

KISAR MOUNTAIN RESCUE CHECKLIST



GENERAL:	<i>Instructor</i>	<i>Date</i>
REQUIRED TECHNICAL GEAR		
GROUND SEARCH CHECKLIST COMPLETE		
SEAT AND CHEST HARNESS PROPER DONNING		
HELMET PROPER DONNING		

KNOTS:	<i>Instructor</i>	<i>Date</i>
TIE FIGURE 8 ON A BIGHT KNOT		
TIE FIGURE 8 FOLLOW THROUGH KNOT		
TIE WATER KNOT (RING BEND) INTO WEBBING		
TIE BUTTERFLY KNOT		
TIE BOWLINE KNOT		
TIE PRUSIK		
TIE MUNTER HITCH		
TIE CLOVE HITCH		
TIE IMPROVISED SEAT AND CHEST HARNESES		
TIE A RADIUM RELEASE HITCH		

ANCHORING:	<i>Instructor</i>	<i>Date</i>
TIE AND RIG A TENSIONLESS HITCH ON ANCHOR POINT		
TIE AND RIG A WRAP 3 PULL TWO WEBBING ANCHOR POINT		
RIG LOAD DISTRIBUTING ANCHOR ON 3 ANCHOR POINTS		
DEMONSTRATE PROFICIENCY IN PLACING ROCK ANCHORS		
DEMONSTRATE PROFICIENCY IN PLACING LAND ANCHORS		
DEMONSTRATE PROFICIENCY IN PLACING SNOW ANCHORS		
PICKETS/DEADMAN/BOLLARDS/BODY TRENCH/AXES		
DEMONSTRATE PROFICIENCY IN PLACING ICE ANCHORS		
SCREWS/BOLLARDS/AXES/V-THREADS/HOOKS		

BELAYING OF ONE PERSON LOADS:	<i>Instructor</i>	<i>Date</i>
DEMONSTRATE USE OF BELAY VOICE COMMANDS		
USE MUNTER HITCH TO BELAY A PERSON		
USE BELAY DEVICE (FIGURE 8/ATC/ETC.) TO BELAY PERSON		
CATCH A LOAD USING BELAY DEVICE		
DEMONSTRATE USE OF SNOW BELAYS (SITTING/BOOT-AXE)		

RAPPELLING:	Instructor	Date
RAPPEL USING RESCUE 8		
RAPPEL USING ATC/PLATE DEVICE		
RAPPEL USING PRUSIK/KLEMHEIST/AUTOBLOCK SAFETIES		
RAPPEL USING BODY TECHNIQUE		
SAFELY AND EFFICIENTLY CHANGE OVER FROM RAPPEL TO ASCENDING		

ASCENDING:	Instructor	Date
CORRECTLY TIE A PRUSIK HITCH ONTO A FIXED ROPE		
ASCEND ROPE USING TWO PRUSIK SET (PERSONAL)		
ASCEND ROPE USING 2-3 MECHANICAL ASCENDERS		
SAFELY AND EFFICIENTLY CHANGE OVER FROM ASCENDING TO RAPPELLING		
DEMONSTRATE PROFICIENCY USING ALTERNATE ASCENSION TECHNIQUES		

SLOPE EVACUATION:	Instructor	Date
DEMONSTRATE USE OF VOICE COMMANDS USED IN SLOPE EVACUATION		
CORRECTLY RIG A LITTER/PACKAGE PATIENT FOR SLOPE EVACUATION		
CORRECTLY RIG AND ANCHOR A BRAKE SYSTEM FOR SLOPE EVAC. (RACK)		
CORRECTLY RIG AND ANCHOR A BELAY SYSTEM FOR SLOPE EVACUATION		
CORRECTLY RIG AND ANCHOR A 1:1 (COUNTERBALANCE) HAULING SYSTEM		
DEMONSTRATE PROFICIENCY IN TENDING LITTER ON SLOPE EVACUATION		

RESCUE BELAYING:	Instructor	Date
CORRECTLY TIE A LOAD RELEASING HITCH (RADIUM RELEASE HITCH)		
CORRECTLY RIG A TANDEM PRUSIK BELAY SYSTEM		
CORRECTLY OPERATE A TANDEM PRUSIK BELAY SYSTEM ON LOWER/RAISE		
CORRECTLY CHANGE OVER FROM RAISE TO LOWER BELAY		

HIGH ANGLE LOWERING:	Instructor	Date
DEMONSTRATE USE OF VOICE COMMANDS USED IN HIGH ANGLE LOWERING		
CORRECTLY RIG A LITTER/PACKAGE PATIENT FOR HIGH ANGLE LOWERING		
CORRECTLY PERFORM LITTER ATTENDANT DUTIES		
CORRECTLY PERFORM EDGE TENDER DUTIES		
CORRECTLY RIG EDGE PROTECTION FOR LOWERING ROPES		
CORRECTLY ANCHOR A BRAKE BAR RACK FOR LOWERING		
CORRECTLY RIG AND ANCHOR A BELAY FOR LITTER		
CORRECTLY LOWER LITTER USING BRAKE RACK		
CORRECTLY BELAY A RESCUE LOAD DURING A LOWERING		
PERFORM A KNOT PASS DURING LOWERING		
CORRECTLY CHANGE LOWERING SYSTEM TO HAULING SYSTEM		

HIGH ANGLE RAISING:	Instructor	Date
DEMONSTRATE USE OF VOICE COMMANDS USED IN HIGH ANGLE RAISING		
CORRECTLY RIG "Z-RIG" OR 3:1 HAULING SYSTEM		
CORRECTLY RIG 9:1 HAULING SYSTEM		
CORRECTLY PASS KNOT ON RAISE (PIGGYBACK TECHNIQUE)		
CORRECTLY CHANGE HAULING SYSTEM TO LOWERING SYSTEM		

MOUNTAIN TRAVEL:	Instructor	Date
DEMONSTRATE PROFICIENCY IN HIGH COUNTRY TRAVEL (SUMMER COND.)		
NAVIGATE IN MOUNTAIN ENVIRONMENT USING MAP/COMPASS/ALTIMETER/GPS		
DEMONSTRATE PROFICIENCY IN HIGH COUNTRY TRAVEL (WINTER COND.)		
DEMONSTRATE PROFICIENCY IN LEVEL I AVALANCHE PROCEDURES/RESCUE		
DISCUSS GLACIER TRAVEL/RESCUE TECHNIQUES		