ICAR 2016

WELCOME

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In a few days the Bulgarian Red Cross, the largest and oldest humanitarian organization in the country, will be celebrating 138 years since its foundation. We are proud that Mountain Rescue Service is an integral part of our organization and that together we resist the trials and challenges of life, and continue to help people.

Many people owe their lives to mountain rescuers, who wear the Red Cross emblem with dignity, because humanity in the mountains requires more than charity and compassion, more than simple desire to help - it requires sacrifice.

We consider the selection of the Bulgarian Red Cross Mountain Rescue Service to host the annual meeting of ICAR a great honor and recognition for the professionalism and international prestige of the Bulgarian mountain rescuers.

I wish you successful work and I assure you that for the Bulgarian Red Cross this forum is an excellent opportunity to discuss and bring the focus of public attention in Bulgaria to the issues of safety and reduction of accidents in the mountains.
Welcome to the Rila National Park, the mountain with the highest peak on the Balkan Peninsula!

It is an honour and a privilege for all of us at the Mountain Rescue Service at the Bulgarian Red Cross to host the annual meeting of ICAR.

In this dynamic and rapidly changing world, more and more people are turning towards nature and mountains, where they seek adventures, do sports, and relax. This trend leads to an increasing number of people being exposed to risk factors, thus creating a higher percentage of incidents. But this is exactly why our job is of the utmost importance, and therefore we continue serving.

Our Mountain Rescue Service relies fully on the constant, 24/7 availability of trained and equipped mountain rescuers, the majority of them being volunteers, and committing their time to render assistance in the mountains because, above all, we are led by humanity.

Prevention is a key word in our daily work, especially when we refer to children and youngsters who are often unaware of the risks in the mountains. And as you all know, that the most dangerous mountain is the one that we underestimate. My message to people is to respect mountains, and get prepared in order to spend a pleasant time there and to return home, safely.

Last but not least, a big thank you to all the family members who keep supporting us - mountain rescuers, during our unpredictable and demanding missions. Without them we wouldn’t be what we are.

Thank you to all my colleagues in Bulgaria for their unremitting efforts.

Dear friends, I wish you health, good luck and successful work! God bless our noble duty!
ICAR President Welcome

For the first time in its 68-year-history, the International Commission for Alpine Rescue (ICAR) is coming to Bulgaria for its annual congress, hosted by the Red Cross of Bulgaria (BRC). We are very happy to be your guests in Bulgaria.

Our last congress took place in Killarney, Ireland. We keep the celebrating of the 50th anniversary of Mountain Rescue Ireland (MRI) deep in our memories. Thanks again to our Irish friends.

The work in the ICAR Executive Board is very positive and the members have great experience and are highly professional. Our mission says: ICAR provides a platform for mountain rescue and related organizations to disseminate knowledge with the prime goal of improving mountain rescue services and their safety. It’s a worldwide organization that respects its members and promotes international cooperation.

Our number of members is steadily increasing. This is the success of the good work, which is done in our bodies, especially in the technical commissions. A big thank you goes to our Commission Presidents, our Executive Board and our office.

Like every year, the pre-conference workshop day offers interesting topics. The presidents of the different commissions have prepared a perfect program. I hope that you can participate, give your thoughts and bring your input at the different posts or in the various sessions.

Honor where honor is due: The preparation and the organization of this event was first class and the whole team in Bulgaria should accept our great respect.

Thank you all for the great work and I’m very pleased to meet you here.
This year the convention will be organized by the Mountain Rescue Service at the BRC. They have worked hard to prepare a perfect environment for our convention. Intensive cooperation and the willingness to work together will be the basis for a successful meeting in Borovets.

This year’s practical session is organized and supervised by the Avalanche Rescue Commission. They prepared interesting workshops together with the other commissions. I am sure, the demos and workshops which will be offered to you are beneficial to all of us.

This year’s main topic is „Search function - Improving the Search before the Rescue“. All of us know how important a good situation analysis is. This will be the basis of a good and hopefully successful search operation.

I am sure, it will be very interesting for all of us, when our friends present us their way of solving this problem. Let’s learn from the experience of all participants, documented in their presentations or shown on practical demonstrations. Our goal should be not to do the same error twice. Eliminating all human errors in rescue operations may not be realistic, as we would have to stop all our missions just to avoid any possible errors.

