

AMERICAN RIVER BIKE PATROL



American River Bike Patrol News www.americanriverbikepatrol.org May 22, 2020 update Vol. 1, Issue 3

Hello and a hearty welcome to the third edition of the American River Bike Patrol (ARBP) Newsletter. In this issue you will find useful updates on appropriate COVID safe practices and additional information about our exciting training and start dates. We have also updated our website and you will find more helpful information there at americanriverbikepatrol.org.

We hope to be fully prepared to patrol the American River Parkway (Jedediah Smith Memorial Trail) come June 13th. Any National Ski Patrol (NSP) member holding current Outdoor Emergency Care, or Outdoor First Care and Cardiopulmonary Resuscitation certifications can join. I hope you can be part of this exciting kick-off.

A MUST ATTEND FOR ALL OUR MEMBERS: please plan to be part of our two evening Zoom session, June 10 and 11, 7 PM to 9 PM, to cover aspects of trail training. Sessions will be repeated in July, dates to be set (see the summary, below, and plan to attend!).



We will be in uniform and patrolling in small groups of two or three while minding appropriate social distancing while cycling. Our goal will be to provide directional and emergency equipment assistance and First Aid for end users of the American River Trail. On May 14, 2020 Bike Patroller John Poimiroo saved a life by performing unassisted CPR for fifteen minutes (story on page 9). These are the kind of life changing events you can be a part of.

The ARBP Leadership Board has been working diligently to provide the necessary training for non-skiing NSP members. You will find information on how to become an NSP member and our on-line course work and creative work arounds for hands-on training in this Newsletter. I hope you find this newsletter informative and I look forward to seeing you on the trail. Keep Safe and Keep Riding,

- **Jim Cheng, Patrol Rep, AR Bike Patrol**

Trail training on Zoom, June 10/11

Trail Training ARBP - Two Zoom segments – you must attend both - these sessions are MUSTS for all of us. If you are current with OFC and CPR, complete these sessions and be ready to do a check-off ride with a member rep and then start patrolling. Those needing to complete the medical - OFC and CPR - attend these sessions, as well - then you can ride along as a candidate patroller with a certified member until fully trained.

SESSION 1: June 10, 7:00-8:30 PM Zoom call

5 minutes Welcome from Patrol Leader Jim Cheng & overview of the training evening Sessions 1 & 2

1 30 minutes Jeff Magaziner Presentation on what a Patrol will look like, working with the public, forms, Member Rep support...

2 30 minutes Ben Horner re ARP Ranger interaction, Presentation about the Parkway and the Trail (map, how/when to interact with the rangers, 311 app reporting

3 20 minutes Leigh Yi and Rick Bulan Demonstration of ARBP Website use, incident reports, scheduling Patrols. etc

4. 5 minute recap and reminder Session 2 tomorrow night Barry or Jim?

SESSION 2: June 11, 7:00-8:30 PM Zoom Call

Welcome, overview of evening, Patrol Leader Jim Cheng,

Please see **Zoom Training, continued on page 6**>>>>

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Address up-to-date?

To be added to E-mail list, or should your address change, please send name, address and email address to patrol secretary Tim Viall, tviall@msn.com, or call (209) 969-3875.

American River Bike Patrol Organizational Team:
Patrol rep: James Cheng
Assistant patrol rep: Barry Calfee
Second assistant patrol rep: Jeff Magaziner
Treasurer: Cathy Russell
Secretary: Tim Viall (need a volunteer)
Communications Advisor: John Poimiroo
Medical advisor: Dr. Jeff Du Bois
Outdoor First Care advisor: Dr. Jim Margolis
Ranger Liaison: Ben Horner
Folsom Lake SRA Liaison, Michael Gnafakis,
Member reps and/or other advisors (fund-raising, member outreach, other admin roles):
Doug Angove,
Rick Bulan,
Linda Collins,
Vicki Day,
Rich Fowler,
Leigh Yi.

NOTE: Seeking a patrol secretary to take over from Tim Viall; contact Tim at tviall@msn.com

American River Bike Patrol News is published quarterly, in April, July, October and January each year. Send info and photos to Editor Tim Viall, tviall@msn.com by the 25th of the previous month.

New ARBP Logo, and, Member Reps...

