



HLSK Seizoensopening 2024 – 2025
Vechtsebanen Utrecht
3 November 2024



Wat een opkomst vandaag!



HLSK Vertrouwenscontactpersonen



Leontine Kranendonk Hanneke van der Reijden

Dick Boeve



Nieuw in het bestuur
deelnemerszaken

Juliette de Wilde



Zwaait af als
bestuurslid

Agenda



- 09:00 uur aanvang presentaties
- 10:15 koffie en marktplaats
- 10:30 speeddaten
- 11:00 uur schaatsen
- 12:15 Lijnwerpen
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De HLSK en
Academy for Nordic
Skating





Groei van de HLSK, en Nordic Skating...

- Hoe ondersteunen we zo goed mogelijk het 'Nordic Skaten'
- Met groei van de HLSK
- En belang van breed beschikbare kennis
- Academy for Nordic Skating (ANS)



Samenhang HLSK en ANS

- **Samen schaatsen**
De HLSK als netwerk met tochtenopzet
- **Kennis en praktijkervaring**
Systemen om te leren en kennis en ervaring op te doen
- **Verantwoordelijkheden**
Verantwoordelijkheden en aansprakelijkheid
- **Financiën**
Financiering ANS en financiën HLSK onder invloed van ANS

A photograph of a sunset over a large body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. Two silhouetted figures are standing in the water in the distance. The sky is a mix of orange, pink, and blue. The overall mood is calm and serene.

Vertrouwenscontact- persoon





Vertrouwens Contact Persoon (VCP)

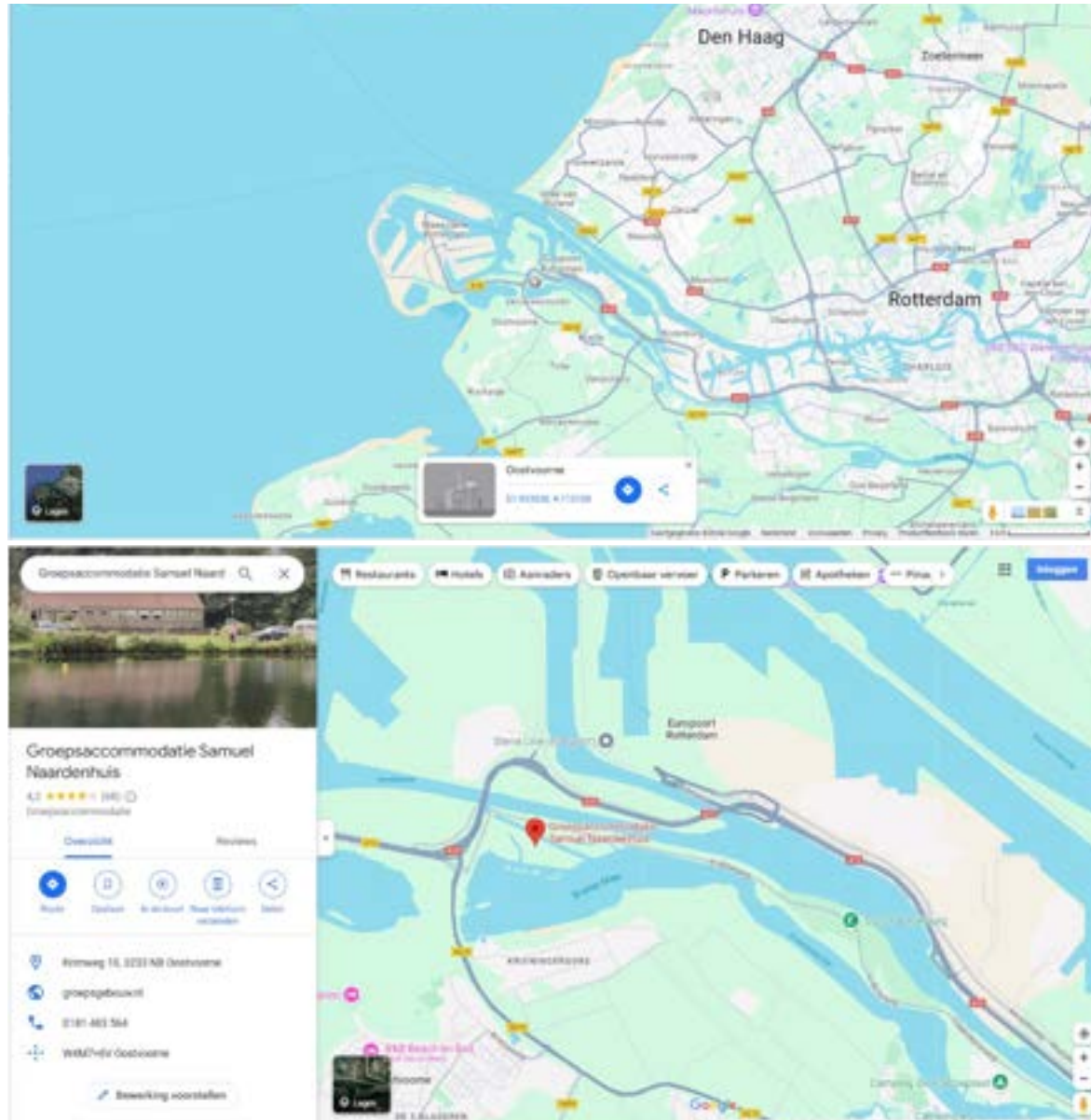
- **“Iedereen moet kunnen sporten in een veilige omgeving”.**
- De VCP biedt een luisterend oor, geeft informatie en verwijst door.
- Wil je veel meer weten over rol en positie van de VCP?
- [Centrum Veilige Sport Nederland](#)
- [KNSB – Vertrouwenscontactpersoon](#)
- [Vertrouwenscontactpersoon - NOCNSF](#)