However, we should strive to extend the time between our errors.

I am very much looking forward to meeting all of you again and I am sure, that we will have a congress with good presentations and many positive discussions and constructive interactions, so that we all can go home at the end with a full basket of new knowledge for the next search operation.

Gebhard Barbisch
President of the Terrestrial Rescue Commission

Dear Members of the Terrestrial Rescue Commission, dear Friends of ICAR and dear much appreciated Exhibitors!
In our commission we worked hard since the latest congress in Ireland. The recommendation concerning “slalom probing” was definitely adopted by the committee board in January. During the year we organized several workshops gathering international experts: one in Davos concerning RECCO search strategies (under the umbrella of SLF and the avalanche commission), another one concerning “Best practices in avalanche rescue” (Stubai, from 25th to 29th of April), which purpose is to obtain a worldwide standardization of strategies, techniques and methods of avalanche SAR. The sub-commission of dog-handlers held an interesting and serious meeting on the field in South Tyrol (from 5th to 8th of May), and the prevention working group held several “skype” meetings and is continuing to help all of us with the aim of improving prevention tools.

Regarding the congress in Borovets, we have implemented some relevant workshops for the pre-conference day, in the field (I hope we will have good climatic conditions!) with a system of rotation between the different workshops (as we did in Lake Tahoe). I am pretty sure you will appreciate!

I wish all of you, the commission members, the organizers, the developers and the manufacturers a really rich congress.
Together with Bulgarian Mountain Rescue Service to the Red Cross we are looking forward meeting you and sharing with you some time during our annual conference held this year in Borovets.

Our challenges: trying to find common solutions to different operations, different types of helicopters but with one common goal: helping people in need and guaranteeing the safety of our rescuers.

Our main topic for 2016: Decision making and human factors. In the Air Rescue Commission the main topic will be reflected in our focus of the «Scoop and run» strategy. In collaboration with all other commissions, all aspects of this advanced extrication method with high demand on the proper interaction of all involved parties will be analyzed. The aim is to find a generic, sound and safe procedure to excavate and / or extricate the patient while the rescue personnel stays at all times attached to the aircraft. (Helicopter Hoist or Human External Cargo). Another goal will be the publication of a new recommendation about the Human external cargo - Helicopter Hoist (HEC-HHO) equipment and a safety card addressed to the public.

The passion that livens up the rescuers, the devotion and desire to carry out rescues are what drives the members of ICAR.

Thank you all for your commitment, for your participation and I wish you a fruitful conference here in Borovets.
The main focus of this meeting for our participants will be to finalize the recommendations: “Multi Casualty Incidents in the Mountains and Remote Areas” and “Evidence based Recommendation of Canyoning Rescue”. Both Recommendations have been discussed intensively during the 2016 Spring Meeting in Capetown. A long list of interesting short communications and the planning of the 2017 meetings in Italy and Andorra will complete our very dense schedule.

At the congress on Saturday morning, members of our commission will present the recently finished or published recommendations and case reports to the entire ICAR audience. We also participate at the pre-conference workshop on Wednesday.

The goal of ICAR MEDCOM, the medical commission of ICAR, is establishing recommendations and guidelines to give advice to all members of rescue organizations dealing with injured and ill people in the mountains. All papers are published in highly recognized peer reviewed medical journals to reach the highest level of acceptance in mountain emergency medicine.

Our recommendations cover a great variety of problems which are commonly faced by rescuers, as well as by emergency physicians called to accidents in the mountains. It is essential, that these recommendations are translated and adapted to the local situation and national regulations to provide best support to all who need them. ICAR MEDCOM consists of more than 60 experts (doctors and paramedics) from all continents, working in the fields of mountain emergency medicine and many of them will be present at this convention.

We look forward to meeting you in Borovets for a successful meeting.
THE BENCHMARK IN AVALANCHE SAFETY

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REPLACES 8 PIECES OF EQUIPMENT
INCREASES SAFETY & SAVES TIME

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The beginning of mountain rescue in Bulgaria dates back in time and is linked to growing interest towards mountains and development of mountaineering. Ever since, the proximity of Vitosha mountain to the capital city Sofia has been attracting more and more people looking for the beauty, freshness and adventures in mountain areas.

