS	TEAM 7 CRAIG MARK LEE	



Lesson #7: Balance situational awareness and distractions

Adrenaline: It happens to everyone

Multitasking: It doesn't work







