

# Rope Rescue Responder

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The Rope Rescue Responder course is a basic level rope rescue class that is offered with both classroom and hands-on training. This class is designed to train individuals with the basic skills necessary to safely perform patient access using raising and lowering operations with rope systems. The basic intent of this course is to teach the following key elements which everyone should know before performing raising and lowering operations:

- A) Software and Hardware construction and capabilities
- B) Anchors and Anchor systems
- C) Simple Pulley systems
- D) Ascending and Descending systems
- E) Low Angle Raising and Lowering techniques
- F) Belay techniques
- G) Rappelling
- H) Knot passing
- I) Ascending
- J) Rope Transfer

This class will help establish a basic level of rope rescue training before advancing to the more technical aspects of rope rescue. This course covers the requirements of NFPA 1670 awareness, personal rope skills, and operations level skills. The NFPA 1670 technician level skills are taught in our Rope Rescue Technician course.

**THIS IS A PHYSICALLY DEMANDING COURSE!** As part of the course requirements, you will be required to actively participate in all practical exercises, in both classroom and cliff side situations. Individuals with medical conditions (past or present) will not be allowed to participate in the exercises, which is a required part of the course. If you have any moderate or severe medical conditions please **DO NOT** participate in this course. This is a safety concern and all decisions made by the Lead Instructors are final.

**COURSE REQUIREMENTS:** To complete the course, you must:

- Attend and actively participate in all classroom activities as a **TEAM PLAYER**
- Attend and actively participate in all practical activities and mock rescues as a **TEAM PLAYER**
- Completely fill out the course registration form and pay the course fee
- Carry a current CPR/AED certificate
- Carry a Medical 1<sup>st</sup> Responder, Wilderness 1<sup>st</sup> Aid or Red Cross 1<sup>st</sup> Aid certificate

**REQUIRED EQUIPMENT:** each student is required to bring:

- UIAA approved helmet
- Rope rescue/rigging gloves
- Full body harness or seat and chest harness
- 2 pieces of 7 or 8 millimeter life safety accessory cord (cut to 65in and 53in)
- 20 feet of 1" tubular webbing
- 3 locking carabineers
- Rappelling device
- Chest ascender
- Hand ascender(s)
- rugged boots
- rugged clothing to the first day of class for inspection by the Lead Instructor.

HMR has some gear available if the student is unable to procure the necessary equipment before class. This equipment is first come first serve. We prefer that the student use their own gear if possible.

The equipment must pass inspection before the student will be allowed to participate in class.

Recommended equipment for this course:

Clipboard as well as colored pencils and a ruler.

SUMMER: water to drink, sun block, hat, bug spray

WINTER: water to drink, extra warm clothes, hot drinks

Any rope rescue equipment that you would like evaluated or use during the practical exercises. Any equipment will be evaluated by the lead instructors prior to its use in the practical exercise and should be brought to the first day of class for inspection by the lead instructors.

We will be operating on a tight schedule, so we ask all of our students to be on time. Each day of class will adjourn at lunch and allow time for students to get lunch at one of the local eating establishments. It is very important that each student bring at least 2 liters of water for consumption each day. High-energy snacks are also strongly recommended.

We will try to stay on schedule; however, we may need to arrive earlier or stay later than the schedule indicates to accomplish the goals of the course. Make sure that you listen to all Instructor announcements before you leave each day.

As a courtesy to everyone in the class, please see that all emergency response pagers, radios and cell phones are turned off or switched to a silent mode during the class. PLEASE DO NOT ACCEPT PHONE CALLS DURING THIS CLASS. Only those individuals who are serious about concentrating on learning rope rescue skills will remain in the course.

- Pets or children are not permitted in the classroom or at the training location. Rope rescue training is very intense and can be dangerous. Your full and complete attention must be on the training skills in this course.
  
- Adult visitors are welcome at the training location if they agree to the following:
  - A) Everyone must bring their own helmet & wear it at all times when they are at the training location.
  - B) They will not be allowed to participate in the course for any reason
  - C) They must sign all Liability Release Forms
  
- Each person in this course will have TWO very important responsibilities:
  - (1) **If you do not understand something, it is your responsibility to ask questions.** We are on a tight schedule, but we will always make time to answer your questions or address your concerns.
  - (2) **SAFETY.** You are directly responsible for your safety and the safety of each person in the class. If you are unsure about any aspect of this course, please speak with any Instructor at any time. Please note that **SAFETY WILL BE THE ABSOLUTE GUIDELINE FOR THIS COURSE!!**
  
- **Please note that this class is rarely cancelled due to cold weather, rain, hail, heat, high winds, high water, etc.** The course might be delayed for a short time due to lightening, but the course will continue. You should be well prepared for extreme conditions. Your safety during this course is our primary concern. If you do not have the proper equipment, or if you do not follow the established safety procedures, you will be dropped from the course with NO REFUND. If you have any questions, please contact the Lead Instructor before the course begins. Once again, you must actively participate in all practical activities and mock rescues to be eligible to pass this course.

**Each day of class will begin at 0800hrs. and end after the last student's question has been satisfactorily answered. The goal of Hare Mountain Rescue is to produce confident, well trained emergency responders that are prepared for the ever-changing challenges of technical rescue.**