

Low-Angle Rope Rescue Ops (CSFM Operations Level)

www.code3rescuetraining.com

530-727-8550

Course Overview

A 3-Day (24 Hr) California State Fire Marshal FSTEP certified course designed to equip the student with the techniques and methods for using rope, webbing, hardware friction devices, and litters in low angle rescue situations. Areas covered include; rope equipment, anchor systems, safety lines, Stokes lashing and rigging, M/A systems, single line and two line rescue systems. This Course Satisfies: Several FF-1 and FF-2 Rescue requirements and the Low Angle Rescue pre- requisite for the new CSFM Rope Rescue Technician course 2015.

Day 1: 9am - 6pm: Lecture & Fundamentals of Low Angle Rescue Rigging Hotel Conference Center and Chico Park Location TBA: Rope Rescue Theory, Pre-Planning, Remote Area Incident Mgmt, Harnesses, Stokes Lashing and patient packaging, Knots & Anchors, Hardware and Software Equipment, Intro to M/A Systems, Components of the RPM.

Day 2: 8am - 5pm: Basic and Introductory Rope Rescue Rapelling, Raising & Lowering Systems Chico Bidwell Park: Rappelling and Ascending, Rigging Mechanical Advantage System using the RPM. "Low-Angle" Lower/Raising System w/Stokes Litter-2-4 Attendants, Set up and use of the Ladder Slide.

Day 3: 8am - 5pm: Intermediate Low - Angle Rigging Sys & Rescue Scenarios Butte Creek Canyon: Inclined Rigging System: "Low-Angle" Lower/Raise with Stokes and victim, Student group performance set-up of RPM Raising and Lower System, Scenario Rescue Problem.



***Course Date will be on your On-Line Registration Receipt**

Meeting Location

Unless otherwise notified, we will meet at **9am** on the first day of class at the:

Oxford Suite Hotel Chico

2035 Business Ln Chico, Ca 95928. Phone 800-780-7848 or 530-899-9090 www.oxfordsuiteschico.com

*Please check at the front desk for the conference room location.

** Student Lodging Discount is also available here, Promo Code "**CODERT**"

Student Requirements

1. Students must be 18 years old.
2. No pre - requisite course is required. Although it is helpful to have a basic understanding of knots, anchors, and mechanical advantage.
3. Students must have personal medical insurance or department insurance coverage.
4. Student will need to provide Long pants/Jacket, Hiking boots, Leather Gloves, Helmet. All other gear is provided for you.



Course Logistics

Personal Gear Safety Gear

- We will provide you with a Harness, and Helmet. Your own is welcome as well.
- You will need to bring your own set of gloves.
- Long Pants and Shoes or boots with ankle support, are required
- The first day of class will be in the classroom and Outdoor Skill Sets. Lecture and rope skills will be information intensive! Plan on getting a good night rest beforehand.
- Bring note taking materials: your textbook, handouts and certification/registration paperwork will be provided.
- Class refreshments will be provided. We will break for lunch in town on Day 1.
- Attire is casual dress, appropriate for public contact, unless otherwise required by your agency.
- Class Days 2 and 3 will be in the field all day!
- We will meet at a pre-determined grocery store each morning at 7:30 for students to get lunches and then caravan or carpool to the training site.
- Training sites are wild and scenic, restroom facilities are limited as well as cell phone signals.
- Last day of class: We will finish up at the river site with a written test and certificate handout. By 5:30 pm, you should be on the road home or traveling back to your hotel.

Some items to consider bringing with you:

- Ice Chest and/or Thermos for hot drinks
- Lots of hydration fluids: A gallon of water and several sports drinks per day, per person.
- Sun Screen, Sun Glasses, Hat
- Camera
- Portable Camping Chair
- Change of dry clothes for foul weather
- Jacket for winter classes



Certified Training: NFPA & CSFM

We have been training professional rescuers from all over the California and the Western United States since 1997. Upon completion, students will receive certification meeting the National Fire Protection Association 1670 & 1006 standards for rope and water rescue guidelines for the “**CSFM Low –Angle Rope Rescue “Operations Level”**” certificate. Course is taught by a certified, NFPA and State Fire Training Officer. This course exceeds qualifications to meet Federal, State and Local-government Fire/Police/USAR Team standards for urban and remote-area technical rope rescue.

With safety as our highest priority, our mission is to provide an innovative, thorough and concise technical rescue training program, focusing on quality control! We are experienced, line-of-duty firefighters who regularly respond to these types of emergencies teaching and passing on our heritage.

