

Village of New Lenox

# COMMUNITY EMERGENCY RESPONSE TEAM and SEARCH & RESCUE TEAM

## PLAY DAY IN THE COMMONS – JUNE 30, 2019

At 11:30am on Sunday June 30, 2019, ten New Lenox CERT volunteers met at the Village Hall for a briefing related to the "Play Day in the Commons" event. Half of the briefing was held inside the Village Hall where it was cool and the other half of the briefing included a walk-thru of the outdoor activities.

The event included the following activities:

- (2) inflatable jumpers (1) CERT volunteer at each station – total 2
- (2) inflatable water slides (2) CERT volunteers at each station – total 4
- Character visits (4) CERT volunteers – total 4
  - Moana – Disney Princess
  - Rapunzel – Disney Princess
  - Chase – Paw Patrol
  - Marshall – Paw Patrol
  - Captain America – Marvel Comics
  - Spiderman – Marvel Comics
- Beach Bums Tropical Sno Truck
- TCBY Yogurt Truck
- Concession Stand
- Stage Entertainment
  - Magician (12:00pm to 1:00pm)
  - Animal Quest (1:30pm to 2:15pm)
  - Stomp & Shout Chicago 2:45pm to 3:30pm)
- Face painters
- Caricaturists
- Mobile STEM trailer
- Activities from Village of New Lenox, New Lenox Community Park District and New Lenox Public Library



Our volunteers began staffing each of their stations at approximately 11:50am. Children and their families began to arrive and started taking advantage of the activities even before the official start of the event at 12:00pm. The temperatures for the event were extremely hot (90+) so heat related illness was a concern for all. Our volunteers made sure that they stay hydrated and they kept an eye on attendees for signs of heat-related illness. Fortunately, everyone was fine and enjoy all the activities that were offered.

Although everything was going great, severe weather started creeping into the area at around 1:45pm. Per the National Weather Service, Chicago Office in Romeville, IL, a strong cell was predicted to arrive in New Lenox at approximately 2:30pm. The cell was predicted to contain lightning, high winds and heavy rain. As such, a decision was made to close the event in the interest of public safety. New Lenox CERT, New Lenox ESDA, New Lenox Public Works, New Lenox Police Department, and New Lenox Village Hall personnel worked together to wrap-up each of the activities in a calm and professional manner. Guests departed the Commons relatively quickly and before the severe weather arrived. All inflatables, tents, tables and chairs were taken down before the storm arrived.

A short de-briefing with CERT personnel was held in the rotunda of the Village Hall. Everyone was thanked for their efforts and commended for doing an excellent job. The briefing ended at approximately 2:30pm just as the storm arrived as predicted.



### Our Core Principles:

- Readiness
- Member Safety
- People Helping People
- Doing the greatest good for the greatest number of people...

### Recent Activities:

Play Day in the Commons	1
Trinity Triumph 5K	2
Patient Packaging and Low Angle Rescue	3
CERT Ground Search and Rescue Training	4
Cheap Trick Concert	5
Chasing the Sun 5K	5
Kendall County SAR Training	6
Victim Transport	8
NLSD 122 PTO 5K Color Run	9
Shoreline Water Rescue Training	10
Shoreline Safety	11
Loyalty Day Parade	12
Health & Safety Expo	13
Search in Crystal Lake	14
CERT Monthly Training	14
Multi Agency SAR Training	15
NLSAR Physical Fitness Test	16

### Mark Your Calendar 9



## TRINITY TRIUMPH 5K – JUNE 20, 2019

On Thursday, June 20, 2019 thirty-six members of New Lenox CERT arrived at the Village Hall for a briefing related to the Trinity Triumph 5K. Additional members of Will County ARES were also in attendance as they were kind enough to handle communications for the race. Dan Martin, CERT Program Coordinator briefed everyone about Trinity Services, Inc. and the good work that they do in and around our community. Dan also spoke about CERT's role in this race, including primary responsibilities in two areas:

1. Water Station located on Gear Drive just north of Illinois Highway
2. Race Marshal positions (throughout the course)

Dan's briefing focused on safety for CERT volunteers as well as race participants. Volunteers were instructed to call 9-1-1 for any medical emergencies and treat minor injuries according to CERT training protocols. In addition, everyone was asked to be sure to encourage runners and walkers throughout the course to help provide them with a good experience. Following the briefing, everyone met at the front steps of the Village Hall for a quick group photo. At approximately 6:25pm, following the photo, everyone headed out to their assignments well in advance of the 7:00pm race start time.

The race kicked-off at 7:00pm and included approximately 200 participants. There were elite runners who led the pack at a fast pace and then walkers who were out to support the race and enjoy the company of their fellow participants. Regardless, our CERT volunteers cheered for everyone, kept them safe throughout the course and hydrated at the water station. By 8:00pm everyone had passed through all race marshal positions, at which time our volunteers headed back to the Village Hall for a de-briefing.

Dan led the de-briefing, which included a number of positive comments. The one negative of the race included a report of a vehicle disobeying ESDA and CERT personnel at Haven Ave. & Wildwood. Rather than waiting for runners to pass, the driver drove the vehicle on the lawn and onto the parkway in an effort to continue on westbound on Haven Ave. Fortunately, no one was injured by this display of recklessness. The briefing ended at approximately 8:15pm and everything was thanked for their time as well as doing an excellent job!



*Doing the greatest good for the greatest number of people . . .*

## PATIENT PACKAGING AND LOW ANGLE RESCUE – JUNE 18, 2019

At 7:00pm on Tuesday June 18, 2019 sixteen members of New Lenox SAR met in Pilcher Park for monthly training. Several members had arrived 60-90 minutes earlier to set-up the training for patient packaging and low angle rescue.

At 7:00pm, Phillia Mitchell, Scott Thompson and Linda Tomnitz provided an overview on patient packaging. The overview included scene size-up, patient assessment, packaging, and transport techniques. The overview was followed by a demonstration and hands-on practice with a live "victim" (Jarid Tomnitz – Linda's son). Everyone had an opportunity to do the steps mentioned above as well as place Jarid into a "burrito wrap." The "burrito wrap" was then carried by team members to a pre-designated location and back. Team members traded roles so everyone had an opportunity to be team leader, medical person, etc...

