



Insider's Look at Grand Canyon

Webisode #2 – Interview with PSAR ranger Sarah Shier Transcript

Patrick: Welcome to yet another webisode of Insider's look at Grand Canyon. I'm ranger Patrick Gamman and my guest today is a PSAR ranger. That is ranger Sarah Shier. Ranger Sarah, welcome to the show.

Sarah: Thanks ranger Patrick, what can I do for you today?

Patrick: I was wondering if you would share with the public; what does PSAR mean?

Sarah: PSAR stands for Preventative Search and Rescue.

Patrick: Well, as a "Preventative Search and Rescue ranger what is a typical day like for you? What are you doing? What are goals out there?

Sarah: Well, on a typical day, which I have very rarely, I hike down the trail early in the morning down to about a mile and half on the Bright Angel trail or down to Cedar ridge on the South Kaibab trail. My job is basically to talk to people who are headed down the trail and make sure that they are "Hiking Smart". That they have brought enough food and water for the hike they intend to do. And that the hike they want to do is reasonable for their hiking abilities and the time frame that they have.

Patrick: Sounds like an incredible job, but you did say it is rare. What are your unusual days like, which seem to be less rare?

Sarah: So what happens more frequently is that there are more people on the trail that are having difficulty, people who are experiencing nausea, dizziness, headaches. People coming up the trail from Phantom or Indian Garden are exhausted, having aches and pains. So it is not just sitting there on the side of the trail being an information sign. A lot of what I do is trying to help a person who is struggling at that point, either coming up the trail or intending to do something that is not going to have a good ending for them. As I progress past about ten or eleven o'clock then it starts hitting a series of people who do not have enough food and water, they tripped and fell on the trail, possibly a litter carry, or a hiker assistant to help somebody who is in trouble.

Patrick: You sound pretty busy out there. You know all the people out there who are suffering from heat related illnesses, not eating enough food or water, or getting injured I am sure they appreciate the work of yourself and the other PSAR rangers. Sarah, I noticed that you put together a podcast series, four out of the six have been completed. Where can the public find these podcast? I think they would really be helpful to folks.

Sarah: Absolutely, I have been working on a series of six podcast on "Hiking Smart" and a lot of those are just tips on when to start, what to bring, the ten essentials. All kinds of things that would make it a lot easier for people to hike down the canyon and have the things that they need with them to really have a successful hiking trip. Those podcast can be found on iTunes right now, at least the first four of them. The other place people can look for them is at: www.nps.gov/grca. That is the Grand Canyon webpage, you can traverse through of that to the backcountry page and click on the "hiking tips" section and you should be able to find at least the first four of those podcast. I am hoping to get the next two on the air fairly soon.

Patrick: Well thanks for joining us today, Sarah. We look forward to the other two podcast when they become available and keep up the good work out there.

Sarah: Thanks very much, you have a good day.