



MISSION STATEMENT

Tidewater Search and Rescue Group, Inc. provides trained personnel who effectively manage, support, and sustain search and rescue operations when requested. This is accomplished through specialized training, constancy of purpose, and continuous improvement.

VISION STATEMENT

For the search subject, the Tidewater Search and Rescue Group, Inc. will be recognized as the leader in training and management, providing the most professional and effective response to Ground Search and Rescue Incidents.

Inside this Issue:

Upcoming Trng & Events	2
Commander's Commentary	3
Are Sunscreens Effective	5
Hot Days of Summer	9
TSAR New AAR	10
Fundraising Events	13

Safety First from the Safety Officer

This is information that needs to be forwarded to you all so you will be prepared. **I also recommend that you do NOT talk on the phone while driving unless you are using a hands free device.** This is not only for your safety, but for the safety of others.

This Article was provided by Locklin & Mordhorst law.

On March 30, 2009, Governor Tim Kaine signed a new law prohibiting texting while driving. This law, which goes into effect on July 1, 2009, makes it a traffic violation for a person to send or read a text message while driving.

When times are difficult and people are under stress, people get distracted. When this distraction arises while driving, car accidents increase. According to the Virginia Tech Transportation Institute, 80 percent of all car accidents involve driver inattention within three seconds of the crash.

Many distractions cannot be controlled; no law can prevent someone from worrying about upcoming meetings or impending layoffs. However, some distractions can be minimized or eliminated.

Recently the Virginia Legislature tackled one such distraction: text messages. On March 30, 2009, Governor Tim Kaine signed a new law prohibiting texting while driving. This law, which goes into effect on July 1, 2009, makes it a traffic violation for a person to send or read a text message while driving.

Generally this law is a step in the right direction; text messages are distracting, and distracted driving puts everyone on the road at risk of serious injury. Laws that reduce distracted driving make everyone safer. However, the law has some significant limitations, which may ultimately undermine its effectiveness.

Continued on page 4

***** Upcoming Training & Events *****

Date	Activity
July 24 - 26 and August 7-9	FTM/FTL Roanoke Regional Fire & Rescue Training Center
August 15	Group/Team Building Northwest River Park
September	TBD
October 3-4	Newport News Park Car Parking
Oct 23 - 26 and November 6-9	GSAR. FTM/FTL/FTS/MLSO-PSO
Oct 30, 31, and November 1	Chippokes Car Parking
November 21	Full Simulation W/ GARD as the host.
December 17	Thursday night Table Top Training

Nathan Brown
 TSAR Training Officer

For any additional information on TSAR Training, contact Nathan Brown at tsarplans@tsar.org.

Midyear Pack Check Tip

When is the last time you changed, or even checked your flashlight batteries? To ensure they are always ready to go, change the batteries in your flashlights that you carry in your backpack once a year, whether you have used them or not. As a helpful reminder, do it at the same time you change the batteries in any smoke detectors you have in your home.

Commander's Commentary

Wow, after the last two articles I wrote in May and June and what occurred I'm going to try something. Boy, we sure haven't had any local searches where we've arrived on scene, were deployed, and made the find!

I figured that last little caveat couldn't hurt @* -)

If this plays out, I may have to divert my travels at the end of July and hit Vegas!



With regards to how busy we've been lately here are some stats for the 2nd qtr of 2009.

TSAR was activated for eight searches during the quarter, expending 171 hours and driving 4961 miles. The hours and miles would be a little higher, greater than 5000, but not everyone who responds completes the After Action Reports we ask to be completed.

With that in mind **EVEN IF YOU GET TURNED AROUND AND DON'T ARRIVE AT THE MISSION**, you still need to complete an AAR for it to count. The missions encompassed Virginia as well as West Virginia.

As I write this, within the past 8 hours there were two missions in MD and one in Shenandoah Co, Va. All three for missing Alzheimer's people.

With regards to training during the quarter, all I can say is **WOW!** Ten different trainings offered ranging from Table Top trainings to full scale simulations and a wide variety in between. Our training opportunities continue to provide a big draw and prove that they are well worth the effort put into creating and executing them. Thank You all for that. There were also three preventive SAR, Lost But Found programs presented and a sort of LBF but more so an Intro to SAR COQ presentation presented to the City of Franklin Fire Dept in June. All total, 618 man hours and 11,858 miles were driven during the quarter for those trainings and Lost But Found Programs. As has been typical, you all continue to impress the heck out of me.

