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GWRRA

INTERNATIONAL Rider Education Newsletter



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New look, new ways to learn, new updates, new REP, new logo, new future, but still the best officers in Rider Education doing what is most important for our members. Bring them something that they can do, learn, and enjoy--Safe riding.

Renewals

Most of us are aware that the fees charged for renewing Levels II - IV have been discontinued. Remember that the requirement has NOT gone away. The latest release of the monthly Rider Ed Levels Database report shows a large number of people that simply need to meet their renewal requirement (due each January 1st). This is an opportunity to update address information and provide the latest course completion expiration dates. Please remind participants in the program that any information that goes to Phoenix as far as address changes does not get automatically updated in the Rider Ed information - since our database is maintained separately. Note also that the N.10 Correction form is not used for renewals.

Outdated/New Forms

Please make an effort to go through your supply of forms and purge the old material. In many cases, the earlier revisions/versions do not contain all the information that the newer forms do, so the Educator does not have all the information he or she needs

to do a more effective job. We have seen a few documents using forms that are as many as 6 years out of date. Don't make too many new copies of the present material, since there are some new revisions soon to be released for things like Level

Applications. Look for an official announcement in the near future concerning which forms have been revised.

On-Line CPR Training

We have fielded questions recently concerning the acceptability of CPR courses taken on-line. These do not have a hands-on component where a qualified instructor can correct improper technique or answer questions. The real test was the question "Would I want someone who can pass a written test but has never been verified to be able to properly perform CPR doing work on me, a loved one, or friend?" Trained people know that a slight mis-positioning of the hands could do more harm than good - and could conceivably kill. Even though some on-line courses offer some pretty convincing completion certificates stating they meet part of some standard, the fact is that they DO NOT and CAN NOT do so without the hands-on component.

WHAT'S INSIDE

- **MFA UPDATE**
- **HELP AT WING DING**

In a standard interpretation letter, OSHA (29 CFR 1910), a.k.a. the US Department of Labor's Occupational Health and Safety Administration, supplies us with what it thinks should be in CPR and First Aid courses. OSHA issued a directive labeled "CPL 02-02-053 - CPL 2-2.53 - Guidelines for First Aid Training Programs" that can be found on-line at: http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=DIRECTIVES&p_id=1568

These guidelines provide institutions teaching first aid courses, and consumers of these courses, what OSHA considers basic and essential elements of a first aid program. Under section H. "Trainee Assessments" they state: "Assessment of successful completion of the first aid training program should include instructor observation of acquired skills and written performance assessments. ..."

All states and likely all provinces (requesting that our dear Canadian friends correct us if needed) have something in a law such as a Good Samaritan Act that mentions a "Nationally Recognized" course provider. The state or provincial government usually reserves the right to determine who does or does not meet their requirements. As an example, in our home state of NY, it is the Department of Health that gets to make that call.

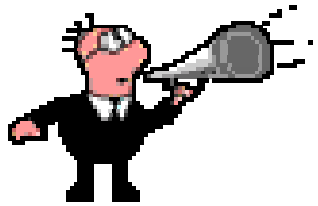
Another excerpt of importance describes the concept of recertification: "...person has successfully completed a training course in ..." "... approved by a nationally-recognized organization or the state emergency medical services council, and the completion of the course was recent enough to still be effective under the standards of the approving organization"

Expiration Dates for Medical Training (CPR and First Aid) for the Layperson

It has been brought to our attention that there may be a misconception as to what the expiration date is for CPR/FA courses. The 3 years applied to approved Rider and Co-Rider courses does not apply to CPR/FA training. Use the dates provided on the completion certificates from the approving organization such as the American Red Cross, MEDIC FIRST AID (R), American

Heart Association, etc.

Tony & Michelle Van Schaick



Hi GWRRA Friends,

Try as we might, the annual plant shutdown refueling outage where I work has significantly cut into our ability to make more than a small dent into the data entry workload in March. We also need to make a programming change in support of the latest announcement which will remove annual renewals.

The progress made to date is not sufficient to call the monthly report a significant change from the last one released. This is upsetting to us because we hoped to be able to provide a quick turn around to reward those who updated their records. Of course all the work doesn't go away. In April we will have to make up the March work load as well as the April data entry. We will make every effort to "catch up" by the end of April for the monthly report then.

