

KISAR In-house Technical Rescue Training Dec 7th 2019 9 am

Open to all KISAR members regardless of technical rescue experience and training.

Meet at Bay Side Fire Station at 9:00 am. The first half of the training will be inside the meeting hall or in a truck bay depending on availability. The second half of the day will be outside at a local cliff or if the weather is absolutely terrible, we will continue inside, possibly utilizing the fire tower inside the building.

Come prepared for cold and wet weather. Bring technical rescue gear if you have it in including appropriate PPE such as helmet, and leather gloves. Please pack a lunch so we can make a quick transition from classroom training to an outdoor setting.

Preparation: In preparation for Saturday's training consider learning and/or practicing knots. Review technical rescue literature such as Technical Rescue Riggers Guide by Lipke if you have a copy. There are many online resources such as the NPS technical rescue handbook (<https://mra.org/wp-content/uploads/2016/05/nps-technical-rescue-handbook-2014.pdf>). There is an App by CMC rescue inc. that I find useful. Both Lipke's book and the CMC guide will point the reader towards specific hardware that KISAR doesn't use, but the fundamentals are the same. I'm sure there are videos on YouTube too.

Training Agenda

9:00 Safety. Personal hazards associated with technical rescue and mitigations. Rules around working near the edge. Backup and hands-free systems. PPE.

9:15 Hardware. Individual rescue gear vs KISAR has for group gear. How to care for your gear and when to retire it. Static vs dynamic ropes. Belay devices, pulleys, carabiners, Prusiks and the Purcell Prusik.

9:30 Knots and Anchors. Fundamental knots everyone should know, Anchors, load equalizing vs static anchors. Anchor placement. Types of anchors likely to be encountered in Kodiak

10:00 Belay Package. Tandem Prusik Belay vs VT Prusik. Lowering vs. Raising

10:30 Main Line Package. Lowering: Braking devices and controlling the rescue load

11:00 Main line Package. Raising; Mechanical advantage and number of haulers

11:30 Rigging the litter. Patient Package

12:00 Putting it all together. Roles. Rigger (Controller) Belay line attendant, Main line attendant, Patient attendant, Edge attendant(s). Commands.

12:30 Lunch/drive to outside training site

13:00-16:00 Technical Rescue Practice. Safety briefing. Build anchors, main line and belay line system. Practice assigning roles and proper communication, lowering, raising, patient pickoff, knot pass. Test edge protection hardware. Switch roles.

KISAR Recommended Personal Technical Rescue Gear	
	1 Climbing harness
	1 Helmet
	1 pair Leather palm gloves
	4-6 locking carabiners
	4-6 non-locking carabiners
	1-2 prusik minding pulleys
	6mm cord in lengths of 4', 6', 12', 25'.
	1 purcell prusik
	10 meter of 7mm cord
	1 Belay device with large gate carabiner
	1 double runner
	VT prusik (optional)