Kevin Brewer, TSAR Commander

Continued from page 1

Shortcomings of the New Law

Under the new law, texting and driving is a secondary offense. This means that police officers can only stop a driver for texting if the driver has committed another offense, such as speeding or failing to stop at a stop sign. As a practical matter, this restriction makes the law very difficult to enforce. As long as drivers follow all other laws, they cannot be stopped or cited for texting and driving.

The specificity of the law may also make enforcement difficult. To an outside observer, searching for a phone number or looking at a GPS unit for directions may look very similar to reading a text message. The first two activities are permissible; the latter is forbidden under the new law. Police officers seeking to enforce the law may have difficulty distinguishing between permitted and prohibited activities.

Even assuming that someone has committed a primary offense, thereby permitting a stop, and it is clear that the driver was sending or reading a text message, the potential punishments are relatively minimal. For a first-time offender, the fine for sending a text message while driving is limited to \$20. For recurring offenses, the penalty is limited to \$50. After multiple stops, these fines could begin to accumulate and change a driver's behaviors, but the penalties are insignificant enough that many drivers will not be deterred.

Additionally, the law does nothing to address other cell phone use while driving. While several states have mandated a shift to hands-free devices for cell phone conversations while driving, Virginia drivers are still free to use handheld devices. With one hand off of the steering wheel, drivers have less control over their vehicles and a reduced ability to respond to ever-changing circumstances.

An Alternative Perspective

Clearly, all of these stated shortcomings develop from a presumption that these regulations are generally good but could use further development. On the other end of the spectrum, critics allege that these types of laws unnecessarily invade personal freedoms. Individuals have different abilities; some people are more capable of multi-tasking than others. Rather than prohibiting texting and driving, these critics would prefer to increase the penalties for harms arising from these behaviors.

The problem with this logic, though, is that the potential consequences for others are too severe to leave this decision to personal choice. When personal choices put others at risk of serious injury, regulation is warranted.

Ultimately this law is not perfect. Despite the law, many drivers will continue to send text messages without concerns for serious penalties. However, insofar as the new law manages to reduce driver distractions, it will make Virginia safer for everyone.

Are Sunscreens Effective? by Brad Bennett



There has been lots of discussion about sunscreen, sun exposure and cancer over the past 10-15 years. I am sure many of us get confused about these messages from what we read in the media. Here is an article (modified for size) from Dr. Auerbach's website call *Medicine for the Outdoors* about the use of sunscreens, how to apply, frequency of reapplication and best why to get protection from the UVA and UVB rays. There are lots of things to consider when you are applying sunscreen prior to sun exposure on a SAR mission, during the mission when you are sweating, or for example, when you change clothes from a long sleeve to a short sleeve shirt, and the type of clothes that can provide some protection for the sun. I always remember a comment from a friend who is a practicing dermatologist..."from years of sun exposure it is **not** if you will get some form of skin cancer, but when you will get skin cancer!" Our family lost a healthy, vibrant 40 brother of my wife from melanoma skin cancer – he was way too young to die. As a construction worker, hiker and rock climber he was frequently in the sun all his life. Don't let this happen to you or a loved one. Think prevention and be safe!

Nearly a year ago, there was a news item that suggested that many sunscreens are ineffective, despite manufacturers' claims to the contrary. As best I can tell, the issues are yet to be resolved. What are the issues? These relate to the safety of the chemicals contained in the sunscreens, what comprises an optimal application (volume, thickness, substantivity, etc.) of sunscreens, how frequently sunscreens should be applied, their comparative efficacy compared to occlusive clothing, and their inherent sunscreening properties. According to last year's report, the products of, among others, Coppertone, Banana Boat, and Neutrogena might be deficient in one way or another. Of course, the companies mentioned denied any shortcomings. The [Environmental Working Group's report](#) is still available on the Internet.

Regardless of whether one believes every opinion presented in the report, there are still some truths that seem evident, such as the fact that no sunscreen can be completely protective, so that if a person is at a very high risk for skin cancer, a clothing barrier (to ultraviolet radiation) makes the most sense. Furthermore, it's highly unlikely that any sunscreen performs as well as advertised, either because its application has been imperfect, the product breaks down in sunlight and other environmental conditions and loses effectiveness, or the product is washed off.

