

## Analysis

The only way to have avoided this accident would've been to follow my inclination and not go climbing that day. I really had strong feelings that day and discarded them. I should have gone mountain biking....

I think climbers should have Mountain Rescue self-evacuation techniques and advanced first aid, or better, training. My background as a nurse probably saved my life and hopefully my leg. I ran my own rescue and care until I was helicoptered out. I told them what IVs to start, where to start them and how to care for my leg. (Source: Katie Kemble)

*(Editor's Note: This is the second description of self-help in acute injury situations in this year's report. This one is, obviously, understated. Katie's ability to direct staff at the Telluride Clinic, let alone to stay alert and somehow avoid going into shock, should emphasize the value of good training. Without her medical knowledge and strong will, the result surely would have been different.)*

## FALLING ROCK, POOR POSITION

### Colorado, Rocky Mountain National Park

On May 18, 1989, Tricia Timms (20) was struck in the hip by a 14 kg rock on Eagle Cliff Mountain. Timms had been sitting at the base of a cliff band, directly in the fall line of rappellers in her party. One of the rappellers had dislodged the rock unintentionally. Rocky Mountain National Park Rescue Team responded and evacuated Timms via long scree evac. Timms' injuries were diagnosed at Estes Park Medical Center as a deep contusion of the right buttock. (Source: David Essex, Chief Park Ranger, Rocky Mountain National Park)

## Analysis

Positioning oneself directly beneath climbers and rappellers increases the chances of being struck by falling rock and/or equipment. Timms was not belaying anyone at the time of her accident, so it was unnecessary placing herself in that poor position. If possible, when belaying, one should be positioned off to the side of the fall line. (Source: David Essex, Chief Park Ranger, Rocky Mountain National Park)

## NO ROPE, CLIMBING ALONE, UNABLE TO DOWNCLIMB, JUMPED

### Colorado, Boulder Canyon

On June 24, 1989, Stephen Gilmore (30), David McConnell (27) and Annette Halley (31) were out to climb Cozyhang on "The Dome." While getting ready and waiting for another party, Steve strolled off alone. Finding an interesting face, he decided to warm up by bouldering. After climbing about five or six meters up, a hold pulled off and he realized he was further off the ground than he had intended. Unable to downclimb and unwilling to go any further, he finally had to jump. Steve sustained a very severely bruised heel, strained right knee, and minor laceration to his left leg and several minor abrasions. He was able to walk out without assistance and treat his own injuries while David and Annette finished the climb. X-rays later showed Steve had broken nothing but he still was unable to climb for several months. (Source: David McConnell)