Following patient packing, Joe Frigo led the low angle rescue portion of the training. Joe brought out different types of rescue ropes and pulley systems needed for low angle rescue. Joe demonstrated how to set-up the rigging, which included several useful knots that control the line utilized for raising (or lowering) victims. Joe included examples of rope ratings (9,000lbs.), carabiner ratings (9,000lbs.), rescue 8 with ears ratings (9,000lbs.), seat harnesses ratings (2" flat webbing – 6,000lbs., D-ring 5,000 lbs.), and anchor strap ratings (4,000 to 6,000lbs.). Joe also showed examples of prusik loops, which are used as a rope grab device for hauling, belaying and as an attachment to the Stokes basket.

Joe emphasized the importance of being able to tie the following knots:

- Figure 8 Follow Through
- Figure 8 on a Bight
- Bowline
- Anchor (3-Bight and Multi-Wrap)

In addition, Joe showed how to make an emergency or hasty harness using webbing and a carabiner. Joe noted that SAR members should carry a length of webbing and a carabiner for the purpose of designing this harness, which can be utilized to assist team members up steep inclines.

Following Joe's instruction, everyone entered the wooded area and in pairs climbed a relatively steep incline. The purpose of this exercise was to practice methods of getting searchers up the hill and to demonstrate how physically demanding it can be to climb steep inclines. Our "victim" (Jarid) was placed in a Stokes basket and prepared for transport up the hill. NLSAR members were divided into two teams, Alpha and Bravo. One team worked the rigging at the top of the hill, while the other team carried the victim up the hill in the Stokes basket, assisted by the rescue rope and pulley system. The teams switched, both being provided an opportunity to get the victim up and down the hill. It was evident that this exercise was physically demanding, but extremely realistic.

Following the low angle rescue exercise, a de-briefing was held back down near the roadway. It was almost 9:30pm by the time the de-briefing ended and NLSAR members put away their gear. Special thanks to those who led this training and to those who attended!



## CERT GROUND SEARCH AND RESCUE TRAINING – JUNE 27, 2019

At 6:15pm a Nixle text message was sent to New Lenox CERT members advising them that training was going to be held at Lincoln-Way West High School, 21701 S. Gougar Road, New Lenox, IL. Team members knew the date and *approximate* time of training ahead of time, but did not know the exact location. This was done, in part, to test the team's Nixle text messaging system and to create a staggered response. By 7:00pm, there were a total of 44 team members assembled in the designated staging area.

Sixteen New Lenox Search and Rescue Team Members also participated in this exercise and were divided into four search teams. Randomly, CERT members were added to each of the four teams (ALPHA, BRAVO, CHARLIE and DELTA). Following the assignments, each of the teams had 9-10 members each. Following the assignments, the following description of the missing child was provided:

### Name

Michael Simon – goes by "Mike"

### Physical Description

11 years old, 5'05, 78lbs. very short blond hair (looks bald) and blue eyes

### Clothing Description

Grey shorts, blue t-shirt, White Sox ball cap, black New Balance shoes (Size 7). Also carrying a kids baseball mit and bat.

### Medical Information

Diagnosed – Autism Spectrum Disorder. Mike avoids eye contact, especially with strangers. Mike will not smile and has poor communication skills. Mike may not respond to verbal commands and has been known to assume the fetal position if he's scared. Mike otherwise is a healthy 11-year old and does not take any medications.

### Residence

13\_\_ Andrea Drive, New Lenox, IL 60451

Searchers were then read the following briefing:

*Mike was attending a LW-West summer league baseball game, which started at 4:15pm today. Since they live nearby, Mike's family has been bringing him up to the WEST fields to watch baseball since he was 4 or 5 years old. Mike's favorite sport is baseball.*

*Today, Mike's sister Nicole (16-yrs. old) brought him to the game. At approximately 5:00pm Nicole was talking with some of her high school friends and they didn't notice that Mike left his seat in the bleachers. Nicole and her friends began searching the area and could not locate Mike. At 5:15pm Nicole alerted a Will County Sheriff's Police Deputy who was driving by that her brother was missing. The Deputy drove all around the campus searching for Mike with negative results. At 5:30pm the Deputy radioed Dispatch that he was searching for the missing child and shortly thereafter additional Deputies arrived on scene.*

*It is now 7:00pm and Mike still has not been located. The vast majority of the search has been conducted in vehicles and now ground search assets have been requested. Search and Rescue (SAR) Management has been working with Law Enforcement and Search Sectors (Search Grids) have been established. The Sectors have been identified as 1 thru 9 and will be assigned by SAR Management to Search Teams once they've been established. The Search Sectors will be assigned based on priority, as determined by SAR Management.*

*New Lenox SAR Members will lead each of the teams. If applicable, GSAR disciplines to be followed are as follows: AMDR, Critical Spacing, Navigation, Flagging, Communication and Search Technique (ex. keeping everyone in a straight line, 360s, etc...). Teams will radio "SAR Command" when leaving for and arriving at their assigned areas. If the victim or any clues are located, they should be radioed in with GPS coordinates.*

ALPHA, BRAVO, CHARLIE AND DELTA deployed to their assigned Search Sectors and kept in contact with SAR Command via radios. Clues were found (White Sox ball cap, baseball mit and baseball bat) and were called in with UTM coordinates. As the scenario was in progress, a severe thunderstorm began moving in from the northwest. As such, the scenario was expedited as the timing indicated it would be on top of the school by 8:15pm. Team DELTA then located the "Victim" (Rescue Randy mannequin) and brought him back to the staging area.

A quick de-briefing was held near a dugout at one of the baseball fields in case it was needed as shelter. The briefing concluded at approximately 8:15pm and by 8:30pm everyone left the area before the storm, which in fact stayed to the north. Special thanks to our New Lenox SAR members for leading the search teams and to Tom Chonacki for assisting at Staging / Incident Command.



### CHEAP TRICK CONCERT – JUNE 8, 2019

At 4:30pm on June 8, 2019, nineteen CERT members met at the Village Hall for the Cheap Trick Concert briefing. The briefing was completed by 4:50pm and everyone reported to his or her assigned area by 5:00pm.



Ten civilian clothed CERT volunteers had arrived by 4:30pm to assist the Lion’s Club with beer sales. They met Art Bretz at 4:45pm for their credentialing. They then proceeded to meet Ken Strickland from the Village of New Lenox at 4:45pm for their briefing. All members were prepared by 5:00pm.

At 5:30pm the gates opened as scheduled. Attendance was very large, even the handicapped section was at capacity. Warm-up bands started at 6:00pm and 7:30pm, followed by Cheap Trick who took the stage at 8:45pm. There was light rain throughout the evening, but nothing that prohibited the bands from playing. Cheap Trick ended at approximately 10:15pm at which time the crowd began to leave through the gated areas. CERT volunteers assigned to the lawn and village hall were instructed to remain in place, while others were directed to assist with egress at each of the respective gates. Following egress, a short debriefing was held near Gate #1, which concluded at approximately 10:45pm. The de-briefing yielded some excellent suggestions from volunteers, which will be passed along to Village staff.