On August 27 1895, upon invitation from the famous Bulgarian writer and traveller Aleko Konstantinov, 300 people climbed the highest peak of Vitosha Mountain – Cherni vrah. There, on Vitosha top, they established the first tourist society in Bulgaria, which was the dawn of the organized Bulgarian mountain tourism.

The first shelters and refuges were built in the most frequently toured parts of the mountains Vitosha and Rila. With multiplying numbers of admirers of the enchantment of mountains and peaks, incidents during winter hikes began occurring. This was the time when the first recorded rescue actions appeared in the form of mutual assistance. At the end of 1933, several prominent Bulgarian mountaineers discussed in Sofia the need for creating an organized mountain rescue, following their immediate observations on rescue activities in the French, Austrian, German and Swiss Alps.

On December 15 1933, in Sofia and under the eaves of the first tourist society “Aleko”, Bulgarian Alpine Club, Bulgarian Tourist Union, Youth Tourist Union and Sofia Ski Club established the Mountain Rescue Service. A few years later an organization of rescue command was created, comprising of four rescuers and a doctor who were on duty during weekends in three refuges in Vitosha. 1940 marked the beginning of the Mountain Rescue Service at the Bulgarian Red Cross

Mountain Rescue Service /MRS/ was established in 1933 and since 1951 has been in the composition of the Bulgarian Red Cross.
partnership with Bulgarian Red Cross Youth /BRCY/ which, by that time was in charge of medical doctors within the rescue commands.

The whole period was characterized by the creative power of enthusiasm and affection of mountain rescuers towards their work - to help those in need. Strong foundations were laid, which embedded sense of duty and voluntary commitment, regardless of difficulties and dangers.

The end of World War II shifted the scene of public relations in Bulgaria. MRS sought opportunities to continue existing in the newly altered environment. In 1951, the Mountain Rescue Service became part of the Bulgarian Red Cross. Integration into this new family was followed by years of expansion of the structure and the activities, with Bulgarian state also committed to the development of the MRS.

In the 70s of the 20th century MRS operated 34 rescue teams, made up of volunteer mountain rescuers who were located in all major mountain settlements. After a massive winter operation on Vitosha to search for the Foreign Minister of Bulgaria, the Council of Ministers issued a special act on activities and development of MRS.

Fruitful international contacts had already been established and active discussions for membership in ICAR started. In 1971 in Bled, Slovenia, MRS became a member of ICAR. This gave new impetus to the development of mountain rescue in Bulgaria - extending contacts and exchanging information on the work of leading rescue services, on courses and training programs, creating links with manufacturers of rescue equipment. Also training courses based on new programs and methods were initiated and conducted by experienced and qualified instructors.

In 1974 Austrian instructors assisted launching rescue missions including dogs. Successful operations of dedicated handlers and rescue dogs, plus the acquired skills to search for people buried in avalanches started being applied when providing assistance during disasters, accidents and catastrophes. The first regular course for air rescue was held, which set the beginning of air assistance by helicopters in the mountains.

With the support of many volunteer
rescuers, the first permanent rescue base "Aleko" was built on Vitosha mountain. More bases were constructed in Stara Planina and other Bulgarian mountains. The State was also supportive in establishing modern rescue bases in main winter resorts - Bansko, Borovets and Pamporovo.

Political changes in early 90s confronted MRS with new challenges. State support decreased substantially and additional financial resources had to be sought to secure prolonged existence and growth. Mountain rescuers' indomitable spirit and dedication to the cause let them find modern solutions to strengthen the service. The very first General Assembly was attended by delegates from all rescue teams. At a later stage payment of assistance was introduced and MRS cooperation with insurance companies led to the creation of “mountain insurance.” The combination of those factors allowed continuous development of rescue teams, posts, and bases in Bulgarian mountains.