We are please to present the new ARBP logo. We feel this clearly depicts the organization as a Bike Patrol unit with an emphasis on safety. Placing the bike on the trail recognizes the importance of the bike trail as a unique asset to our region and the Fair Oaks bridge is a nod to the river.

Seeking a few Member Reps

Part of our organizational plan is to have Member Representatives. The Reps would stay in touch with groups of about 10 members in their area to maintain communications, help plan events, answer questions, and act as liaisons between the general members and the Board as needed. This should be a fun position that will help everyone stay involved and active in Patrol activities. If you are interested in participating as a Member Rep, please contact Jeff Magaziner at 916-768-5023 or dmpjeff@aol.com.



Outdoor First Care (first-aid) and CPR training, coming June, July!

If you currently have Outdoor Emergency Care (OEC) or Outdoor First Care (OFC) AND a current community level or higher CPR card no additional training is required for the First Aid qualifications to become a member of ARBP. Just sign up with our PR Jim Cheng jimarbp@yahoo.com. You will be required to do a session of American River Bike Trail orientation; interfacing with Park Rangers and EMS and basic bike repair. We will also have first aid refreshers during the year that focuses on bike specific issues. If you have a current CPR card, but neither OEC nor OFC, you will need to sign up for our OFC class. Contact Dr. Jim Margolis.

If you are new to patrolling and healthcare, we are offering a combined CPR and OFC class on either Saturday, June 20, 8 AM to 4 PM, or Saturday, July 25, 8 AM to 4 PM, (both classes held at William Pond Park on the Bike Trail). Once you have signed up and paid your dues you can register on-line with NSP.

COVID has had a great impact on our training. At this time, both NSP and State of California is not allowing the hands on part of our first aid training. I encourage you to sign up for the OFC class, take the online training component and send Dr. Jim your certificate of completion. Hopefully we will be able to conduct the hands on portion in June and July, but if not, we can roll your class to the next available one. I am hopeful we will be able to begin the hands on training by June 20. Thanks for your continued patience and commitment. Our patrol has already saved a life after one of our members used his ski patrol training to do CPR on the bike trail.

- Dr. Jim Margolis, ARBP OFC advisor.

Evolution of the AR Bike Patrol



Tim Viall, NSP veteran Dr. Jim Margolis and cyclist Rich Fowler began investigating and urging the patrol's formation in spring, 2019. They suggested the following to local organizations, bike clubs and Sacramento County Parks Department, Supervisors and Rangers:

Services: Bike Patrol members would work as eyes and ears with the Parkway Rangers and other stakeholders, and provide trail directional advice, equipment assistance, safety insights and render first-aid services.

Developing organization: the National Ski Patrol and its Bike Patrol subset, under the guidance of the NSP's Far West Division. With over 30,000 members, the NSP has become more involved in bicycle safety patrols in recent

years, organized like the NSP's 600 ski patrols.

Training: Volunteer members would be trained much like traditional ski patrollers, with emphasis on bicycle rider interaction, trail and equipment advice and first-aid skills (the NSP trains members in either Outdoor Emergency Care (OEC) or Outdoor First Care (OFC), with training delivered by veteran NSP first-aid trainers.

Recruitment of members: Members will come from the approximately 200 current NSP members/alumni who live in the Sacramento Capital Region, and members of the local cycling community are invited to join.



To join, see Member application, p. 8; for more information, contact Tim Viall, tviall@msn.com; (209) 969-3875.

Useful websites:

American River Parkway and Bike Trail (includes map and rules/regulations): regionalparks.saccounty.net/Parks/Pages/JedediahSmith.aspx

American River Bike Patrol, see web site, currently in development mode: americanriverbikepatrol.org, and, Our Facebook page (on Facebook, search for American River Bike Patrol), which we will work to keep updated.

Mother Lode Region, NSP: motherloderegion.org

Far West Division, National Ski Patrol: farwest.org (and see Mt. Bike Patrol sub-page)

National Ski Patrol: nsp.org;

For questions, suggestions of other resources and/or updates, Tim Viall, American River Bike Patrol, tviall@msn.com, (209) 969-3875.