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Ultraviolet (UVR) exposure varies with the time of day (greatest between 9 A.M. and 3 P.M. because of increased solar proximity and decreased angle of light rays), season (greater in summer), altitude (8 to 10% increase per each 1,000 ft, or 305 m, of elevation above sea level), location (greater near the equator), and weather (greater in the wind). Snow or ice reflects 85% of UVR, dry sand 17%, and grass 2.5%. Water may reflect 10 to 100% of UVR, depending upon the time of day, location, and surface. However, UVR at midday may penetrate up to 24 in (60 cm) through water. Clouds absorb 10 to 80% of UVR, but rarely more than 40%. Most clothes reflect (light-colored) or absorb (dark-colored) UVR. A dry white cotton shirt has a maximum SPF of 8 (see Sunscreens, below). However, it is important to note that wet cotton of any color probably transmits considerable UVR.

People may be more sensitive to UVR after they have ingested certain drugs (such as tetracycline, doxycycline, fluoroquinolones, vitamin A derivatives, non-steroidal anti-inflammatories, sulfa derivatives, minoxidil, diltiazem, nifedipine, thiazide diuretics, hypoglycemic agents, chloroquine, dapson, quinidine, carbamazepine, chemotherapeutic drugs, and barbiturates).

Sunscreens

Sunscreens (available as lotions or creams) either absorb light of a particular wavelength, act as barriers, or reflect light. There is no evidence that any ingredients in sunscreens cause skin damage or cancer. Choose sunscreens based on your estimated exposure and on your own propensity to tan or burn. There is no such thing as a "safe tan," even when sunscreens are used, because sun exposure is directly linked to skin cancer. In addition, long-term exposure to ultraviolet radiation from sunlight causes premature skin aging and loss of skin tone.

Dermatologists classify sun-reactive skin types (based on the first 45 to 60 minutes of sun exposure after winter or after a prolonged period of no sun exposure) as follows:

Type I. Always burns easily, never tans. (Fair-skinned people with a high number of moles are at the greatest risk for melanoma.)

Type II. Always burns easily, tans minimally.

Type III. Burns moderately, tans gradually and uniformly (light brown).

Type IV. Burns minimally, always tans well (moderate brown).

Type V. Rarely burns, tans profusely (dark brown).

Type VI. Never burns, is deeply pigmented (black skin).

In all cases it is wise to overestimate the protection necessary and to carry a strong sunscreen. To protect hair from sun damage, wear a hat.

Sunscreens come in different concentrations (such as PreSun "8" or "15"). A higher sun protection factor (SPF) number (range 2 to 50) indicates a greater degree of protection against UVB. "Minimal erythema dose" (MED) is the amount of UVR exposure required to redden the skin. SPF is derived by dividing the MED of skin covered with sunscreen by the MED of unprotected skin. Thus, an SPF of 15 indicates that it requires 15 times the UVR exposure to achieve a sunburn as it would without protection. The SPF number assumes a liberal (approximately 1 1/4 oz, or 37 ml, per adult) application of the sunscreen.

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There is no standard for measuring UVA protection. Persons with sensitive or unconditioned skin should use a sunscreen with an SPF number of 10 or greater. Fair-skinned people who never tan or who tan poorly (Types I, II, or III) or mountain climbers (there is more UV exposure at higher altitudes, and more is reflected off snow) should always use a sunscreen with an SPF number of 15 or greater. Most sun exposure occurs prior to the age of 18 years, so it is very important to apply sunscreens to children and young adults.

Substantivity refers to the ability of a sunscreen to resist water wash-off. Layering sunscreens doesn't work well, because the last layer applied usually washes off.

Sunscreens are first applied to cool, dry skin for optimal absorption; wait 10 minutes prior to water exposure. Reapply them liberally after swimming or heavy perspiration. In general, most sunscreens should be reapplied every 20 minutes to 2 hours. Be aware that the concomitant use of insect repellent containing DEET lowers the effectiveness of the sunscreen by a factor of one-third.

Although many sunscreens are designed to bond or adhere to the skin under adverse environmental conditions, there are certain situations in which any sunscreen should be reapplied at a maximum of 3- to 4-hour intervals:

1. Continuous sun exposure, particularly between the hours of 10 A.M. and 3 P.M.
2. Exposure at altitude of 7,000 ft (2,135 m) or higher
3. Exposure within 20 degrees latitude of the equator
4. Exposure during May through July in the Northern Hemisphere, and December through February in the Southern Hemisphere
5. Frequent water immersion, particularly with toweling off
6. Preexisting sunburn or skin irritation
7. Ingestion of drugs, such as certain antibiotics, that can cause photosensitization

Some authorities recommend using sunscreens of at least SPF 29, with the rationale that most people under apply or improperly apply them. Bald-headed men should protect their domes. All children should be adequately protected. However, avoid PABA-containing products in children less than 6 months old.