Today MRS at the Bulgarian Red Cross unites more than 500 volunteer mountain rescuers who constitute 32 rescue teams across the country, in addition to another 43 mountain rescuers - staff members. MRS operates a 24/7 emergency line which is connected to the national emergency rescue system of Bulgaria.
and the Unified European Emergency Number 112. There are four constantly operating rescue bases in the large mountain resorts of Bulgaria - Vitosha, Bansko, Borovets and Pamporovo. 9 more bases provide shelter and proper conditions for mountain rescuers to serve their duty.

The training center of MRS is responsible for certification of mountain rescuers in Bulgaria by providing a system of basic and specialized courses. All rescuers undergo periodic inspection of physical capacity, technical skills as well as courses to provide first aid during winter and summer season. Preparation of mountain rescuers is carried out by 31 certified instructors. First aid trainings and assistance are implemented with the invaluable support of 23 medical doctors - mountain rescuers.

The rescue dogs handlers team has at its disposal 22 trained dogs working effectively in avalanches, as well as during disasters, accidents and catastrophes in Bulgaria and abroad (major earthquakes in Armenia in 1988 and in Turkey in 1999).

Today all of us - mountain rescuers from Bulgaria, and from rescue services around the globe, participants and guests at the ICAR Congress, together we are writing another glorious page in the 83 year old history of Mountain Rescue Service. It is a great honour to host the 68th Annual Congress in Bulgaria and a significant responsibility to advance on the current opportunity and place mountain rescue in the focus of public attention in the country.

Welcome and good luck!
Conference Programme

Conference Schedule ICAR Convention 2016 in Borovets Bulgaria  

October 18th, TUESDAY

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<th>Time</th>
<th>Terrestrial Rescue Commission</th>
<th>Avalanche Rescue Commission</th>
<th>Air Rescue Commission</th>
<th>Medical Commission</th>
<th>DOG-Handlers</th>
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<td>14.00 - 19.30</td>
<td>Registration</td>
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<td>19.00 - 19.30</td>
<td>Briefing for the pre-conference workshop</td>
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<td>Dinner</td>
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October 19th, WEDNESDAY

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<th>Time</th>
<th>Terrestrial Rescue Commission</th>
<th>Avalanche Rescue Commission</th>
<th>Air Rescue Commission</th>
<th>Medical Commission</th>
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<tr>
<td>06.30 - 08.00</td>
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<td>Breakfast</td>
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<td>08.00 - 18.00</td>
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<td>Pre-conference workshop on avalanche rescue</td>
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<td>08.00 - 18.00</td>
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<td>Opening of the conference</td>
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<td>Dinner</td>
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FALCON MOUNTAIN

Very lightweight seat harness for rescue operations involving technical climbing.