Events Calendar:

Trail Training (trail protocols, working with rangers, EMS, bike maintenance/repair, attend one):

- o Wednesday and Thursday evening Zoom on-line class, June 10 & 11, 7 PM to 9 PM; **OR**,
- o Wednesday and Thursday evening Zoom on-line class, July dates to come, 7 PM to 9 PM

First-aid training sessions (CPR and Outdoor First Care/first-aid credential training, attend one):

- o Saturday, June 20, 8 AM to 4 PM, **OR**,
- o Saturday, July 25, 8 AM to 4 PM, (both classes held at William Pond Recreation Area, 5700 Arden Way, on the Bike Trail, exact location to be determined)

Final, check-off ride: Sundays, 9 AM, June 21, **OR**, July 26; do a fun check-off ride with a team leader.

Informational meeting for new members, to be set for a date in July; date and location, TBD

Additional dates:

- American River Bike Patrol Kickoff-days, dates/locations to be determined).

Please NOTE: Due to the unfolding coronavirus pandemic, watch your email for future updates.

ARBP Uniform options and expectations:



Heka Cool Custom Cycling Jersey; or NSP catalogue jersey, similar in style,

Sport-Tek Performance T,

Red Mesh Vest,



Additional NSP gear like that at left; however it must be primarily red with white cross. We ask you add a ARBP patch to the front left.

Black, dark blue or tan pants

Additional uniform items:

Helmet: black, red, white or mixed

Cellphone loaded with AR Parkway trail map and helpful tools; turned on!
When you are in uniform, you are on duty!

First-aid gear and bike tools

ARBP business card supply

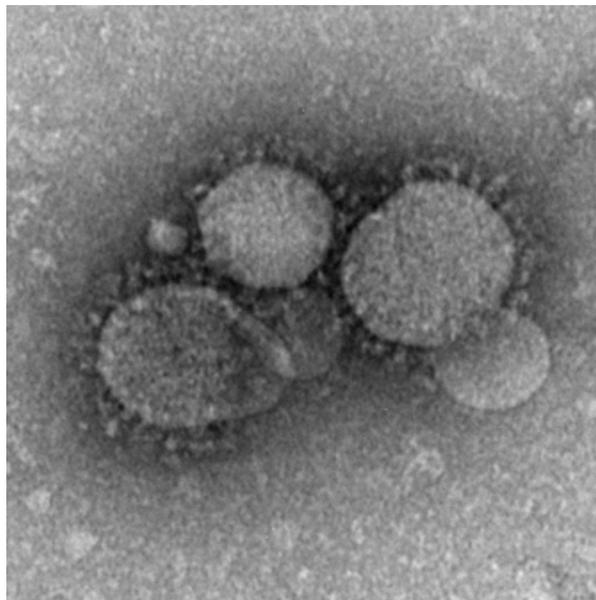
ARBP forms (incident report, etc.)

Wisdom, knowledge, helpful attitude!



ARBP COVID-19 Update; 21 May 2020

- Overall, the US appears to be 'bending the curve', that is the number of new cases/day is starting to slow noticeably.
- As of today's numbers from Johns Hopkins, the total number infected is just over 1.5 million and the number of deaths are at almost 95,000. We'll break 100,000 deaths in the next couple days with our current trajectory.
- According to the state's dashboard, California does seem to reflect a persistent plateauing/declining of new cases/day.
- I think both the California data and the local data are really very interesting. Looking at the state's dashboard there is definitely a downward trend on the percentage of tests that are returning positive. It was approximately 7% a month ago and now is under 3%. Yes, one can argue that we are now opening up testing for anyone, but that is very new on the ground.
- And the number of new cases for each of the four counties is fallen off fairly dramatically. The only exception might be El Dorado County where there were 2 new cases. But it's impossible to draw many conclusions from that.
- Also, there is plenty of capacity at local hospitals. They are all well below half of the peak numbers.
- There may be the start of a worrisome trend in Sacramento and Placer counties. There the suspected COVID cases admitted to the hospitals have been rising for about the past week. It's hard to link this to the more recent strenuous push by Placer County to end the shut down, as it is an average of 5 days from exposure to symptom onset. And then likely another week or possibly longer to reach the point of needing hospital admission. But this could prove to be the canary in the coalmine. If suspected cases turn into confirmed cases, and that trend continues, there will be some difficult decisions to make by the county board and the state.
- By comparison, Yolo County, which had an alarmingly high rate of cases earlier, has all but fallen off the chart for new cases and deaths. Again, hard to draw firm conclusions, but that county adopted the most



stringiest county-wide policies after their early high case rates and death rates.