Thus, due to "paying" job commitments these past weeks, there will **NOT** be a Rider Ed Levels Database report for the month of March. The data will be combined with the end of April release. Please pass the word when asked where the March report is. In the mean time we will be working on the Level IV renewal pin/year bar and masters recognition program patch orders filled and out the door. Fortunately this event at work only happens once a year!

WING DING RIDING INSTRUCTOR SUPPORT

As a reminder, if you have anyone that might want to instruct GWRRA Trike, GWRRA Trailing, GWRRA Sidecar, or MSF ERC courses for Wing Ding this year, please have them get in touch with us if they haven't done so already. Better yet, forward the original message

from back in February or ask us to resend it if you need another copy. We only have a bout a third of the instructors normally needed to present riding courses at Wing Ding who have responded so far. Please make an effort to place a message in Region and District Newsletters requesting additional help instructing the Membership if Wing Ding will be on the instructor's travel agenda in 2006. We will be glad to have them join in the fun

Tony & Michelle Van Schaick

To all MEDIC FIRST AID® Trainers and



Instructors.

Since we now have a great new MFA Class Roster with our new logo that you can use on your computer, we will now approve all class rosters that are sent to us via email. These new forms are great and you can enter all information into all the necessary boxes that need to be filled out. We feel this will save on time and postage for all Regions MFA Trainers who normally mail us the class rosters. It is up to the Region MFA trainers if they want to do this. The trainer can still use the normal class roster and then transfer the information onto the new roster on site and then email it to us. This form this will be fast and save you time and money. It is totally up to you, take a look at the new forms and then make your decision. All new forms should now be used and any old forms destroyed. The new form has our new RE logo and GWRRA logo. All instructors can print this roster and this will make everything uniform.

Thank you.

Larry & Rhonda Stiles



We have seen this in several different areas and have researched it before we felt a need to put this into our newsletter. It has been produced by Heart Disease and Stroke Prevention and Control Program; Massachusetts Department of Public Health.

LEARN THE SIGNS OF STROKE

You could save a life or help prevent a disability.

F ACE

A RMS

S PEECH

TIME to call 9-1-1

LEARN THESE SIGNS OF STROKE.

Be a hero. Save a Live Call 9-1-1

FACE: Does the face look uneven

Ask the person to Smile

ARM: Does one arm drift down?

Ask the person to raise both arms

SPEECH: Does their speech sound strange?

Ask the person to repeat a simple phrase for example, "The Sky is Blue."

TIME: If you observe any of these signs, then it's time to call 9-1-1

Facts about stroke : Stroke is the third leading cause of death in the United States and the leading cause of adult disability. A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

You Can Beat a Stroke.: Disabilities can be prevented or limited, but the patient must go to the emergency room immediately. TIP:GO IN AN AMBULANCE!

RISK FACTORS FOR STROKE

Mini—strokes: When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 911. You may be able to prevent a major stroke.

HIGH BLOOD PRESSURE: The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

OBESITY: Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

DIABETES: Control the symptoms of diabetes with proper diet, exercise and medication.

SMOKING: Smoking increases risk of stroke by two to three times.

ANOTHER WAY TO REMEMBER STROKE SYMPTOMS

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache.



WE NEED HELP at Wing Ding to cover classes in CPR/First Aid. We will have three days of Basic, which will be Monday, Tuesday, and Wednesday. We will also have two classes each day for Recertification, one in the morning and one in the afternoon. Region D has offered some help, but more is needed to cover these classes. If there is anyone who has not taught a class for their yearly update, this is a good time to do it. When you send in names of those who will help, please also provide a shirt and hat size. We greatly appreciate any assistance you can give us.

Larry & Rhonda Stiles

Great motorcycle quotes & wisdom:

"Four wheels move the body— two wheels move the soul."

Got a \$5 head—get a \$5 helmet

People are like motorcycles; each is customized a bit differently.

"Never be ashamed to unlearn an old habit."

Ride as if your life depended on it!

If you really want to know what is going on, watch what's happening at least 5 cars ahead of you.

Only a biker knows why a dog sticks his head out of a car window.

Well-trained reflexes are quicker than luck.

Young riders pick a destination and go—old riders pick a direction and go.

"Work to ride...and ride to work."

Never be afraid to slow down.