Special thanks to Mary Ann Cody and Rich DeVault for co-supervising this event and to those who assisted. Great job everyone!

### CHASING THE SUN 5K – JUNE 6, 2019

On Thursday June 6, 2019 thirty-two members of New Lenox CERT met at 6:00pm at the Village Hall for the Chasing the Sun 5K briefing. The event was co-sponsored by the New Lenox Chamber of Commerce and the New Lenox Community Park District with proceeds from the fundraiser used for scholarships and other uses.



New Lenox CERT was asked to provide volunteers to handle the water/first aid station, as well as race marshal positions to manage traffic flow throughout the course. John Opoka was the New Lenox CERT team leader who conducted the briefing, which included assignments and safety precautions for the event. All CERT members were given a map of the entire course to pinpoint where their individual assignments were located. Radios were distributed to those who needed them. New Lenox ESDA personnel were handling the major intersections and were informed to communicate with New Lenox CERT members if needed. The briefing specified proper water distribution to the runners and proper etiquette for handling vehicular traffic. It was impressed upon New Lenox CERT volunteers that personal safety was a priority. Volunteers were also advised to not only keep the runners safe, but to also provide words of encouragement for them as well. The briefing concluded at 6:18pm with all New Lenox CERT personnel at their assigned locations by 6:30pm. Rich DeVault conducted a radio check with all stations prior to the start of the race.



The 5K race started at 7:00pm and went very smoothly throughout the course. All New Lenox CERT volunteers were instructed to radio when the last race participant passed them and return to the Village Hall. At 7:54pm all New Lenox CERT volunteers attended a short debriefing. All distributed radios were returned and no issues or concerns were brought up. John Opoka thanked all the volunteers for their time and efforts in performing their assignments in a very professional manner. The debriefing ended at 7:58pm at which time everyone departed from the Village Hall.



## KENDALL COUNTY SAR TRAINING – JUNE 8, 2019

On Saturday, June 8, 2019, five members of the New Lenox Search and Rescue Team met in the upper level of the New Lenox Village Hall at 7:15am. Team members carpooled to the Izaak Walton Center, 899 Jay St., Elgin, IL, to attend a multi-jurisdictional SAR training, hosted by Hanover Township Emergency Services. The training was on **Patient Packaging, Transport, and Terrain**.

Kim Gotte led the training which started at 9:00am. She began with a power point and demonstrated some of the techniques of packaging and transport. Afterwards SAR volunteers went outside to practice packaging transport, and terrain. The summary is as follows:

Patient packaging is the process in which a patient is prepared for transport, in a vehicle, to a receiving facility, while providing comfort, and immobilization. This process should not interfere with the patient's normal bodily functions, yet should allow transporting personnel to maintain accurate vitals.

Scene safety - Use proper PPE (gloves and respiratory protection and ensure the scene is safe to enter. Next, determine if the patient is alive by checking his/her pulse and watching the chest rise and fall. The patient should be placed on a 6'x8' tarp. This should be done quickly and gently with the safety of the patient and medical personnel in mind.

### C- SPINE IMMOBILIZATION

Do not use medical devices which you have no knowledge of such as a cervical collar. The following improvised techniques can be utilized:

- Rolled up towels around the head.
- The patient's shoes or boots, toes behind the head, with one shoe or boot on each side of the head.
- Foam enclosed in plastic on each side of head. Duct tape can be utilized to adhere them to the tarp to maintain immobility. If tape goes over the forehead, that part should be folded in half lengthwise so that no stickiness is touching the skin. Even 5-6 feet of tape can be an adequate amount to carry in your pack.
- A rolled-up t-shirt can be rolled up to immobilize the head.

### SPINAL IMMOBILIZATION

When immobilizing the spine, someone must be in charge of the head to prevent movement as much as possible. They must also make sure there is no cutting off of circulation. Move the patient to an in-line position. Hips and knees should be slightly flexed for maximum comfort and minimum stress on muscles, joints, and spine. A rolled blanket can be placed under the knees. Always support head and neck. Less movement is best to prevent increase in pain, neurological deficits, and gross deformity of spine.

### CERVICAL IMMOBILIZATION

If patient is in a sitting position, approach from the front. Make sure the head is straight, not slumped forward, backward, or turned to either side, so breathing will not be hindered. Evaluate posterior cervical spine.

Supine position:

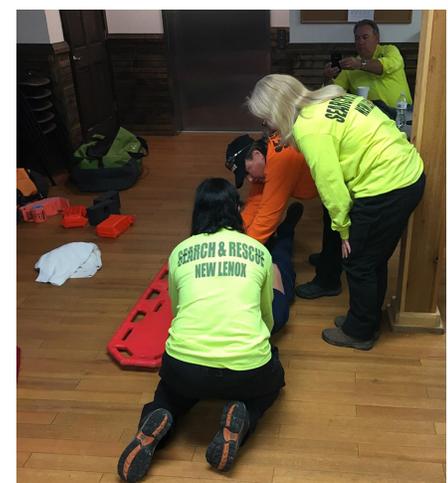
- Adult: lift head off ground 1" – 2", neutral in-line position
- Child: position head at ground level: avoid flexion, then place a pad under shoulders as appropriate for age.

Make sure the patient is tied securely before transporting. Someone may need to hold the head straight. Make sure there is no pressure on the Jugular vein.

### MOVING THE PATIENT

Log roll: Don't straddle the patient over his/her head; everyone move patient simultaneously. Do not have your lanyard (whistle, ID badge) hanging, as the patient may pull on it. Roll the patient to place backboard under him. Secure patient with straps across the chest, above (not on) the pelvis, and on legs (avoiding the knees).

Spider straps: These can be used to secure the patient to the backboard. Straps go on shoulders near the head. Keep the arms free for vitals and/or IV's. Don't put straps on neck, pelvis or tail of sternum. Other straps can be used, but not ropes.



Talk to the patient while carrying. The head should be higher than feet. The patient should be head first when moving them uphill, and feet first when moving them downhill. Straps should be tight enough for patient to feel secure. Stretchy, self-adhesive gauze can be used to gently tie hands together so they are not dangling. Elevate knees to alleviate pressure on back. Head should NEVER hang off the board, but feet can.

