

25th Annual
Plains to Peaks
EMS & Trauma Conference
Limon, Colorado



April 25-26, 2026
Limon High School
874 F Avenue
Limon, Colorado

Register Now!



| SATURDAY, April 25, Limon High School | |
|---|--|
| 0700-0800 | REGISTRATION & BREAKFAST |
| 0800-0850 | Stroke & Stroke Assessment for Prehospital Providers Elizabeth Dienst & Melissa Ortiona-Common Spirit This presentation will consider patients experiencing Stroke symptoms & how to differentiate among them for the benefit of the patient |
| 0855-0945 | Prehospital Burn & Frostbite Injuries Jason Martin-UC Health Trauma This presentation will review recognition and treatment for all types of burns |
| 1000-1055 1240-1335 | Sepsis Assessment & Treatment in the Field Scott Nyman-Kit Carson County Ambulance Service Recognition & treatment of Patients with Sepsis |
| 1100-1155 1340-1435 | Documentation of Patient Refusals Daniel Baker-UC Health EMS Tips to protect yourself & the patient during these important calls |
| 1450-1540 | MCI Case Review & Best Practice Options Heather Morris-Kit Carson County This presentation will review a significant MCI and provide lessons learned |
| 1545-1635 | EMS Advocacy Efforts Zack Alvey-Ute Pass Regional HSD EMS must become an advocate for the industry to ensure sustainability. This presentation will discuss options |
| There will be skills sessions throughout the day to coincide with the first two lectures of the day. Stroke Skills & Burn Skills | |

| SUNDAY, April 26, Limon High School | |
|--|---|
| 0700-0800 | REGISTRATION & BREAKFAST |
| 0800-0850 | Bleeding Control for EMS & the Public Zack Alvey-Ute Pass Regional HSD This presentation will review best practices and consider new options for bleeding control |
| 0855-0945 | Safe Pediatric Transport Jason Kotas-Children's Hospital Colorado Jason will provided tips and best practices for transport of our smallest patients |
| 1000-1055 1240-1335 | When Chest Pain is NOT a Heart Attack Ginger Flynn-UC Health EMS This presentation will consider chest pain, ways to determine the cause, and best practices for treating in the field |
| 1100-1155 1340-1435 | "The Only Ambulance in the Storm" Kimberly Harreld & Kristina Nowak-Limon Ambulance Service Set against the realities of rural corridors like Interstate 70, this sessions examines what happens when icy roads, 60 mph winds, no air medical, & long transports are your reality-not the exception |
| 1450-1540 | First Responders Opioid Crisis Dr. Dan Crampton & Ann Rush-SC4i This session will consider the Opioid Crisis and the effect on EMS to include the public and providers. How to effectively respond and support your staff. |
| 1545-1635 | Spinal Immobilization Refresher Lucas Hohl-Hugo Fire Protection District Spinal Immobilization efforts have changed. Have they gone too far? |
| There will be skills sessions throughout the day to coincide with the first two lectures of the day. Bleeding Control Skills & Pediatric Transport Skills | |



Ute Pass Regional Health Service District

Paramedic Services – Community Paramedics – Pre-Hospital and Community Education
P.O. Box 149 785 Red Feather Lane Woodland Park, CO 80866 719-687-2291



Escaping Violent Encounters: Self-Defense Training for EMS First Responders

Course Overview:

The **Escaping Violent Encounters (EVE)** course is a focused, reality-based training program designed to help EMS professionals recognize, avoid, and respond to violent situations in the field. Delivered over two days (16 hours total), this course blends classroom learning with practical, hands-on techniques to enhance your personal safety and situational awareness.

Setting Expectations:

This course is designed to be **realistic, not extreme**. It is **not a combat course**, nor is it meant to turn EMS providers into law enforcement officers. Instead, it focuses on **practical, easy-to-learn strategies** that can help you escape danger and stay safe while performing your duties. You won't be learning how to fight; you'll be learning how to **think critically under pressure, de-escalate threats, and escape when necessary**.

