



## MRA ICAR Committee Report



MRA International Committee of Alpine Rescue (ICAR) Committee Report  
January 31, 2025

Greetings MRA Colleagues,

Wishing you well and hope you're having a great start to 2025. Since my last report in May 2024, our MRA ICAR committee members and delegates have continued to devote strong efforts to the MRA ICAR related activities.

At our June 2024 MRA Business Meeting, the MRA board re-elected Charley Shimanski as our primary delegate and re-elected Dale Wang as our alternate delegate for the Air Rescue Commission; re-elected Tom Woods as our primary delegate and re-elected Rich Siemer as our alternate delegate for the Terrestrial Rescue Commission; elected Heiko Stopsack, as our alternate delegate for the Avalanche Rescue Commission.

Our esteem and enduring delegates notable for being exceptional educators and practitioners have been actively engaged in their discipline focused activities with their highlight participation at the ICAR Congress held October 15-19, 2024 in Thessaloniki, Greece. <https://www.alpine-rescue.org/topics/31--thessaloniki-2024>

The reports from our MRA delegates are posted at the MRA.org website. As you will observe, the reports have varying flavors of details and content not unlike the variety of the reflecting of the disciplines themselves. Our alternate delegate for the Avalanche Rescue Commission, Heiko Stopsack put it very well by noting: "What is not said or maybe not obvious to the reader, is that there are monthly work sessions among the commission members to achieve our strategic goals. In Greece we did have a great work session trying to set goals in order to make the avalanche commission effective, valued to the rescuer, and our supporting non-ICAR member entities. I am personally spending (happily) 3-5 hours a month working on the projects assigned to me."

We have also created an email distribution list where you can send questions or to start a conversation with all the MRA ICAR delegates. The distribution includes the delegates, the MRA ICAR Committee Chair, and the MRA President. The email is [icar@mra.org](mailto:icar@mra.org)

As a reminder, please visit the ICAR website where there is a wealth of information that I am confident you will find insightful and enriching. <https://www.alpine-rescue.org>

Looking ahead, our primary and alternate delegates for the Avalanche Rescue Commission and The Medical Commission will be up for elections in June 2025 at the MRA business meeting for the term from June 2025 to June 2029. MRA ICAR policy 502.D.15 the procedure is repeated for you for quick reference at the end of this report. Please let me or the MRA president know if you'd like to submit yourself or nominate a candidate.

Our current MRA ICAR delegates for the four ICAR commissions are:

- Air Rescue: Charley Shimanski (primary), Dale Wang (alternate). Terms to end June 2028
- Avalanche Rescue: Mike Finger (primary), Heiko Stopsack (alternate), term to end June 2025.
- Medical: Dr. Alison Sheets (primary), Dr. Christopher Van Tilburg (alternate). Terms to end June 2025
- Terrestrial Rescue: Tom Wood (primary), Rich Siemer (alternate). Terms to end June 2028



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In addition, please join me in expressing gratitude for members representing the MRA in ICAR Executive Board roles and supporting roles:

- Dan Hourihan, ICAR Assessor
- Charley Shimanski, ICAR Air Rescue Commission President
- Dr. Alison Sheets ICAR Medical Commission Vice-President (Board supporting role)
- Rick Lorenz and Matt Lorenz for creating via Topographmedia in continuing to capture and produce the highly detailed and compelling videos at the ICAR conferences.

The following are the links to the videos from October 2024, Thessaloniki, Greece:

Video excerpts can be found here: <https://www.alpine-rescue.org/articles/1419--videos-from-the-practical-day-in-thessaloniki-greece>

Finally, I'd like to express continued gratitude to our financial donors, the MRA board, and each member of our MRA community for continuing to support our delegates to attend and participate with ICAR. I hope that you agree with me that our delegates has been able to both contribute immensely to the ICAR as well as bring international best practices back to everyone in the MRA community.