## PROBLEMS WITH BACKBOARD

- Not one size fits all
- Cold in winter, hot in summer
- Slippery
- Uncomfortable

## BACKBOARD USE

- Straps must be tight, but not too tight (too tight on pressure points could cause serious problems in less than 1 hour).
- Fill in open areas with blankets, towels, etc.
- Pad areas where applicable
- Legs can be bent at the knees for more comfort and making weight more evenly distributed

## ADVANTAGES OF USING PADDING

- Skin breakdown can occur in less than one hour
- Redistribute the weight off shoulder blades, buttocks, and heels
- Helps to keep knees bent - flatten the back and feet, and to help redistribute the weight

## SPECIAL CIRCUMSTANCES

- For severe closed head injuries
  - Tilt head of backboard up
- Penetrating back injuries
  - May need to hold direct pressure
- Impaled objects
  - May need to get creative

## TRAUMA PATIENTS WITH MEDICAL PROBLEMS

- Kyphosis or Scoliosis
  - Lots of padding
- Congestive Heart Failure
  - Needs to sit up to breathe
- Pregnant women
  - Left side down
  - Pad between knees

## EQUIPMENT FOR TRANSPORTING

- Backboards
- Stokes or wire baskets (Stokes is a military term that includes all of the military basket style litters)
- Litters
- Improvised litters (made from available materials)
  - Tarp; use a golf ball or rock to roll up in tarp to use as handles. It will help your hands from cramping
  - Use poles or branches folded into tarp, shoulder width apart. If you angle poles close together at feet, the tarp won't sag as much.
  - Burrito wrap
  - Wrap-around litters (a drag sheet made from heavy duty plastic)

## LITTER HANDLING RULES

- Communicate with the patient
- Do not refer to patient as "victim"
- Do not step over the patient
- Be careful with ends of webbing
- Do not shine lights into patient's eyes
- Be careful when using knives or scissors around patient and rigging

The training ended approximately 1:00pm. Following the drive back to New Lenox, our team members arrived at the Village Hall at 2:00pm. Special thanks to our team members who attended this training!



## VICTIM TRANSPORT – MAY 20, 2019

At 5:30pm several of our team members met at the Village Hall to set-up for Victim Transport Training that was scheduled to start at 7:00pm. The volunteers that came in early to set-up three stations that they would be facilitating throughout the evening. At 6:30pm many of our CERT members started to arrive and by 7:00pm we had 47 in attendance for the training.

At 7:00pm Dan Martin, CERT Program Coordinator, welcomed everyone and then introduced Marie Wheeler, President of the New Lenox Lions, who was on hand to present the team with an appreciation award. Marie was joined by Dave Wheeler and Lynn Eckhardt, also from the New Lenox Lions. Marie thanked everyone in attendance for everything that New Lenox CERT members have done for the New Lenox Lions over the years. One of the more significant partnerships includes the efforts during Special Needs Day at Proud American Days, which is something that everyone really enjoys participating in. Dan accepted the very nice acrylic award on behalf of the team. The inscription read: Thanks For Being "Friends" Of The New Lenox Lions. "CERT" was above the inscription and "2019" was below the inscription.

Following the appreciation award from the New Lenox Lions, Dan turned the floor over to Tricia Pakosz who provided a 15-minute overview on victim transport. Tricia's presentation covered the basic carries that were learned in the Basic CERT Course along with ideas about improvised ways to carry victims. Tricia then divided the room into three groups to equal the three stations that had been set-up. The stations were as follows:

- Station #1: Basic Transport Techniques led by Tricia Pakosz and Linda Tomnitz
- Station #2: Improvised Transport Techniques led by Rich DeVault and Dan Johnson
- Station #3: Stair Transport and Obstacle Carry led by Joe Frigo and Lisa Murphy

The stations were scheduled to rotate every 20 minutes starting at 7:30pm and ending at 8:30pm.



At approximately 7:25pm the three teams headed off to their respective stations at various locations throughout the Village Hall. Throughout the exercises, rescuer SAFETY was stressed and at Station #3 helmets were required. Our station facilitators did an excellent job explaining and demonstrating each of the carries, allowing plenty of time for team members to practice. This particular training was very hands on. The last stations were completed shortly after 8:30pm at which time everyone headed back to the Community Room for a debriefing.

Each of the facilitators had an opportunity to recap how everyone did at their stations. During the debriefing there was some excellent discussion and everyone agreed that the hand-on training is very important. Dan thanked the station facilitators as well as everyone who attended the training. The debriefing concluded just short of 9:00pm.



*Doing the greatest good for the greatest number of people . . .*

## NLSD #122 PTO 5K COLOR RUN – MAY 18, 2019

On Saturday May 18, 2019 the New Lenox School District #122 PTO held their Annual 5K Color Run/Walk at the Nelson Prairie & Ridge School Campus. New Lenox CERT was asked to provide race marshals throughout the course as well as staffing for two water stations.

At 7:00am (27) members of New Lenox CERT and (8) members of Will County ARES arrived for a briefing, which was led by John Opoka. The briefing consisted of explaining the fundraiser for the school district and who was in charge from the PTO. Volunteers reviewed the course maps to determine where their individual assignments were located. Details regarding proper water handling and water station clean-up were also discussed. Those handling race marshal duties were given instructions to ensure the safety of the runners and walkers throughout the course. Race marshals and Will County ARES folks were requested to radio in when the last race participant passed each of their respective locations.

All New Lenox CERT volunteers were advised to dial 9-1-1 for anyone in imminent physical danger and to notify the next station if it appeared that any participants were laboring. Volunteers were also reminded of their role to be supportive of run/walk participants, which is always appreciated!

The run/walk started at 8:00am sharp and progressed as planned throughout the subdivisions.



All volunteers performed their functions and returned to the area adjacent to the start/finish line for a short de-briefing.

At 9:00am the de-briefing was conducted and John Opoka who noted that volunteers were uniformly dressed and performed very professionally. No one had any issues or concerns with their involvement. The de-briefing concluded at 9:04am at which time all volunteers were thanked for their time and participation.

John Opoka related that members of the New Lenox School District #122 PTO thanked our team for doing an excellent job!