For total protection against ultraviolet and visible light, a preparation can be composed from various mixtures of titanium dioxide, red petrolatum, talc, zinc oxide, kaolin, red ferric oxide (calamine), and ichthammol. These preparations or similar commercial products ("glacier cream") are used for lip and nose protection. Sunscreens that prevent infrared transmission may help prevent flares of fever blisters caused by herpes virus.

Substances that are ineffective as sunscreens and that may increase the propensity to burn include baby oil, cocoa butter, and mineral oil.

Many effective sunscreens, particularly those advertised to stay on in the water, are extremely irritating to the eyes, so take care when applying these to the forehead and nose. Near the eyes, avoid sunscreens with an alcohol or propylene glycol base. Instead, use a sunscreen cream.

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A line of medical clothing, Solumbra by Sun Precautions, is advertised to be "soft, lightweight and comfortable," and offers 30-plus SPF protection. Solar Protective Factory also manufactures high-SPF protective clothing. Sunday Afternoons manufactures comfortable broad-brimmed hats with neck shields advertised to provide 97% UV block. Women's hosiery has an unacceptably low SPF. The ability of Lycra to block UVR varies depending on whether it is lax (very effective) to stretched (nearly ineffective). Dry, white cotton (T-shirt) has an SPF of 5 to 8. The ultraviolet protection factor (UPF) is a measure of UVR protection provided by a fabric. Thus, a UPF of 15 indicates that 1/15 of the UVR that strikes the surface of the fabric penetrates through to the skin. A chemical UVR protectant, Tinosorb FD (Rit Sun Guard), may be used as a laundry additive, increasing the UPF of washed clothing up to 50.

UVR protection provided by hats depends upon the style. Broad-brimmed hats and "bucket" hats provide the most protection for the face and head. Legionnaires hats do a decent job of protection, but baseball caps leave many facial areas exposed. If you are wearing a helmet, add a visor.

ICS COURSES

THE DEADLINE IS APPROACHING!!!

October 1 is the TSAR deadline for having the following ICS Courses completed.

IS-100	Introduction to Incident Command System
IS-200	ICS for Single Resources and Initial Action Incidents
IS-700	National Incident Management System (NIMS) An Introduction
IS-800	National Incident Management System (NIMS) An Introduction
IS-809	National Incident Management System (NIMS) An Introduction

These NIMS training courses provided through [FEMA](#) are mandated requirements per VDEM and ASRC. All courses need to be completed by October 1, 2009 to remain available for call outs through TSAR. Completed certificates must be turned into the Group Commander and Training Officer.

Don't put them off. October will be here before we know it.

Those Hot Days of Summer

by Carol Beard

Now that summer has arrived it also brings the heat and humidity with it. So if you are training, (we have to train in the summer months also) or with your family, it is in your best interest to keep yourself **well hydrated** with water while you are training. Not soda or coffee. It is a good idea to keep a small cooler in your car and when you go to training, fill it up with ice and bottled water. Even keeping a wet rag around your neck will help.



If you are training or on a search, remember to keep a close eye on your self and your team mates because before you know it you might have a heat emergency. If you feel yourself getting overheated, weak, dizzy, or lightheaded sit and rest and drink plenty of fluids. Pay attention to what your body is saying and **don't be macho**. Tell someone how you are feeling, so they can get help for you.

Don't think you have to keep training. If you are overheating, GO HOME. Most new members feel that they have to complete the training or they will be thought badly of. That is not the case. There have been times that even seasoned members have to stop what they're doing during training or on a search and cool down. We would rather see you safe than in a hospital emergency room with two IV's in each arm pushing fluids into your body.

It is a good idea to carry sunscreen with SPF 30 or higher, a hat, and sunglasses for the glare of the sun. The sun in the summer months is very strong and can do a lot of damage to your skin and the heat may cause headaches.

Just remember to use your common sense and don't push yourself. This is not a contest. Have a great summer and enjoy yourself.

Have a safe and fun summer!!!