So what's all this mean? And mean for us cyclists and the ARBP?

- Just in the last week alone, Governor Newsom revised his most recent released reopening guidelines into a more nuanced version, looking at the rate of new cases and the capacity of health care facilities. As I mentioned, hospital capacity is almost too good. Hospitals are all financially struggling currently. The surge facility at Arco Arena is being stood down (all remaining patients left on Tuesday). The target new case rate is less than 8% for the county. The entire 4 county region is well below that, with $\frac{3}{4}$ at less than 1%.
- At risk of tempting the COVID Gods, where did the virus go? We may be heading into a seasonal lull.

But I wouldn't interpret that to mean we can stop all the mask wearing and physical distancing. It's much wiser to overprotect than to underprotect right now, especially for those over 65. Moreover, keeping with physical distancing, increased hygiene (wash hands > 10 times/day), wearing of masks, and wide use of screenings may serve a dual purpose: it may also serve to mitigate hospital admissions come flu season. This will be particularly critical if there is still much COVID hanging around come fall.

- But I do think we will start seeing a more rapid de-escalation of restrictions, quite literally starting this week, AS LONG AS the hospital admission trends don't escalate.
- A strong word of caution here though. Any resurgence of the virus due to ramping down the restrictions won't be apparent for 2-3 three weeks at the earliest, so not until June for most areas.

- Dr. Jeff Du Bois, ARBP medical advisor

Zoom Training, continued from page 1

Training session 2, continued:

1. 20 minutes EMS & 911 interaction Ben Horner and Sac Metro fire
- 2 15 minutes Tim Viall Patrol Uniform Requirements and suggestions.
- 3 15 minutes Dr. Jim First Aid Kit basics. What to carry.
- 4 20 minutes Rich Fowler Bike Kit basics and trail-side repair basics overview.
- 5 10 minutes Wrap Up, Schedule Live Trail Ride Demo day with Member Reps, Jim & Jeff

Session 1 Zoom Call:

Topic: ARBP Trail-ready Training session, 1 of 2 must attend both

Time: **June 10, 2020 07:00 PM Pacific Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/8618333845>

no password required

Meeting ID: 861 833 3845

One tap mobile

+16699006833



Session 2 Zoom call:

Topic: ARBP Trail-ready Training, session 2 of 2 must attend both

Time: **June 11, 2020 07:00 PM Pacific Time** (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/8618333845>

no password required

Meeting ID: 861 833 3845

One tap mobile

+16699006833

Equipment for the Parkway Trail

For those of you wondering what an American River Bike Patrol member should carry with them on duty, Rich Fowler has created this YouTube video: <https://www.youtube.com/channel/UCR0TC7pHEUn2918wFOC8GbQ>.

If you have questions, please feel free to give Rich a call at (916) 761-7382.

- **Rich Fowler, bike mechanic/equipment advisor.**



In photos above, ARBP Patrol rep Jim Cheng and seven patrol members recently did a “physically-distanced” ride (except for photo taking) from the Fish Hatchery, east up the trail to Beals Point. Purpose was to check out the Folsom State Recreation Area and trail signage. Your ARBP has opened dialogue with the FSRA and their Chief Ranger; we hope to be providing service from mile 24 to 32 soon. At right, a County Park Ranger keeps a watchful eye on the Sunrise Recreation Area.

California's COVID19 Opening roadmap, and testing sites

Here is California's complete "Roadmap" to reopening. It will have all the links to the various stages:

<https://covid19.ca.gov/roadmap/>

Here is the screening question info from the CDC:

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Findex.html

And here are the CDC's guidelines to preventing spread:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Greater Sacramento Area COVID-19 rt-PCR (swabs) Testing Centers

Sacramento County	Contractor/Clientele	Appointment
Cal Expo	Verily	projectbaseline.com
St. Paul's Baptist Church	Oak Pak residents	only 916-628-7676

Familia Counseling Center North City Farms walk-ins
Robertson Community Center Del Paso Heights walk-ins

El Dorado County OptumServe [Ihi.care/covidtesting](https://ihi.care/covidtesting)
888-634-1123
Ponderosa High School (small gym)
Lake Tahoe Community College

Placer County OptumServe [Ihi.care/covidtesting](https://ihi.care/covidtesting)
888-634-1123
@the Grounds venue Roseville
North Tahoe Event Center

Yolo County OptumServe [Ihi.care/covidtesting](https://ihi.care/covidtesting)
888-634-1123
(sites to be determined)
Serologic (antibody) testing can be done at Med 7, Natomas:
4112 E Commerce Way Walk-ins welcomed
Sacramento, CA
916 447-6337

A Special thanks for assistance along the way!