## MARK YOUR CALENDAR

July 12, 2019/6:00pm:	New Lenox Relay for Life at Lincoln-Way West High School
July 13, 2019/9:00am:	Kendall County SAR Training – GPS and Basic UTM at location TBD
July 17, 2019/7:00pm:	NLSAR Training – GPS and UTM Field Exercises at location TBD
July 20, 2019/4:30pm:	Triple Play Concert – Cheap Trick in the New Lenox Commons (sign-up required)
July 23, 2019/7:00pm:	Disaster Exercise at location TBD
July 26, 2019/10:30am:	Special Needs Day at Proud American Days at field east of Walmart
August 3, 2019/11:00am:	Family Fun Day at NLFPD Station #1
August 6, 2019/5:30pm:	National Night Out in the New Lenox Commons
August 10, 2019/9:00am:	Kendall County SAR Training – Navigation: Compass & Flagging at location TBD
August 13, 2019/7:00pm:	NLSAR Training – Navigation: Compass & Flagging at location TBD
August 28, 2019/7:00pm:	Water Safety/Water Rescue at location TBD
August 31, 2019/4:30pm:	Triple Play Concert – Kenny Loggings in the Commons (sign-up required)
September 11, 2019/6:30pm:	New Lenox CERT Class #15 starts in Community Room at Village Hall
September 14, 2019/9:00am:	Kendall County SAR Training – Equip. Review & Night Search at TBD
September 17, 2019/7:00pm:	NLSAR Training – AMDR, Critical Spacing at location TBD
September 21, 2019/8:00am:	Prairie State CERT Challenge at Oak Forest Medical Facility
September 26, 2019/7:00pm:	Train or Bus Extraction Exercise at location TBD



New Lenox CERT Activity

New Lenox SAR Activity

## SHORELINE WATER RESCUE TRAINING – MAY 16, 2019

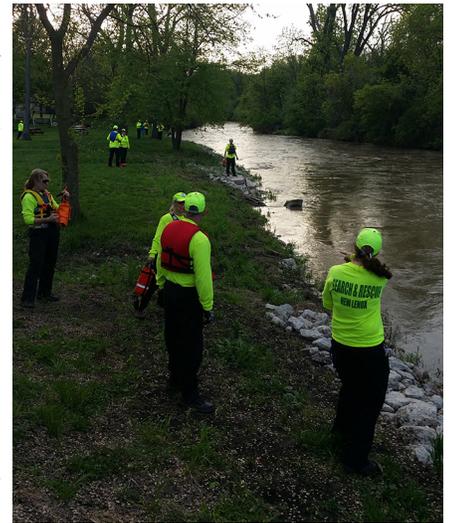
At 6:30pm on May 16, 2019 eighteen members of the New Lenox Search and Rescue Team met at VFW Post 9545, located at 323 Old Hickory Road for Shoreline Water Rescue Training, which was led by Mary Ann Cody. Mary Ann was assisted by a number of our team members that have done this training on previous occasions, including the Saturday before (May 11th). The May 11th training was the Kendall County Multi-Agency Training, which was held at the Kankakee River in Wilmington, IL. In addition to our SAR Team members, our team was assisted by three New Lenox CERT members who would serve as “victims” for the training. A fourth CERT volunteer assisted with getting the kayakers into the water.

Mary Ann provided a brief overview of risks associated with falling into the water, proper PPE, and the various types of personal flotation devices (PFDs) that can be chosen. In addition, Mary Ann covered what a searcher can do if they fall into the water, including how to avoid entrapment. Mary Ann covered throw bag deployment (technique), which included how to stand, how to toss, where the “victim” should place the line once it’s caught, and how the rescuer should hold the line when bringing the “victim” into the shore. Other team members added excellent points throughout Mary Ann’s overview, which prompted good discussion. Shortly after 7:00pm the hands-on portion of the training started.

Our CERT volunteers were positioned near the Vine Street Bridge in three kayakers. Our team members went to four stations, which included:

- Station #1 – approximately 100 feet from the bridge
- Station #2 – approximately 200 feet from the bridge
- Station #3 – approximately 300 feet from the bridge
- Station #4 (SAFETY)– approximately 400 feet from the bridge

In addition, to the four stations, there was an area where the kayakers were pulled out of the water. As a double measure of safety, team members were also beyond this area in case the kayakers were missed by Station #4.



Our team members lined-up at each of the stations with fully loaded throw bags. They raised their hands to indicate they were ready. One kayak (to simulate someone falling into the water) was released at the bridge and started floating past the stations. Due to a heavy rain a few hours earlier, the water in Hickory Creek was flowing steadily. Team members deployed the throw bags (approximately 20-40 feet), aiming for the tip of the kayak and the kayaker. The kayaker did not



grab the line at the first two stations, but on the third station they did and were pulled to the shoreline. Again, Station #4 was a safety station in the event the kayaker did not catch the line at Station #3.



Team members at each of the respective stations loaded the throw bags and took turns deploying the bags to the “victims.” Team members also rotated positions so they had a chance to bring the “victim” into the shore at Station #3. Team members also helped get the kayak back onto land and back to the starting location at the bridge. The hands-on portion of the training concluded at approximately 8:00pm, after which Mary Ann led a short wrap-up where additional discussion occurred. Following the training, our team members went up to the VFW for pizza, beverages, and fellowship.

Special thanks to Mary Ann for leading this training as well as several others who helped our newer members with the techniques. Also, thanks to our CERT volunteers for helping out with this incredibly valuable training. We definitely could not have done it without each of you!

## SHORELINE SAFETY FOR SHORE-BASED SEARCH & RESCUE – MAY 11, 2019

At 8:15am on Saturday May 11, 2019 twelve NLSAR members departed from the Village Hall to attend Kendall County Multi-Agency Training. Team members arrived by 8:50am at the Wilmington ESDA garage, 103 N Main Street, Wilmington, IL. Kim Gotte presented “Shoreline Safety for Shore-Based Search & Rescue” hosted by Willington Emergency Service and Disaster Agency.



The PowerPoint presentation began by 9:15am. It emphasized that overall searcher safety depends on preparation, training and equipment. Search teams should consist of at least two searchers. Searchers should have knowledge of self-rescue and victim-rescue techniques. GSAR is to facilitate clue location. Only swift water personnel should enter the water to recover any object. Always exercise extreme caution, continuously reevaluate risk/benefit, and be prepared to assist teammates in emergency. In addition, always be properly equipped.