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Access the inaccessible®
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<th>Time</th>
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<tr>
<td>06.30 - 08.00</td>
<td>Breakfast</td>
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<td>Welcome, outline of the meeting’s program, minutes of the 2016 spring meeting, presidents report, financial report</td>
<td>Meeting Dog-Handlers (Marcel Meier ARS)</td>
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<tr>
<td>08.00 - 08.30</td>
<td>TER Assembly of delegates</td>
<td>Welcome and presentation of new members</td>
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<td>Welcome and presentation of new members</td>
<td>Meeting Dog-Handlers (Marcel Meier ARS)</td>
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<td>08.30 - 09.00</td>
<td>President report</td>
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<tr>
<td>09.00 - 09.30</td>
<td>Accident reports (all)</td>
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<td>Accident/incident reports (all)</td>
<td>Papers in preparation: MCI final draft, discussion and approval</td>
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<tr>
<td>09.30 - 10.00</td>
<td>USA report (Charley Shimanski MRA)</td>
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<td>USA report (Charley Shimanski MRA)</td>
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<tr>
<td>10.00 - 10.30</td>
<td>Coffee break</td>
<td>Avalanche fatalities in the European Alps (Damrs SLF, Jarry ANENA)</td>
<td>Interface helicopter Lezard / Forces aériennes de gendarmerie (Emmanuel Chavanne)</td>
<td>Coffee break</td>
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<tr>
<td>10.30 - 11.00</td>
<td>sarOS (Matjaz Serkezi GRZS)</td>
<td>Coffee break</td>
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<td>Papers in preparation: Canyoning rescue final draft, discussion and approval</td>
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<tr>
<td>11.00 - 11.10</td>
<td>Norwegian mountain code help you stay safe (Kjetil Hoidal NRK)</td>
<td>Avalanche balloon incidents in Tatra mountains (Biskupič HZS)</td>
<td>Norway update (Dan Halvorsen)</td>
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<td>Meeting Dog-Handlers (Marcel Meier ARS)</td>
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<td>11.30 - 12.00</td>
<td>Significant change how we do rope rescue in B.C. (Kirk Mauthner, Parcs Canada)</td>
<td>Does endurance exercise affect search performance in avalanche military dogs? Prel. results (SAGF)</td>
<td>Drone impact (Joost Vreeken, Patrick Fauchère OCVS)</td>
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<td>12.00 - 14.00</td>
<td>Lunch</td>
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<td>Papers in preparation: Thresholds in hypothermia treatment, Report from the spring meeting (Brugger) / Accidental hypothermia update, presentation and approval / ARRC update (Kottmann) / Avalanche registry, presentation of the online case report form (Brodmann, Brugger)</td>
<td>Meeting Dog-Handlers (Marcel Meier ARS)</td>
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<td>14.00 - 14.30</td>
<td>Joint meeting TER-AIR: Presentation of the national system for cooperation of alpine rescue and civil helicopter (Stein Møller, Dan Halvorsen)</td>
<td>How to build up an avalanche dog school (Ivan Sanduloku)</td>
<td>Joint meeting TER-AIR: Presentation of the national system for cooperation of alpine rescue and civil helicopter (Stein Møller, Dan Halvorsen)</td>
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<td>Meeting Dog-Handlers (Marcel Meier ARS)</td>
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<td>14.30 - 15.00</td>
<td>Joint meeting TER-AIR: Automatic release sling (Jan-Gunnar Hole)</td>
<td>Developing international standards and recommendations in order to measure success in prevention programs and “mountain safety.info” (Per-Olov Wikberg Swedish Mountain Safety Council)</td>
<td>Joint meeting TER-AIR: Automatic release sling (Jan-Gunnar Hole)</td>
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<td>15.00 - 15.30</td>
<td>Joint meeting TER-AIR: Emergency card (Dieter Kottlaba Ortovox)</td>
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<td>16.00 - 16.30</td>
<td>Joint discussion TER-AVA: AVA-REC Probing Strategies</td>
<td>Rope testing (Ragoni Airwork)</td>
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<td>Meeting Dog-Handlers (Marcel Meier ARS)</td>
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<td>16.30 - 17.00</td>
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<td>MEDCOM in 2022 going forward, process of establishing recommendation projects, primary research, redoing DVD, book on / New papers / Forthcoming events</td>
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<td>17.00 - 17.30</td>
<td>Joint meeting TER-AVA: Online GPS support for dog search operations (Nik Klevier BWB)</td>
<td>PCDS update (Ragoni Airwork, Patrick Fauchère OCVS)</td>
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<tr>
<td>18.00 - 20.00</td>
<td>ICAR Executive board meeting (followed by dinner at reserved table for 12 persons 20.00-21.30)</td>
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<td>08.00 - 08.30</td>
<td>SAR-Support 3D online maps (Nik Klever BWB)</td>
<td>Joint meeting AVA-MED: Burial duration and depth explain avalanche survival patterns in Austria &amp; Switzerland (Brugger) / A prospective randomized clinical study on influence of low ambient temperature on epitympanic temperature measurement (Strapazzon) / Monte Carlo simulation in probing and triage strategies in avalanche rescue (Manuel Genswein)</td>
<td>ICAR AIR-REC: HEC equipment and safety card review (all)</td>
<td>Joint meeting AVA-MED: Burial duration and depth explain avalanche survival patterns in Austria &amp; Switzerland (Brugger) / A prospective randomized clinical study on influence of low ambient temperature on epitympanic temperature measurement (Strapazzon) / Monte Carlo simulation in probing and triage strategies in avalanche rescue (Manuel Genswein)</td>
<td>Workshop Dog- Handlers Romania &amp; Bulgaria (Marcel Meier ARS)</td>
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<td>08.30 - 09.00</td>
<td>Improvement of SAR / EU-Project (Cipras CMRS, Robert Jagodic)</td>
<td>Workshop Dog- Handlers Romania &amp; Bulgaria (Marcel Meier ARS)</td>
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<td>09.00 - 09.30</td>
<td>Guideline for terrestrial search methods (V. Ståndahl Olsen NF)</td>
<td>Workshop Dog- Handlers Romania &amp; Bulgaria (Marcel Meier ARS)</td>
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## Conference Schedule ICAR Convention 2016 in Borovets Bulgaria