For their help and assistance along the road to the AR Bike Patrol, we thank:

- The American River Coalition, their many members and non-profit partners and the Coalition leader, Betsy Weiland,
- The Sacramento County Regional Park's leadership team of Liz Bellas, Mike Doane, Wade Derby and Randy Bickel and our park rangers and staff,
- REI Coop for allowing use of their facilities and enthusiastic support, and
- The NSP Denver staff and board of directors, the NSP's Bike Committee and several NSP bike patrols across the US for sharing tips, enthusiasm and organizational advice.
- The approximately 10,000,000 Parkway annual users, for their appreciation and support of the Parkway and American River; we look forward to serving you!



Far West Division Director Lance Vaughan offers welcome!



Welcome, American River Bike Patrol members, to the Far West Division and Mother Lode Region of the National Ski Patrol! We're excited to be part of your start up as one of the first urban NSP Bike Patrols in the west, and, throughout the United States. We look forward to assisting in training, education and offering NSP expertise.

You will find many benefits with your membership in the national ski patrol, highest among them will be a growing sense of camaraderie among many of the members in the region and division.

I first rode the bike trail Summer of 1983. Having grown up in the Modesto / Oakdale area I was accustomed to valley summers. I recall getting near Folsom and enjoying the "downhill" ride back to our starting point near Cal Expo; my memory is that day was indeed hot, but the river was oh so cool. I look forward to getting out on my Lemond and riding along the river as a visiting patroller. Finally, thanks to the American River Parkway partner agencies, County of Sacramento Parks Department and others, noted above.

Once again, congratulations and we look forward to your ongoing evolution! - Lance Vaughan, FWD Director, NSP

American River Bike Patrol Membership Application

Please fill this out and return



Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone #: _____ Home Phone: _____

Email Address: _____

Interested in Patrol board or advisorship? [] Yes; [] No; your special skills: _____

Training dates:

Trail rules, regs, ranger and EMS interaction, bike mechanics: [] June 10 and 11, 7 PM; to be repeated on two evenings in July, days to be determined, both classes 7 to 9 PM, on-line using Zoom meeting

Outdoor First Care and CPR training, [] Saturday, June 20, **OR**, [] Saturday, July 25, each at 8 AM-4 PM, William Pond Recreation Area, 5700 Arden Way, Sacramento (exact location in park to be determined)

Current Outdoor First Care? No []; Yes [] Expiration Date: _____

Current Outdoor Emergency Care? No []; Yes [] Expiration Date: _____

Current CPR Certificate? No []; Yes [] Expiration Date: _____

Current National Ski Patrol member? No []; Yes [] Membership #: _____ Patrol: _____

Annual Requirements:

- National Ski Patrol Membership
- Obtain and Maintain Outdoor First Care (or OEC) and CPR certifications
- Attend a Bike Patrol orientation course and a training/skills assessment ride
- Be knowledgeable and comfortable in basic on-trail bike repair (course provided)
- Attend half or more of "as needed"/quarterly information/educational member meetings
- Attend at least one Parkway event representing the patrol per year
- Log a minimum annual patrol commitment: 48 hours annually; if you are a member of another NSP Patrol registering as a secondary bike patroller, 30 hours annually.
- Attend the required annual refresher course for active Patrollers (held late spring)

Estimated financial commitments for bike patrol members:

- Annual Membership in National Ski Patrol, \$60 (if you are an NSP member of another patrol, host unit or alumni member, you pay nothing more as a secondary member); annual Far West Division dues and Mother Lode Region dues (kindly waived for 2020); \$60 total.
- Outdoor First Care course (about 6 hours), \$25; and, CPR course, \$30
- Universal background check (required of Sacramento County, for volunteers), about \$30
- Bike Patrol technical jersey: \$55; or Bike Patrol mesh safety vest, \$25.
- Additionally, purchase of a few misc. first-aid supplies and bike tools.