Associated Risks:

- Drowning
- Entrapment
- Hypothermia
- Blunt trauma
- Cuts and lacerations
- Other hazards

Minimum PPE Required:

- Personal Floatation Device (PFD)
- Whistle (river can be very noisy)
- Knife
- Environmental Protection
- Gloves & Boots
- Rope/Throw Bag
- Helmet

Personal Floatation Device Types:

- Type I – Off Shore
- Type II – Near Shore
- Type III – Sport Vest (\*SAR)
- Type IV – Throw able (rings, seat cushions)
- Type V – Special Use (swift water)

Self-Rescue Techniques:

- Avoid entrapment (aggressive maneuvers)
- Body positioning – head first, swim/ up and over strainers/hazards
- Dangers of foot entrapment in strong currents

Self-Rescue Procedures if Swept Downstream:

- Jettison your pack
- Feet near surface pointed downstream
- Keep toes pointed up and close to surface
- Actively paddle at an angle to the current
- Approach a strainer hazard head-first
- Don't try to stand midstream

Victim Rescue:

- Scene assessment - safety first and evaluate risk/benefit
- Victim contact - make attempt to talk to victim
- Always choose rescue method that provides the highest degree of effectiveness while minimizing the risk to the rescuer.

Water Rescue Sequence:

1. Reach - Use object to reach victim. Do not use wrist strap. Victim must be able to assist.
2. Row - Use of watercraft

3. Throw - Method limited by distance and accuracy. Highly effective. Easy but requires practice. Victim must be able to assist. Generally safe for rescuer.
4. Go - Go into water. Dangerous and not recommended. Swimming while trying to control a victim is difficult. Know your own capabilities. Must have backup rescuer. PPE- PFD, thermal protection, helmet, fins
5. Helo - Helicopter

Recommended Search Equipment:

- Probe device
- Rope/throw bag
- Binoculars
- Polarized sunglasses
- Flagging tape
- GPS
- Search pack
- PPE

Initial Actions: Rescue

- CONFINE and CONTROL
- Confinement crew deployed downstream at bridges and other vantage points
- Deploy a buoy at the Point Last Seen (PLS)
- Initial response crew assigned to search from PLS downstream
- Additional crews assigned to search banks at possible exit points or evidence downstream

Search for Clues:

- Disturbances in vegetation
- Articles of clothing
- Equipment
- Tracks

What to Look For:

- Normal perception and expectations musts be altered for a search of moving water
- The body may blend into the color and textures of the surrounding environment
- Skin color may appear very white to luminous
- Flesh tones tend to blend with white water

Human Body in Water

- Due to the water weight of a drowned victim's body, it will settle in a near vertical drip to the bottom in still water
- A body will drift no more than 1ft horizontally

- for every foot it descends vertically
- The body of an adult drowning victim weighs between 7 and 16 pounds underwater
- In whitewater, a drowning victim's body will probably continue to move with the current until it lodged against an obstruction, or the current slows and allows the body to settle (below 1.5mph)
- No matter the speed of the top layers of water, if the current at the bottom does not exceed about 1.5mph, the body should remain stationary on the bottom.

Drowning

- Drowning is death by suffocation within 24 hours of submersion
- Near drowning is the survival beyond 24 hours after submersion
- The death rate of near drowning to drowning is 4:1

Drowning Stats:

- 8,000 deaths annually in the US
- Major cause of accidental death
  - o #1 for preschoolers
  - o #2 for school age children
  - o #4 for adults
- 2/3 of drownings happen in summer months
  - o 40% occur on the weekend
  - o 90% occur in fresh water
  - o 50% occur in swimming pools

Drowning Mechanism

- Wet Drowning (85%)
  - o Water inhaled into the victim's lungs
- Dry Drowning (15%)
  - o Water-induced spasms of the airway prevent oxygen from reaching the lungs
- Fresh Water vs Salt Water
  - o Fresh water in the lungs passes into the bloodstream and destroys red blood cells
  - o Salt water in the lungs causes fluid from the body to enter the lungs and displaces the air

Victim Behavior

- Head tilt back and barely out of the water
- Gulping, coughing, and spitting water
- Failing arms, barely breaking the surface and occasionally splashing
- Legs extended out straight with toes pointed down



The PowerPoint presentation concluded at 12:15pm. Teams took a break for lunch and then resumed practical training at 1:45pm. We met at the Kankakee River for field demonstrations and training with ESDA folks simulating victims floating downstream. We had multiple opportunities to practice deploying the throw bags and pulling victims into shore. Due to poor weather conditions, the drone could not be demonstrated. However, a unique piece of equipment was demonstrated, a rescue line launcher, which is capable of shooting a rescue rope hundreds of feet with great accuracy. This piece of equipment provides another option when distance to a victim is too great for a throw bag.



NLSAR Team departed at 3:15pm and returned to New Lenox by 4:00pm.

# LOYALTY DAY PARADE – MAY 5, 2019

At 12:00pm on Sunday, May 5, 2019 New Lenox CERT volunteers began to arrive in the upper level parking lot of the Village Hall. Gary Cook had previously picked-up a flatbed trailer from the New Lenox Public Works Facility and our volunteers were on hand to transform the trailer into a float for the Loyalty Day Parade. Gary had already built hand / guard rails for the trailer to keep everyone safe so it was just a matter of adding the decorations to make it into a parade float.



Everyone chipped in and started hanging green, as well as yellow streamers, from the hand rails. Next, our volunteers blew-up green, as well as yellow balloons, which were affixed along the hand rails and uprights. Janet Maes brought 1,000 little kits to make bracelets, which later proved to be a big hit with the kids along the parade route. Many others brought candy, which was poured into large plastic containers for distribution during the parade. Lastly, literature was placed on the float for distribution to families along the parade route. The literature included Severe Weather Preparedness Guides from the Illinois Emergency Management Agency, pet preparedness materials from FEMA / Ready.gov, New Lenox CERT / SAR April 2019

Newsletters, and FEMA / American Red Cross "Pedro the Penguin" activity (coloring) books for the kids. Following some photos, everyone climbed onto the float, which Gary carefully pulled over to the staging area with his pick-up truck.

Shortly after 1:00pm we arrived on 4th Avenue @ Cedar Road, our designated staging area. Everyone had a nice time visiting and watching the organizations heading over to their designated spots. At 2:00pm SHARP the parade kicked-off and within a few minutes we pulled out onto northbound Cedar Road. Our volunteers tossed candy to the kids and provided the above-mentioned literature to families. Debbie Jones did an excellent job making sure the candy lasted all the way to the end of the parade. The parade headed west on Haven Ave. and then north on Veterans Parkway where it ended near the New Lenox Public Library.



It was 2:45pm when we returned to the upper level parking lot of the Village Hall. Everyone helped take the streamers and balloons off the float, which transformed it back into a flatbed trailer. Special thanks to Gary Cook for pulling the trailer again this year, to those who donated candy and other items, and to everyone else who participated. The weather was absolutely perfect and we had a lot of fun!



