

Rope Rescue Technician

The Rope Rescue Technician Level course is a 4 day technician level training course per ITRA & NFPA 1006, 1607, 1983 standards that is offered with both classroom and hands-on training. This class is designed to train individuals who have already successfully completed the Rope Rescue Awareness Level course. The goal of this course is to teach the following elements:

- Review of Anchor, Haul, and Lowering systems
- Knot passing
- Bipod construction and use
- High line construction and use
- Horizontal and Vertical basket rigging
- Analytical analysis of the forces involved in the above systems
- Advanced Rappelling and Ascending
- Patient Pick-off and Transfer

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 moderate or severe medical problems please DO NOT take this course. This is a safety concern and all decisions made by the Lead Instructor are final.

COURSE REQUIREMENTS: To complete the course, you must:

1. Have completed Rope Rescue Responder within three years of taking this course
2. Have a current 1st Responder, EMT or Wilderness First Responder certificate
3. Have a current CPR/AED card
4. Fill out the course registration form
5. Pay the required course fees in advance
6. Attend and actively participate in all classroom activities
7. Attend and actively participate in all practical activities and mock rescues
8. Completely fill out all liability forms the first day of class
9. You must be 18 years old to attend &/participate in this course.

REQUIRED EQUIPMENT: each student is REQUIRED to have and bring:

- ✓ **A UIAA approved helmet.** The helmet must be in good condition and pass inspection by the Lead Instructor on the first day of class. Please make sure to put your name on your helmet. Each student must have a helmet & wear it at all times during the second day of class. You MUST bring your helmet with you for gear check on the first morning of class. Only those helmets that pass inspection will be permitted. If you have any questions, contact the Lead Instructor BEFORE the course begins.
- ✓ **Sturdy and durable footwear.** NO SANDALS! NO EXCEPTIONS!! Footwear must provide adequate protection for the foot and ankle.
- ✓ **A pair of rope rescue gloves.** The gloves must be full size (no fingerless gloves). Friction burns from rope are likely and will be minimized with full size leather gloves. Only those gloves that pass inspection by the Lead Instructor will be used in

the course. The following gloves are NOT permitted for this course: no bicycle gloves, no jersey gloves, no golfing gloves, etc. If you have any questions, contact the Lead Instructor before the course begins.

- ✓ **A UIAA approved full body harness or seat and chest harness.** They must be in good condition and free of abrasions or tears. You must bring your seat and chest harness with you on the first morning of the course for inspection by the Lead Instructor. You must have an approved seat and chest harness to participate in this course. A limited number of seat and chest harnesses can be provided by Hare Mountain Rescue on a first come, first service basis.
- ✓ **Rescue Rappelling device**
- ✓ **Hand Ascender(s)**
- ✓ **At least 2 liters of water**
- ✓ High-energy snacks are also strongly suggested. During cold weather, you may wish to also bring hot drinks.
- ✓ **20 feet of 1" tubular webbing and (3) locking carabiners** steel or aluminum carabineers are acceptable.
- ✓ **2 pieces of 7 or 8 millimeter life safety accessory cord** (cut to 65in and 53in)
- ✓ **You must have a pencil or pen and paper each day to take notes.**

Recommended & Suggested Equipment for this course:

Clipboard as well as colored pencils and a ruler.

SUMMER: water to drink, sunblock, hat, bug spray

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

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

We will be operating on a tight schedule, so it is strongly suggested that you bring your lunch, water, soft drinks, etc, with you to the class each day. It is very important that each student bring at least 2 liters of water for consumption every 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 Fire Dept radios, pagers 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. Decisions of the Lead Instructor are final.

Pets or children are not permitted in the classroom or at the cliff 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 cliff location if they agree to the following:

- Everyone must bring their own helmet & wear it at all times when they are at the cliff location.
- They will not be allowed to participate in the course for any reason
- They must sign a Liability Release Form(s)
- Camera and videos are HIGHLY encouraged!! Please take photos & share them with the class!

Each person in this course will have TWO very important responsibilities:

- **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.
- **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 0900hrs. 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.