By signing below you state you understand and accept the roles and responsibilities of a National bike patroller and member of the NSP. You also agree to keep the required certifications and training current to the best of your ability and to have fun as a member of this pioneering patrol!

Signature: _____ Date: _____

If future member is age 15 to under 18, sig of parent/guardian _____

Please return by US Mail or E-mail to Tim Viall, 11135 Moose River Court, Rancho Cordova, CA 95670, or email to tviall@msn.com. If questions, call Tim at (209) 969.3875.

Bike patroller saves a life on the Parkway!

John Poimiroo is of medium stature and has an unassuming smile. He has always been athletic and has been with the National Ski Patrol (NSP) since 1969. During that time, he had successful careers as a Naval Officer, Writer, Publicist and Marketer. John has had many roles as a contributing member of the NSP. He served as a Patrol First Aid Instructor and First Aid Advisor. Now retired, as an NSP Alumnus since 1986, John joined the American River Bike Patrol in March 2020. He also reactivated his status as a Patroller. Unknown to anyone, John's CPR skills would soon be put to the test.

The morning of May 14, John had just ridden his bike to the Willow Creek Parking Area in the Folsom Lake State Recreation Area. A riding companion pulled up beside him, then suddenly collapsed and was non-responsive. The ground was moist and slippery from earlier rain. Barely keeping his own balance he went to his aid. His riding companion, now patient, was laying flat on his back with no breathing and no pulse. John instinctively began unassisted CPR after directing other riders to call 911 and ride to the nearest entry to help direct Paramedics to him.

Following a successive series of chest compressions, the patient would gasp, then stop; all the while remaining unresponsive. John kept at CPR, despite the nauseating spittle and gases coming from the patient. After 15 minutes of continuous CPR, John thought he was losing the battle, but he continued.

Paramedics had been hindered and delayed due to COVID related park closures. The Paramedics had to cut their way through the chains and locks on the gates and time seemed to drag-on for an eternity.

After the Paramedics arrived and took over, they credited John with saving the patient's life. At the hospital it was the same story; he was a hero. John dismisses such praise simply saying that his "training just kicked in". But truth be told, he is a Hero. He saved a Life.

Hats off to John Poimiroo and all members of the American River Bike Patrol who ride to provide aid to our community on and off the American River Trail (aka the Jedediah Smith Memorial Trail).

- Jim Cheng, ARBP Patrol representative.

Seen on the trail of late



Pictured above left; ARBP future patrollers take a recent ride on the trail; on right, NSP members Dr. Jim Margolis and Tim Viall take a "public relations ride" as part of a recent TV interview (don't remind Tim that he forgot his helmet that day, ouch!).



Join the Team!

American River Bike Patrol

for the
American River Parkway, Sacramento, CA

New Bike Safety Patrol established for the American River Parkway in Sacramento. Bike Patrollers will work as trail ambassadors, providing trail directional advice, equipment assistance, safety insights and bike safety programs, assistance with events, first-aid services and serve as eyes and ears of the Parkway Rangers and other stakeholders on one of the country's busiest and most scenic bikeways.

Members of the public are invited to join, and will be offered Outdoor First Care and CPR training, trail knowledge and skills in working with the public, as well as gain membership in the National Ski Patrol (NSP), with 30,000 members in 640 bike and ski patrols across the US and other countries.

NSP members current with either OEC or OFC will be able to join as secondary members and commit to 30 or more hours per year. Alumni, if their first-aid has lapsed, who would like to rejoin in an active bike patrol role will need to take Outdoor First Care, as will new community candidate members. The new patrol will also offer "visiting patroller" options during weekends, by prior arrangement. Training will be offered in June and July, and we anticipate "going live" on the bike trail by early summer.

For link to website and info flyer:
americanriverbikepatrol.org

To join, or for more info, contact Tim Viall: NSP bike patrol advocate, tviall@msn.com, (209) 969-3875. Please email name, address, email, phone, current or past first-aid or NSP experience, and if you are interested in patrol leadership positions.



Join the Team!