Lustrum HLSK: 5-7 september 2025

Lustrumcommissie: LUCIE

Simone Cremers
Elly Trommelen
Janny Straatsma

Oostvoorne





•
Een weekeinde voor iedereen!!!

Oproep

Mail naar: **lustrumhlsk@gmail.com**



Nieuws van de deelnemerscommissie

Seizoensopening 2024



Art Meets Science

Fractal Patterns in Nature and Art Are Aesthetically Pleasing and Stress-Reducing

One researcher takes this finding into account when developing retinal implants that restore vision

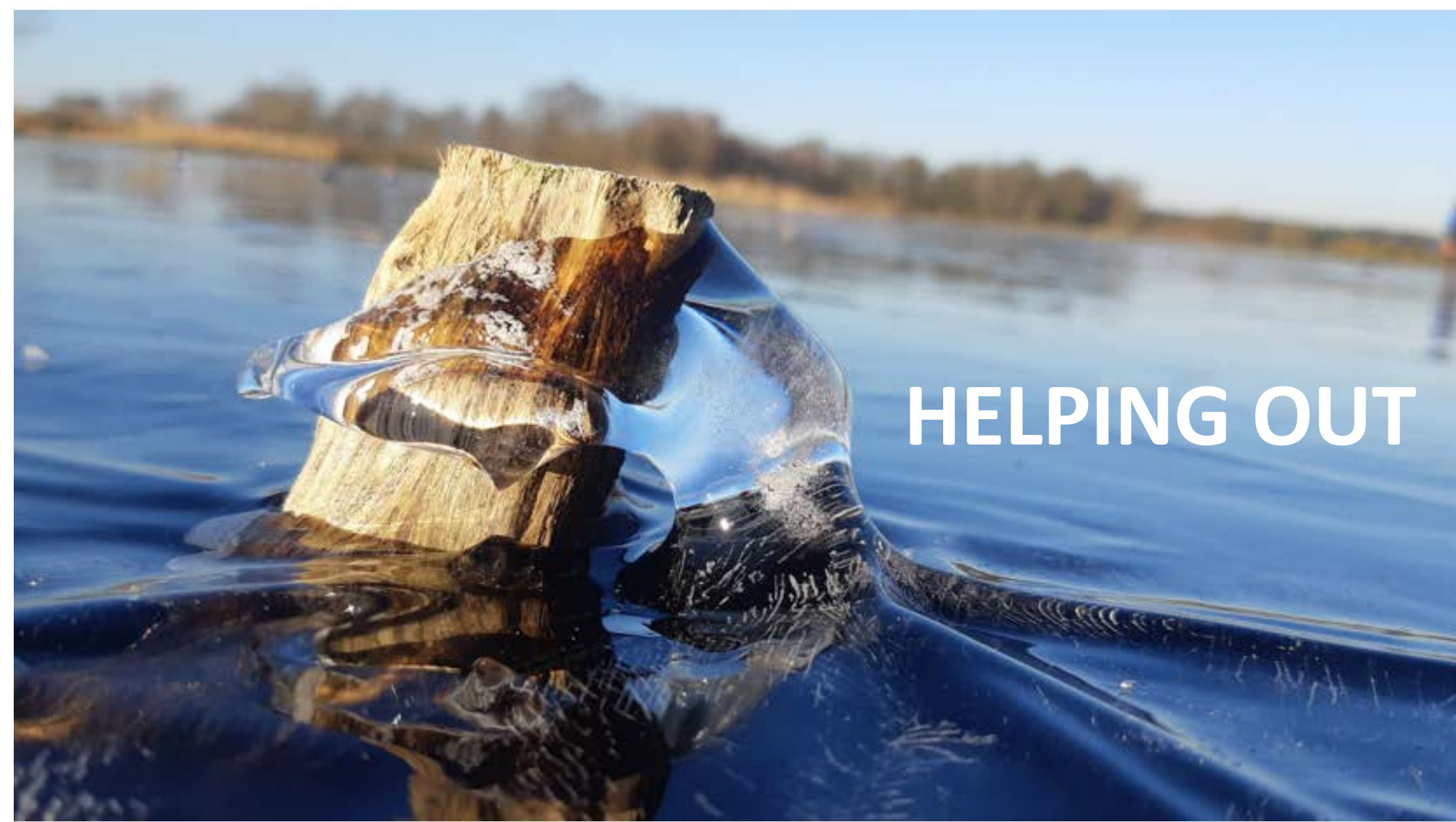


Nature is good for you :o)



A research study by Richard Taylor at the University of Oregon found that people are hard-wired to respond to a specific form of fractal found in nature, which can reduce stress levels by up to 60%.

<https://www.mindfulecotourism.com/fractals-in-nature/#:~:text=The%20Mental%20Health%20Benefits%20of%20Fractals&text=A%20research%20study%20by%20Richard,levels%20by%20up%20to%2060%25.>



HELPING OUT



Als ongewone situatie

- Blijf rustig. Praat rustig. Rust is key.
- **Think plan act**
- **Leider beslist**
- ***IQ van een groep is lager dan het gemiddelde IQ van de deelnemers in ongewone situatie***
- Zorg dat rest team veilig is. Uit kou.
- Ga niet alleen op pad

Je telefoon blijft je beste vriend



- Droog
- Warm
- Opgeladen
- 112 en 113 APPs
- SMS naar 112 is goede optie als signal te zwak is (in Scandinavië)





No 4,5,6 G cell phone coverage?



Space to the rescue?



Satphone?

- Iridium (911), Imarsat, Thuraya, Globalstar(112)
- **112 does not work** on SATphone in Europa (except Globalstar(?))
- -> **Obtain the full international access code, country code, and phone number for the local fire, police, or ambulance.**
- **Most do not have GPS position information**



Satellite Emergency Notification Device (SEND)



- **Yellowbrick, SPOT, Somewear, Garmin In Reach etc.**
- Works via **commercial satellite network** and **commercial rescue center (IERCC=GEOS)**
 - They determine who to inform (several layers)
- SPOT => weak signal. Might not work under foliage
- Activation:
 - SOS button: **One way**: GPS position plus optional preprogrammed msg
 - **Two way communication** (Spot X, Garmin Inreach, Yellowbrick 3, Somewear Global Hotspot)

COSPAR SARSAT satelliet netwerk (Non profit)