## 2019 HEALTH AND SAFETY EXPO / SEVERE WEATHER SPOTTER TRAINING – APRIL 30, 2019

At 4:00pm on Tuesday, April 30, 2019 New Lenox CERT members started to arrive at Lincoln-Way West High School to assist with the 2019 Health and Safety Expo. Collectively, our volunteers sketched the layout of the Expo, showed representatives from 50 participating organizations to their tables, carried in literature and giveaways, brought door prizes into the auditorium, answered questions, and staffed the CERT informational table.

The Expo started at 5:00pm and ran until 7:00pm. There was a steady flow of traffic during the Expo, but it really picked-up from 6:30pm to 7:00pm when the majority of the people started to arrive for the Severe Weather Spotter Training. Everyone was extremely appreciative for the assistance that was provided by our volunteers.



At 7:00pm the Lincoln-Way Air Force Jr. ROTC posted the colors on the stage in the auditorium and sang the National Anthem. After everyone was seated, Village of New Lenox Trustee Jasen Howard provided opening remarks and then turned the stage over to Mike Bardou from the National Weather Service. Mike did a great job with the Severe Weather Spotter Training, which was well-received by 300 citizens that were in attendance.

Mike’s presentation ended at approximately 8:40pm after which, the drawing for the door prizes was held. Many of the organizations that participated in the Health and Safety Expo were kind enough to donate door prizes, which ranged from gift cards to NOAA Weather Radios. In an effort to expedite the process, our CERT volunteers delivered the prizes to the winners who were seated throughout the auditorium. The event ended at approximately 9:00pm.

- Special thanks to the following organizations who contributed to the success of this event:
- New Lenox Safe Communities America Coalition / Emergency Preparedness Task Group
- National Weather Service, Chicago Office in Romeoville, IL
- Lincoln-Way School District #210 and Lincoln-Way West High School
- Will County Emergency Management Agency
- New Lenox CERT
- New Lenox Emergency Services
- 2019 Health and Safety Expo Participating Organizations (including those who displayed vehicles and exhibits outside the school)

Also, MANY individuals (too many to name), who contributed in so many ways to the success of the event! Thank you all and see you next year!



*Keeping our community safe, healthy, and prepared . . .*

## SEARCH IN CRYSTAL LAKE FOR MISSING 5-YEAR OLD BOY – APRIL 22-23, 2019

At 12:51pm on Monday, April 22, 2019 a Nixle message was sent out with a request from authorities in Crystal Lake, asking for resources to assist in the search for a 5-year old boy (Andrew "AJ" Freund), who had been reported missing on Thursday, April 18, 2019.

By 1:45pm, five members of the New Lenox Search and Rescue team arrived at the New Lenox Village Hall and immediately departed for Crystal Lake. The team arrived at Incident Command / Staging, located in Lippold Park (Rt. 176, ¼ mile west of Rt. 14), at 3:15pm.

After a short briefing, "Echo Team," consisting of all 5 NLSAR members, was transported to our search area. It was a relatively small, but difficult area to search. The wooded terrain was uneven and covered with trip hazards, such as roots, vines, and felled trees. There were also areas that could have potentially been flooded so throw bags and personal flotation devices (PFDs) were required.

Echo had been searching for approximately an hour when all teams were advised to finish their current "pass" and return to Staging. Inclement weather was expected to hit the area within 45-minutes and the safety of the teams was in jeopardy. All teams were out of the field and at Staging by 5:45pm. After a short de-briefing, the NLSAR team departed for home, arriving back at the New Lenox Village Hall at 7:30pm.

At 6:30am on Tuesday, April 23, 2019 six NLSAR members departed from the New Lenox Village Hall to continue the search for "AJ." Veterans Acres Park, 431 Walkup Road, Crystal Lake, was designated as the Staging area for the search.

NLSAR members arrived at Staging at Veteran Acres Park by 8:15am. By 9:00am, NLSAR was provided our search assignment that was located adjacent to Incident Command. A small portion of the search area included a tennis court, baseball field, and a parking lot, all in a very public area. The park was not restricted from the public until mid-day. There were many media outlets, helicopters, and on lookers.

The majority of our search area was wooded, consisting of multiple hills with steep terrain, large fallen trees and numerous ticks. We rehabbed from 12:50pm to 1:30pm, spending most of our time removing ticks. We completed our search area by 3:30pm finding five items worthy of reporting. Items found were a: two-way radio, child's blue shirt, child's dark purple spring jacket, a pair of medium size boxers, and a child's pink sweatshirt. After another de-ticking, rehabbing, and a short team de-briefing, NLSAR members departed staging by 4:00pm and returned to New Lenox at approximately 6:00pm.

Special thanks to our team members that participated in this search, which was very difficult physically and emotionally.

*\*On April 24, 2019 "AJ" was located in a shallow grave in Woodstock, IL. Both his parents were charged with murder, along with a number of other related charges.*



## CERT MONTHLY TRAINING / TRIAGE AND TREATMENT – APRIL 23, 2019

At 7:00pm on Tuesday April 23, 2019 forty-three members of New Lenox CERT met in the Community Room at the Village Hall for monthly training. The topic(s) for the month of April were Triage and Treatment. Dan Martin, CERT Program Coordinator, welcomed everyone in attendance and spent a few minutes talking about some upcoming events. Dan then turned the floor over to Patty Edgett who was the lead instructor for the evening.



To get things going, Patty did a 30-minute refresher on Triage and Treatment. Following the refresher, Patty divided everyone in attendance into groups of four. Patty then handed out Triage cards to each group, directing that each "victim" be Triage'd according to their listed injuries and condition. In addition, the groups had to draw injuries (if applicable) and make appropriate notations on blank patient assessment sheets that were provided. The patient assessment sheets were then pinned to the Triage cards, brought up to the front of the room, and placed in respective stacks (red - immediate, yellow - delayed, or green - delayed). Patty then read the patient assessment sheets to ensure they were properly Triage'd. Everyone agreed that this was an excellent exercise to practice Triage skills.

Patty then provided a brief tutorial on tourniquets, which was followed by a quick demonstration on their proper application. It was interesting to note that when Patty asked who had previously taken "Stop the Bleed," EVERYONE in attendance raised their hand. Following Patty's demonstration, everyone had an opportunity to practice applying a tourniquet to themselves and then someone else.

Patty then moved on to the hands-on treatment portion. Everyone had an opportunity to apply a dressing and secure it with a bandage. In addition, everyone had an opportunity to practice splinting on arms and legs. It was great to have the opportunity to practice these perishable skills.