TSAR's New After Action Report (AAR)

The following screen shots depict the type and extent of information needed to be completed on the new TSAR After Action Report form. **NOT ALL FIELDS ARE EXPLAINED AS SOME ARE SELF EXPLANATORY.**

Tidewater Search and Rescue Group PERSONAL AFTER-ACTION REPORT	
GENERAL AAR INFORMATION:	
Member Name: <input type="text"/>	Date AAR Written: <input type="text"/>
Search or Training? <input type="text"/>	
INCIDENT INFORMATION:	
Search dates: <input type="text"/>	Mission #: <input type="text"/>
Location of <input type="text"/> <small>search or training</small>	Notified by: <input type="text"/>
Search IC: <input type="text"/>	Search result: <input type="text"/>

Select the event type you are submitting this AAR on behalf of.
Use this form if you participate in another groups training and you would like it to be considered for acceptance in your TSAR requirements.

Search or Training? <input type="text"/>			
INCIDENT INFORMATION:		Mission #: <input type="text"/>	
Search dates: <input type="text"/>	Enter the date(s) of the actual search or training event.	Notified by: <input type="text"/>	Enter in who notified your i.e. VDEM, TSAR, ASRC, etc.
Location of <input type="text"/> <small>search or training</small>	Enter in the actual location of the training or search.	Search result: <input type="text"/>	Status 1, 2 or 3 is search. N/A if training event
Search IC: <input type="text"/> <small>or training mgr</small>	Enter in the name of the search IC or training event facilitator.		
IC Contact #: <input type="text"/>			
SUBJECT INFORMATION:			

Within the Activities/Functions Performed at Search box, enter in what you did in the execution of the tasks. For example: Task 1, I functioned as an FTM on a four person hasty task along a power line. I was the communications person for the task, etc. etc.

ACTIVITIES/FUNCTIONS PERFORMED AT SEARCH:
<div style="border: 1px solid black; height: 100px; width: 100%;"></div>
Use the next sheet for additional Activities - Function documentation for additional space if needed

In the Travel Information box shown below, enter the dates and time as the example shows. By entering in the date and time correctly, your total time as well as time on scene will be automatically calculated. All that's left for you to enter is the number of tasks as detailed in the box above and corresponding second sheet if needed and your ROUND TRIP MILEAGE.

[To enter Lessons Learned or additional comments select 'HERE'](#)

TRAVEL INFORMATION:		Totals:	
	Date / Time		
Left from home:		Time at search (hours):	0:00
Arrived at search:		Time on scene (hours):	0:00
Left from search:		Number of Tasks:	
Arrived back at home:		Travel time (hours):	0:00
		Total miles (round trip):	

Format entry as mm/dd/yy [space] hh:mm

All times values are automatically calculated from data entered in the Travel Information area

mail Completed AAR to: tsarcommander@tsar.org, tsaroperations@tsar.org, tsarplans@tsar.org, tsartraining@tsar.org

Example: I used my times for the recent Suffolk activation to show how this even works if you never arrived on scene.

TRAVEL INFORMATION:	
	Date / Time
Left from home:	6/9/09 21:00
Arrived at search:	
Left from search:	
Arrived back at home:	

Format entry as mm/dd/yy [space] hh:mm

TRAVEL INFORMATION:		Totals:	
	Date / Time		
Left from home:	6/9/09 21:00	Time at search (hours):	1:40
Arrived at search:	6/9/09 22:10	Time on scene (hours):	0:00
Left from search:	6/9/09 22:10	Number of Tasks:	
Arrived back at home:	6/9/09 22:40	Travel time (hours):	1:40
		Total miles (round trip):	

Format entry as mm/dd/yy [space] hh:mm

All times values are automatically calculated from data entered in the Travel Information area

There are other sheets available in the workbook in the event that your activities performed require a more in-depth explanation or you were on scene for multiple days and performed many multiple tasks.

Lessons Learned

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Additional Activities/Functions described:

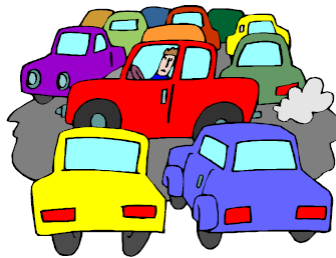
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There is also a third page in the workbook which is for your benefit more so than ours. A page has been identified for photo's, scans of your TAF, sketches or drawings which you wish to keep electronically.

Fundraising Events

October is TSAR's fund raising month!

There are two events in which TSAR parks cars, and have become very proficient pointer / parkers over the years. The first is the Newport News Fall Festival, October 3-4, and the second is the Plantation Christmas Crafts Festival at Chippokes State Park, October 30, 31 and November 1.



For questions or comments regarding this newsletter, email renee083@gmail.com.

Those who bring sunshine into the lives of others, cannot keep it from themselves.

James M. Barrie

**Search
And
Rescue**