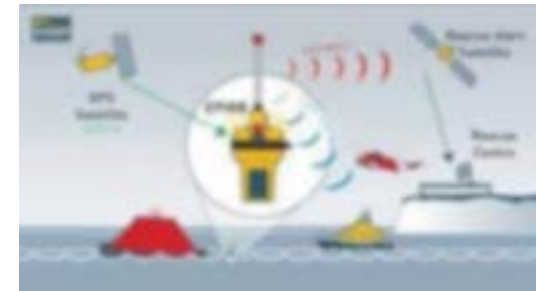


- 65 satellites locating an emergency beacon **anywhere on Earth** transmitting **frequency of 406 MHz**.
- 3000 mensen per jaar in 1150 reddingsacties
- Ongoing development (GPS, 2024 next)

COSPAR SARSAT satelliet netwerk



- **Type systemen**
- **ELT** (marine and aviation)
- **PLB** (personal locator beacon) -> 406 MHz + 121.5 MHz.
 - Small, manual, hours battery life when on
- **EPIRB** (Emergency Position Indicating Radio Beacon) 406 MHz + AIS + 121.5 MHz.
 - Can have GPS position – longer battery life



COSPAR SARSAT satelliet netwerk



- **PLB Opletten:**
- Registration needed (code)
- Battery needs replacement by certified staff (10y)
- EUROPA: Melding via MCC in Toulouse



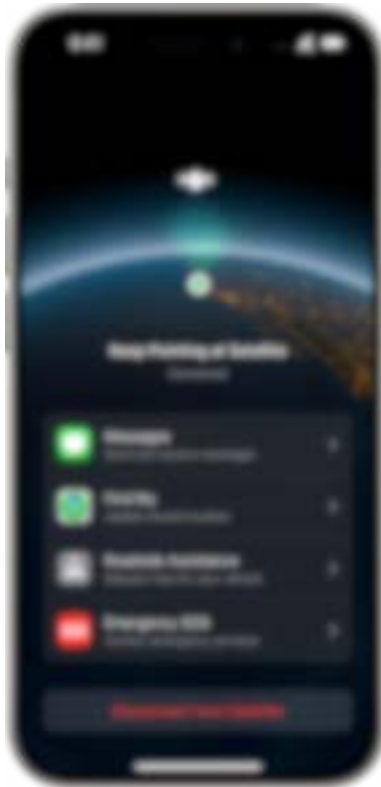
2013 – Herman IJsseling

COSPAR SARSAT satelliet netwerk



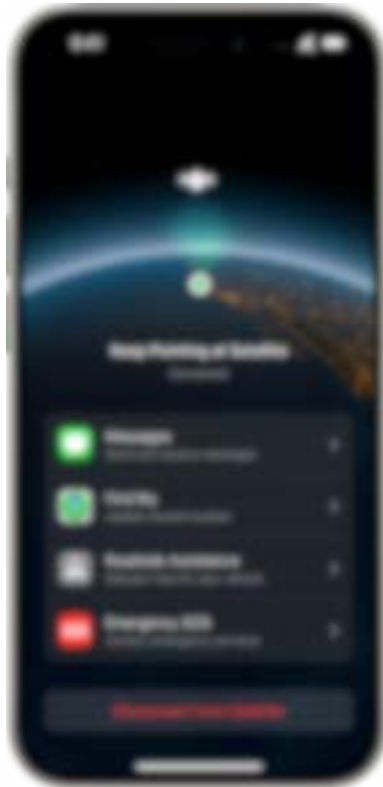
- Opletten:
- **Antenna vertically**
- Position 406 MHz PLB calculated to **radius of 5 kilometer.**
- **Rescue crew use 121.5 Mhz to home in**

Apple phone



- IPHONE > 14
- > iOS 18
- Mobile network ((↑)) : Satellite
 - Nb: Will show demo when 4,5 G network available
- Point to sky, wait
- SMS service via satellite to emergency number or friends

Apple phone



- Emergency SOS via satellite is available in **Australia, Austria, Belgium, Canada, France, Germany, Ireland, Italy, Japan, Luxembourg, the Netherlands, New Zealand, Portugal, Spain, Switzerland, the U.K., and U.S.**



Android? => Google eSOS



- Only **Pixel phone**
- **Only in the US** (except Hawaii and Alaska).