Respectfully submitted,

John Chang  
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## MRA Policy 502D.15 2-05-22 Revised

### 15. I.C.A.R. (INTERNATIONAL COMMISSION FOR ALPINE RESCUE) ADVISORY COMMITTEE PROCEDURES

- a. To promote understanding and cooperation between ICAR and the MRA in order to coordinate and improve the state of search and rescue, victim care and rescuer safety in the country and the world.
- b. Stay abreast of ICAR Board meetings, minutes and activities. Attend ICAR meetings and speak on behalf of the MRA, or, when possible, provide for a capable alternate. Provide information to ICAR regarding MRA activities which may be mutually beneficial. Provide MRA with reciprocal information.
- c. Each delegate will serve a 4 year term. Prior to the expiration of the term and/or creation of a vacancy, the position will be available for nomination and a vote by the board of directors of the MRA.

Incumbents can apply for these positions with no term limit.

An announcement of the position opening and requirements to serve for each position will be sent to the MRA membership by February 15th of the election year by the ICAR committee chair via the Admin lister. Applications will be accepted until May 15th of the election year.

Applications for the Medical Commission delegate positions will be screened by the MRA Medical Committee. The Medical Committee will present all qualified candidate(s) to the ICAR committee chair for consideration by the board of directors.

At the Spring MRA Conference, the ICAR committee chair, or his or her representative, will present all the completed applications and conduct a ballot vote by the BOD.

A vote for primary delegate will be followed by a secondary vote for alternate delegate.

In the event that an alternate delegate is unable to continue to serve out the term, an interim alternate delegate will be identified by the ICAR committee chair. The ICAR committee chair will then present the candidate to the MRA Officer's Committee for approval. The approved alternate delegate will serve out the position until the next MRA Spring Business Meeting where a permanent alternate delegate will be selected by the Board of Directors to serve out the remainder of the term of the original alternate delegate.

#### d. ICAR Representative Expectations

Each delegate should be regarded by their peers as a top expert in their respective field (Terrestrial Rescue, Air Rescue, Mountain Rescue Medicine and Avalanche Rescue).

Each delegate should have an extensive resume with current field work in their respective field.

Each delegate should have extensive experience representing their field to other organizations.

Each delegate should have a least one major leadership position in regards to their position.

Each delegate must have a current passport.

#### e. ICAR Representative Responsibilities

Each delegate is expected to attend both of the annual ICAR conferences during their 4-year term.

If the delegate and alternate cannot attend the meeting, the ICAR committee chair must be



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informed as soon as possible and will choose an alternate.

Each delegate to ICAR is expected to participate and if possible present at every ICAR annual conference.

Each delegate is required to submit an electronically written report summarizing the information learned at the conference within 30 days post conference. This report should be viewed as a sharing and teaching device to our membership and others involved in SAR.

Each delegate will be required to present the information gained at the conference to at least one of the following venues:

- o MRA Spring Conference
- o International Technical Rescue Symposium
- o Other ICAR Chair approved venues(webinar, associated conferences etc...)

f. ICAR Conference delegate Expense Protocols. Representation to the ICAR Conference each year is a line item in the MRA budget. In addition, the MRA is grateful for our corporate and individual sponsors. These protocols are to be followed by all U.S. delegates to the annual ICAR Conference.

Registration Costs will be paid directly by the MRA.

All travel arrangements for ICAR delegates must be PRE- APPROVED by the ICAR Chair and Executive Secretary prior to purchase. If there is no pre-approval, the delegate may have his/her travel expenses denied at time of reimbursement.

Any changes to travel plans must be PRE-APPROVED by the ICAR committee chair or expense reimbursement may be denied.

There will be no reimbursement from a company directly to a representative for expenses normally paid by the MRA. If a company wants to support a representative, the funds must go through the MRA.

All APPROVED travel expenses will be reimbursed after the delegate submits his or her written conference summary report and sent to the ICAR committee chair within 60 days post conference or the delegate's status may be terminated at the discretion of the officers.

For reimbursement from the MRA for expenses, travel arrangements will be made no later than 2 months prior to the conference.

All travel arrangements will be made with the MRA's and our corporate partners financial interests in mind. Attendees will attempt to locate the most economical fares possible. Any additional costs, incurred from delay or personal business will not be reimbursed by the MRA.

Delegates are expected to attend and participate in the entire conference.

Any deviation from the above must be approved 60 days in advance by the ICAR Chair. Any deviation from the above, without approval, can affect the reimbursement process and future representation for the individual.