Patty then provided a quick recap on the training, after which everyone thanked her for her time and effort. Dan then closed the training at 8:45pm with some training and community event reminders. Thanks to those who came out to attend this valuable training!

*Doing the greatest good for the greatest number of people . . .*

# KENDALL COUNTY MULTI-AGENCY SAR TRAINING / FIT TEST AND TEAM BUILDING – APRIL 13, 2019

At 7:45am on Saturday April 13, 2019 ten members of New Lenox SAR met in the upper level parking lot of the New Lenox Village Hall for purposes of carpooling to the Kendall County Multi-Agency SAR training. After shifting some equipment, supplies and people around, our team members left at 7:45am for Jay Woods in Plano, IL. Approximately one hour later our team members arrived at Jay Woods and checked in with Kim Gotte, Section Chief, Search and Rescue, Kendall County Emergency Management Agency.



Kim provided an overview of the course for the annual fitness test and requested a few of our team members to help with timing. Three New Lenox SAR members agreed to assist with the fitness test while our remaining team members went across the street to set-up the team building challenges.



Station #1 was the OBSTACLE COURSE. This challenge consisted of traffic cones, hi-vis fiberglass poles and flagging tape. The course was set-up randomly for participants to navigate blind folded, but with verbal instructions from their teammates.



Station #2 was the PVC PIPE / GOLF BALL TRANSPORT. This challenge consisted of 1' to 2' lengths of PVC pipe, cut square or on an angle, that were issued to team members. The team members were given a golf ball (the "victim") for transport through the pipes to a designated location ("treatment area").

Station #3 was the PLANK CHALLENGE. This challenge included two sets of planks designed for four team members to stand / walk on. Each set of planks had ropes attached to them to allow team members to pick up the planks along with their feet. Team members were directed to walk in a synchronized fashion to a turnaround point and then back to the start.



Station #4 was the ELECTRIC FENCE. This station was designed to challenge team members to get themselves out of a 15' X 15' square area that was surrounded by an "electric fence" (Paracord). The fence had a low, medium, and high (approximately chest level) "wire." The entire team was given instructions to get under, thru, or over the fence without touching it. If a team member touched the "wire" the team had to start over again.

The challenges began at approximately 10:15am following a short overview on key elements of a successful team. In short, these qualities include: Communication, ability to work together, organization, leadership, identifying team member strengths and weaknesses, ability to adapt to challenges, trust, and working toward a common goal. At the completion of each of the stations a short de-briefing was held. It was obvious that the characteristics of a successful team were the same as those needed to complete each of the challenges.

The team building exercises ended at approximately 11:30am and were followed by a short training update from Kim Gotte. Following the update, everyone enjoyed some additional time together by cooking hot dogs over a camp fire. Special thanks to Kim for the lunch and to our team members for facilitating the fit test and team building challenges. Following our commute, everyone arrived back at the Village Hall at approximately 1:30pm.



**Additional Information**

**Daniel Martin**

*Safe Community Coordinator*

Phone: 815-462-6493

Fax: 815-462-6469

Email: [dmartin@newlenox.net](mailto:dmartin@newlenox.net)



Visit us on Facebook

<https://www.facebook.com/NewLenoxCERT>

<https://facebook.com/safenewlenox>

<https://www.facebook.com/NewLenoxSAR>

**COMMUNITY EMERGENCY RESPONSE TEAM  
20-HOUR BASIC CLASSES**

CERT Class #14 graduated on Saturday, October 28, 2018. Thirty-nine citizens graduated from this class and are now training with our team. CERT Class #15 will be held on Wednesday evenings (6:30pm-8:30pm) from September 11th thru October 23rd. The final exercise and graduation will be held from 8:00am to 12:00pm on Saturday October 26th. To register for this class, contact Daniel Martin, Safe Community Coordinator, Village of New Lenox, at (815) 462-6493 or via email at [dmartin@newlenox.net](mailto:dmartin@newlenox.net).

Congratulations to the following classes:

- Class 1 Graduation 10/17/2009
- Class 2 Graduation 12/05/2009
- Class 3 Graduation 02/27/2010
- Class 4 Graduation 10/30/2010
- Class 5 Graduation 04/09/2011
- Class 6 Graduation 11/12/2011
- Class 7 Graduation 10/20/2012
- Class 8 Graduation 10/19/2013
- Class 9 Graduation 10/25/2014
- Class 10 Graduation 10/31/2015
- Class 11 Graduation 03/12/2016
- Class 12 Graduation 10/29/2016
- Class 13 Graduation 10/28/2017
- Class 14 Graduation 10/27/2018

To learn more about the CERT program and the 20-Hour Basic Class, visit <http://www.citizen corps.gov/cert/>

**NLSAR ANNUAL PHYSICAL FITNESS TEST –  
APRIL 16, 2019**

At 6:30pm on Tuesday April 16, 2019 nineteen members of the New Lenox Search and Rescue Team met at Hickory Creek Preserve / Hickory Creek Barrens (Schoolhouse Road & Route 30) for the team’s Annual Physical Fitness Test. A number of new members had already completed the test on previous dates(s) to allow them to participate in GSAR activations. Others had previously completed the test so they could proctor this one. As such, nine members needed to complete the test at this particular time.

By 7:00pm everyone had arrived and arrangements were made to carpool to Hickory Creek Preserve / Hickory Creek Junction, which is 1.07 miles east. Lisa Murphy then started our nine members at the pre-determined / pre-measured starting point. Lisa started the stop watch and radioed to other team members (proctors) along the 3-mile route that the nine members had just begun the test. Everyone did a great job walking at an extremely fast pace on the 3-mile (hilly) trail through the woods. Everyone had no trouble completing the 3-mile walk / test in under 50:00 minutes with each team members time noted for record keeping purposes.

Following the test everyone had an opportunity to cool down and continue hydration. At approximately 8:00pm everyone drove across the street to Portillo’s Restaurant to continue the training. In addition to the physical fitness test, Rich DeVault issued team members the new radios. In addition to issuing the radios, Rich went over the User’s Guide and radio features. Team members had a chance to turn the radios on, following Rich’s direction. During the tutorial, some team members grabbed some food so it ended up being a bonus being at Portillo’s.

Special thanks to those who served as proctors for the test and great job by those who successfully completed the test!



**Resolve to Be Ready 2019**

Preparing Makes Sense  
[www.ready.gov](http://www.ready.gov)  
#Prepared2019



**safe COMMUNITIES AMERICA.**  
NEW LENOX, IL