Hypothermia



- Disclaimer: HLSK has never had a critical hypothermia event within their operations.

- **But : better safe than sorry**



Hypothermia



- **People with hypothermia usually aren't aware of their condition.**

Hypothermia



- Heat loss – we like it. But only on the ice..
- Note: as we know:
- *Heat loss can occur at plus Celsius, especially with humidity and wind*

Hypothermia - Symptoms



- Feeling cold, shivering uncontrollably
- Cool or cold skin (on the abdomen, chest, or back)
- Presence of the “umbles”
 - Stumbles: loss of control over movement
 - Mumbles: slurred or incoherent speech
 - Fumbles: poor coordination or reaction time
 - Grumbles: change in behavior or attitude
- Fatigue (Drowsiness or very low energy)



What to do?

Hypothermia – Lack of coordination



- Ask person to **open own jacket** and/or:
- Ask person to put **pink on thumb**
- When this does not work:
 - **Take action**

Hypothermia



- Get the victim out of the cold
- Replace wet clothing with dry clothing
- Sit down
 - Insulation below (sit mats)
 - Insulation on body core: mylar (space) blankets, towels or newspapers
- Evaluate calling emergency number

Mylar / Rescue blanket



“GOUD IS OUT!”

Mylar / Rescue blanket – Cold conditions



Goud is out!!!!
Silver inside



Guld är utanför
Silver inuti



Are we ready now?



•No!



DEMO Mylar blanket



How to use mylar blanket in cold



- Tie knot in one corner of the blanket
- Wrapping:
 1. On the back: below jacket, over underlayers (when dry)
 2. Cover the victim's head => but first a beany / baclava
 - 1 and 2 to prevent water condensation on skin
 3. Under arms to the belly
 4. Do not cover legs and arms (cold blood must stay there)
 5. Close jacket
 6. Add buff, neck warmer,

Are we ready now?



•No!

Hypothermia → Low Energy



- Eat and warm drink in small gulps
- Fatty food (e.g. soup cube) instead of sugars
- Add heat (go inside, body heat)
- Evaluate calling emergency number



Mylar blanket – other uses



- Trail marker
- Rain poncho
- Wind breaker/shelter
- Mitella, etc.
- Cordage / Tourniquet
- Socks
- Windowshield cover
- Heup stabiliseren





Bleeding injuries



- Use the gloves
- Clean wound (Sterilon, Alcohol, Betadine)
- Cover wound
 - patches & bandage,
 - but also consider cutting up a towel

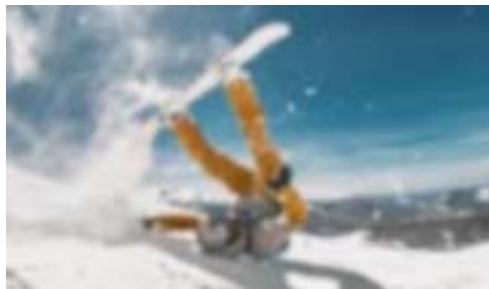
Tips



- SMS 112 when weak signal
- Make a fire (smoke and thermal camera)
- When very cold and remote:
 - Consider taking a Blizzard survival bag
 - Consider satellite communication

Psychology of hurt

Psychology
of Pain



- Be aware that group dynamics play role in assessment of injury:
 - Shame
 - Tough / not weak (image management)
 - Go on itus
 - Pain relief due to adrenaline
 - Difficult to assess future condition
- Give person room to speak-up

**“STAY SAFE
STAY CALM
BE READY!”**

Quote

VRAGEN?