### October 22th, SATURDAY

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<td>06.30 - 08.00</td>
<td>Breakfast</td>
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<tr>
<td>08.00 - 08.30</td>
<td>Plenary session: From theory to terrain (Mathieu Pasquier CHUV, Raphael Richard OCVS, Patrick Fauchère OCVS)</td>
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<td>08.30 - 09.00</td>
<td>Plenary session: Brief update about the PCDS situation (Patrick Fauchère OCVS)</td>
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<td>09.00 - 09.30</td>
<td>Plenary session: SAR operations at Bergwacht Bayern, structure and training (Nik Klever BWB)</td>
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<td>09.30 - 10.00</td>
<td>Plenary session: SAR management methodology (Andres Bardí ARS)</td>
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<td>10.00 - 10.30</td>
<td>Coffee break</td>
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<td>10.30 - 11.00</td>
<td>Plenary session: Alpine Safety Knowledge Base (Martin Gurdet ÖBRD, Dominique Létang ANENA, Manuel Genswein)</td>
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<td>11.00 - 12.00</td>
<td>Plenary session: HEMS can provide ATLS in mountainous and remote areas (Strapazzon) / Multi casualty incidents in the mountains and remote areas (Blancher, Elsensohn) / Update on accidental hypothermia (Paal) / Retrospective tyrolean study on prehospital management and outcome of avalanche patients with out-of-hospital cardiac arrest (Strapazzon)</td>
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<td>12.00 - 14.00</td>
<td>Lunch</td>
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<td>13.00 - 14.00</td>
<td>ICAR Executive board (optional) meeting</td>
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<td>14.00 - 15.00</td>
<td>Plenary session: Avalanche registry (Brodmann) / Case report on avalanche survival after rescue with the RECCO rescue system (Strapazzon) / Mountain rescue techniques in a major catastrophic incident (Schiffer) / Avalanche MCI in Val Fréjus (Albasini)</td>
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<td>15.00 - 15.30</td>
<td>Plenary session: Debriefing of the practical workshop on the pre-conference day</td>
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<td>15.30 - 16.00</td>
<td>Coffee break</td>
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<tr>
<td>16.00 - 18.00</td>
<td>68th ICAR Assembly of delegates</td>
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<td>18.00 - 19.00</td>
<td>Break</td>
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<td>19.00 - 22.00</td>
<td>Gala dinner</td>
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### October 23th, SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Terrestrial Rescue Commission</th>
<th>Avalanche Rescue Commission</th>
<th>Air Rescue Commission</th>
<th>Medical Commission</th>
<th>DOG-Handlers</th>
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<tbody>
<tr>
<td>06.30 - 08.00</td>
<td>Breakfast</td>
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<td>08.00 - 11.00</td>
<td>Check-out and departure</td>
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Conf.

Conference Programme

ICAR CONGRESS 2016
BOROVETS, BULGARIA
19th – 22nd October

www.alpine-rescue.org
Exhibition Floor Plan

1. Victorinox
2. ALPI inc.
3. Avalanche Float Solutions
4. PIK 3000/PETZL
5. Small Foot
6. Aviation Survival Support
7. PMI Inc.
8. Tyromont

9. Airwork & Heliseilerei
10. Peakzero (Agenteur Schall)
11. Helicopter Skiing
12. Milo 92 Ltd
13. Siven BG
14. BCA
15. ArcTeryx
16. PIEPS
17. Ortovox
18. Mammut
19. Bell Helicopter
20. TAS by MND
21. Advanced System Design GmbH
22. Paramo Clothing Ltd
23. Centum Research & Technology

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PeakZeq
Centum
Mike Wiegele Helicopter Skiing
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