

# CDMC

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**Mount Elma - Ridge Loop** (hiking) [return to Reports list](#)

Sat Oct 06, 2012

Leader: **Marie Maccagno**

Co-Leader:

This was Marie's first experience at leading a hike, thanks to Tim Penney's gentle goading to 'get off my a\*\*' and lead a trip. The circle route to Mount Elma, taking in the fall colours along the way seemed to be a good choice for this time of year. Thirteen people showed up to take advantage of our beautiful Indian summer weather. We had a relatively easy bushwack off the main trail, leaving at a high point after Helen Mackenzie. Lunch at the summit, was warm, with stunning views. Otto provided us with names for the lakes and peaks that were visible. After an hour or so of taking in the sun and relaxing, we began heading down toward the flagged route put up by Allan Wells - two of his daughters were on this trip - and we actually met up with Allan at the end of the day. The steep sections were quite dry and slippery with spruce needles covering the ground, so footing was difficult. One participant fell and apparently dislocated her shoulder while attempting to arrest her slide downhill. This occurred approximately halfway down the slope, and there was difficult terrain left to negotiate. The people who were with the injured party at the time of the fall were well prepared, so they provided Ibuprofen and attempted to stabilize the injured arm. In spite of high pain levels the injured person was able to walk down the hill with a system of support provided by several people organized to allow for small steps and support with frequent rest stops. This process revealed the incredible strength and spirit of the injured person. Getting down took approximately 2 hours. At the point where we joined the main trail back to Paradise Meadows, it was "time for decisions" as Otto so aptly put it. After another assessment, we decided to call for a rescue, and Julianna called 911 to activate Search and Rescue, using her GPS to give exact coordinates. A helicopter was dispatched and arrived an hour later. In the meantime we kept the injured person comfortable, recording the details of the incident along with any medications administered and the times; we also notified a family member who lives in the Comox Valley. When the helicopter arrived, the injured person was assessed more thoroughly, and then helped into the chopper for a direct flight to St. Joseph's hospital. The remaining group members then hiked out and were back at the trailhead by 6:00 p.m. This incident required a total team effort; the combined experience and expertise in the group allowed for good decision making and effective handling of the injured person, as well as a calm and supportive group energy. Thanks to everyone for your contributions to the day.

**Report contributors:** Marie M,

**Participant list (13 of 13):** Sylvia A, Linda C, Glen C, Rod H, Maybeth H, Susan H, Marie M, LeRoy M, Don M, Pam M, Juanita W, Julianna W, Otto W,

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