Mail je vragen naar hedorakel@hlsk.nl



IJscongres Luleå
12-13 oktober '24









Anne Niskala over 10.000 km

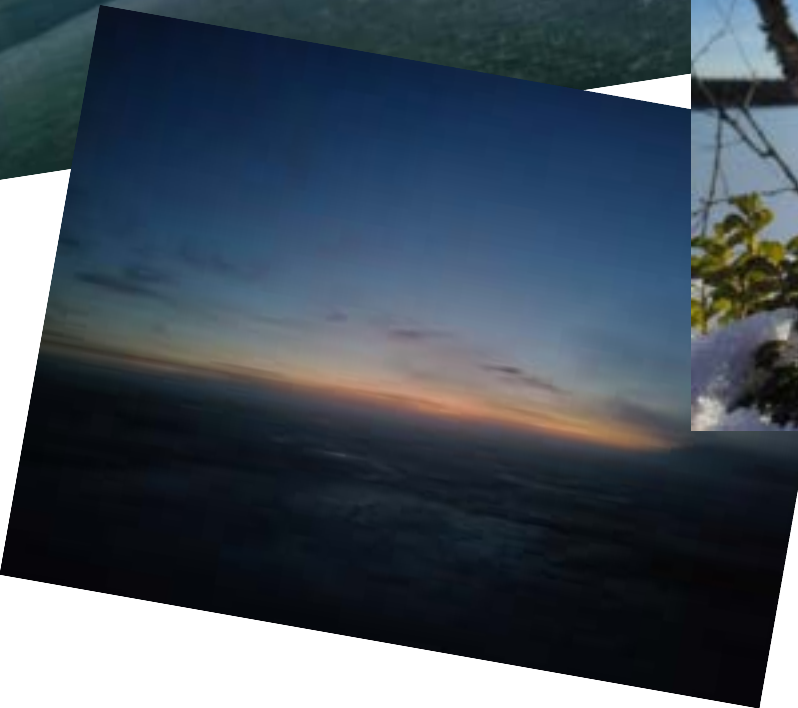
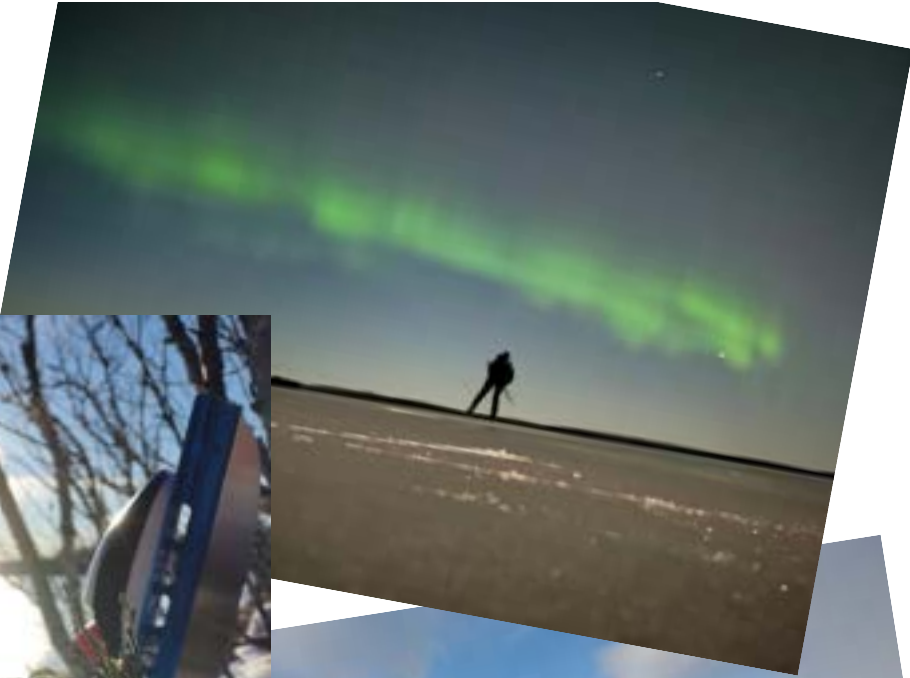
Foto: Thure Björk



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Speeddate op regio
noord, oost, zuid en west

Wat was je mooiste
schaatsavontuur?



Speeddate op leeftijd

<40	40-50	50-60	60+
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XXX