We want to be clear: this is **not about heroics**. It's about **survival, safety, and smart decision-making** in unpredictable environments.

Who Should Attend:

This course is ideal for EMTs, paramedics, and other prehospital care providers who want to:

- Improve their ability to assess and respond to potentially violent situations
- Learn physical escape techniques that are simple, effective, and adaptable
- Build confidence in managing high-stress encounters in the field

What You'll Learn:

- **Situational Awareness & Threat Recognition**
Spot early warning signs and learn how to avoid escalation.
- **Escape & Evasion Techniques**
Practice realistic, low-impact physical responses to common threats.
- **Legal & Ethical Considerations**
Understand your rights and responsibilities when force is used in self-defense.
- **Scene Safety & Team Coordination**
Learn how to work with partners and law enforcement to maintain control of the scene.

What the EVE Course *Is Not*:

- **✗ Not a martial arts or combat training course**
- **✗ Not a substitute for law enforcement or tactical training**
- **✗ Not a high-intensity fitness program**
- **✓ It is a practical, EMS-specific safety course focused on real-world application**

Course Features:

- 16 hours of instruction over two days
- EMS-specific scenarios and role-play exercises
- Moderate physical activity with a strong emphasis on safety
- All participants serve as Safety Officers during practical sessions
- Access to **pre-course materials and an introductory video** to help you prepare

What to Bring:

- Comfortable, athletic-style clothing and closed-toe shoes
- A willingness to participate, support your peers, and learn
- Please review the **included materials and video** before class begins

The conference will be held at Limon High School, 874 F Avenue, Limon, Colorado 80828

| Motels | Address | Phone # |
|----------------------|-----------------------------|--------------|
| Comfort Inn | 2255 9 th Street | 719 775 2752 |
| Econo Lodge | 985 Hwy 24 | 719 775 2867 |
| Holiday Inn Express | 803 Hwy 24 | 719 775 9033 |
| Quality Inn & Suites | 925 T Avenue | 719 775 0277 |
| Super 8 Motel | 937 Hwy 24 | 719 775 2889 |
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Continuing Education Credits, Registration, & Fees

Memorial EMS Education is providing the continuing education credits for this conference. Student must attend the lecture or skills station to receive credit for said lecture or station. Enrollment for the Plains to Peaks EMS/Trauma Conference is open to all interested parties. Expected attendees include but are not limited to: EMR, EMT, Advanced EMT, EMT-Intermediate, and Paramedic. Course cost is \$35 each day. Registrations should reach the regional office by April 15, 2026 to assure seating. Online registration is available at www.plainstopeaks.org



Plains to Peaks
Emergency Medical & Trauma Service Region



25th Annual EMS & Trauma Conference & Awards Program
Registration Form—One Person per Form Please

Name _____ Certification Level _____

Address _____

Email Address _____ Phone # _____

Agency Affiliation _____

Breakfast, Breaks, and Lunch will be provided April 25-26 and are included in the registration fee.
If you have a special diet requiring gluten free or vegetarian options, please feel free to bring your own food.
Drinks available will include iced tea and coffee. If you require other options, feel free to bring them.

| Saturday April 25, \$35 | Sunday April 26, \$35 | EVE Course Sat & Sun \$100 | Saturday Night Awards Dinner & Program, \$25 | Total Due |
|----------------------------|--------------------------|----------------------------------|--|-----------|
| Yes ___ No ___ | Yes ___ No ___ | Yes ___ No ___ | Yes ___ No ___ | |

Registration for the standard conference AND the EVE Course is not available. Please choose one or the other.

Payment Options: Agency Check Personal Check

Agency Check: Simply complete the registration form and email to kschally@plainstopeaks.org

Personal Check: Simply complete the registration form and mail to: Plains to Peaks RETAC
2910 N Powers Blvd #355
Colorado Springs, CO 80922

Online Registration is also available: www.plainstopeaks.org