

COURSE: Rope/High Angle Rescue (RORE)

Minimum Standard for Accreditation

Length: 16 hours
Lecture/Lab: 4-1/2
Prerequisite: IST
Text: None

Goal: Students will be introduced to the basic principles of rope/vertical rescue and to the basic equipment used to implement rope/vertical rescues. The basic skills required to rig, descend, stop, and to get out of common problems are presented, demonstrated, and practiced. Students will become proficient at these basic skills.

Course Description: Students will be introduced to various types of rope and related rescue equipment. Students will be trained to tie basic knots and hitches used in rope rescue, basic rappelling techniques, tie-offs, self-rescue, and basic litter tie-ins and handling skills. Much of the program is "hands on" and time is allotted for practice in order to build proficiency.

Description of Methodology to be Used (brief): Combination of lecture, demonstration, and supervised hands-on practice.

Equipment/Audiovisual/Supply Requirements: Lecture - Chalkboard or flip chart; VHS VCR with TV or monitor. **Vertical Training Location** - 20 to 50 foot drop providing reasonable means of access from bottom to top; and providing for 6 to 10 ropes. **Equipment** – sufficient commercial harnesses, carabiners, figure 8's, prusik knots, webbing, and rope to outfit all class participants and to provide 6 to 10 working lines.

Student Equipment/Supply Requirements:

- Notebook, pen/pencil
- Helmet with chinstrap
- Clean leather gloves
- Work or hiking-type boots

Turnout gear is NOT ACCEPTABLE. Students may supply additional personal- or department-owned equipment. All such equipment is subject to inspection and/or rejection by the instructors prior to use.

I AM more powerful than the combined armies of the world. I have destroyed more men than all wars of nations. I massacre thousands of people every year. I am more deadly than bullets, and I have wrecked more homes than the mightiest guns. I find my victims among the rich and poor alike, the young and old, the strong and the weak. Widows know me to their everlasting sorrow. I loom up in such proportions that I cast my shadow over every field of labor.

I lurk in unseen places and do most of my work silently. You are warned against me, yet, you heed me not. I am relentless, merciless, and cruel. I am everywhere—in the home, on the streets, in the factory, at railroad crossings, on land, in the air, and on the sea.

I bring sickness, degradation, and death, yet few seek me out to destroy me. I crush, I maim, I will give you nothing and rob you of all you have.

I am your worst enemy—I AM CARELESSNESS.

Unknown

Course Activity Schedule: Class will be divided into two groups.

| <u>Group</u> | <u>Activity</u> | <u>Time</u> |
|--------------|----------------------|-------------|
| I | Knots & Hitches | 1:00 |
| II | Basic Litter Tie-Ins | 1:00 |

Switch Groups

| <u>Group</u> | <u>Activity</u> | <u>Time</u> |
|--------------|-----------------------------|-------------|
| I | Basic Rappelling & Belaying | 1:20 |
| II | Litter Handling | 1:20 |

Switch Groups

| <u>Group</u> | <u>Activity</u> | <u>Time</u> |
|--------------|--|-------------|
| I & II | Warm-up & Practice Rappelling & Belays | 0:50 |
| | Tie-offs | 1:50 |
| | Tie Prusik onto line | 0:25 |
| | Self-Rescue | 1:05 |
| | Practice Above & Do Check-Off Sheets | 1:50 |
| | Litter Handling | 1:50 |

Competency Evaluation Mechanism: Students will be provided a check-off sheet which details the skills required for successful completion. Students will be required to demonstrate proficiency for each of the skills. Check-off sheets will be collected at course completion.

Course Objectives: At program conclusion, student will be able to:

1. Describe the construction of kernmantle rope and describe the difference between high- and low-stretch kernmantle ropes as related to rescue.
2. Identify the following pieces of rescue equipment: carabiner, figure 8, prusik knot.
3. Correctly tie the following knots and hitches: figure 8, figure 8 on a bight, bowline, clove hitch, water knot, double fisherman's, tensionless anchor.
4. Properly rig a figure 8 descender and properly attach to seat harness.
5. Perform a safe basic rappel.
6. Properly tie a prusik knot onto a line.
7. Execute a proper tie-off of a figure 8 descender, complete with back up.
8. Perform a self-rescue in order to clear an obstruction from a descender; or in order to pass an obstruction.
9. Demonstrate a proper bottom belay and describe the method by which a bottom belay functions.
10. Properly package and secure a patient into a "stokes" basket.
11. Perform, as part of a team, a patient movement operation.