Cancellation Policy

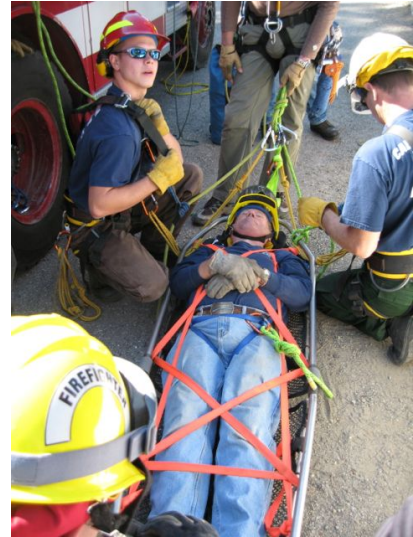
If you absolutely cannot attend, your tuition will be refunded only if cancellation is made 10 days prior to class start date, No exceptions please, ie. (Funerals, Weddings, Personal Illness, Employer Conflicts). Cancellations after this time period are non-refundable and cannot be credited to another course.

Class sizes are kept small for quality “one-on-one” training but our courses require a minimum number of personnel for safety and team effectiveness. Therefore, students dropping at the last minute could jeopardize the course numbers resulting in the cancellation of the class for all others scheduled. However, you will be refunded in full if the class has been cancelled by the instructor.

Curriculum Breakdown

Day 1 9am-5pm: Introduction to Basic Rope Rescue Equipment and Rigging Skills

- Course Objectives and Overview, Define Low and High Angle Rescue
- Rescuer and Victim Safety, Personal Protective Equipment (PPE) Student Evaluation/Task Book
- Rope Rescue Equipment, Introduction to Rescue Rope and Related Equipment
- Rescue Knots and Hitches: Figure Eight Stopper, Figure Eight on a Bight, Overhand Knot, Overhand Bend Round Turn with Two Half Hitches, Three Wrap Prusik Hitch, Optional Rescue Knots and Hitches Figure Eight Follow Through, Figure Eight Bend, Double Overhand Bend, Clove Hitch, Double Overhand on a Bight, Tensionless Hitch
- Anchor Systems: Introduction, Single Loop Girth Hitch (Lark's Foot), Double Loop Girth Hitch, Locking Girth Hitch, Single Loop Basket Sling (Three Bight), Double Loop Basket Sling (Three Bight), Single Loop Anchor Sling, Multi-loop Anchor Sling, Wrap Three Pull Two Anchor Sling, Construct a Two-point Self-adjusting Anchor System, Three-point Self-adjusting Anchor System, Tagged Anchor System Picket 1-1-1 Inline Windlass, Picket Triangle Windlass
- LUNCH
- Rescuer and Ambulatory Victim Packaging: Introduction to Rescue Harnesses, Don a Class II Harness, Package a Victim in a Commercial Victim, Package a Victim in a Hasty Pelvic Harness
- Types of Rescue Litters and Victim Packaging: Introduction to the Rescue Litter, Secure a Victim to a Rescue Litter, Optional Rescue Litters and Victim Packaging
- System Attachments and Fall Restraint: Introduction System Attachments and Fall Protection, Attach a Rescuer to a Rope Rescue System, Attach an Ambulatory Victim to a Rope Rescue System, Attach a Rescue Litter to a Rope Rescue System, Attach a Litter to a Rope Rescue System with 3 Rescuers Attach a Litter to a Rope Rescue System w/ 4 Rescuers, How to Attach a Rescuer to a Fall Restraint System Main Line



Day 2 8am-5pm Basic Rope Rigging Systems: Low Angle Rapelling, RPM Raising & Lowering, Low- Angle Victim Pick-Offs

- Introduction and Components of a Rope Rescue System: Construct a Belay/Safety Component, Construct a Main Line Component (RPM), Construct a Mechanical Advantage Component, Construct a Dual RPM System
- Introduction to Belay/Safety Line Systems: Operate a Belay/Safety Line for Lowering, Retrieving and PMP Configurations
- Descending and Ascending Techniques: Ascending and Descending Techniques
- Construct a Fixed Line for a Rappel, How Reeve an 8 Plate Descender, Reeve a Brake Bar Rack, Rappel and Lock-off Using a Figure Eight Descender, Rappel and Lock-off Using a Brake Bar Rack, How to Ascend a Fixed Line, Escape Jammed Friction Devices
- Lower/Raise (Mechanical Advantage) Systems: Convert a Lowering System to a Raising System with a 3:1 Inline, Operate a Lowering System, Convert a Lowering System to a Raising System with a 5:1 Inline – RPM and with a Directional Pulley.
- Construct a 3:1 and 5:1 Mechanical Advantage Systems and Pig Rig
- Convert a Lowering System to a Raising System with a 3:1 and 5:1 Pig Rig
- Introduction to Load-releasing Methods
- How to Construct and Operate a Load-releasing Device

Day 3 8am-5pm Intermediate Rope Rigging Systems: Focus on Stokes Litter Management and use of 2- Line RPM System.

- Rescue Scene Organization and Management
- Command and Control in Rope Rescue Operations, Rope Rescue Position Descriptions, ICS and Rope Rescue Operations
- Optional Litter Walkout Evolutions: Single Litter Walkout, Caterpillar Technique
- Optional Rescue Ladder Systems: Construct and Operate a Moving Ladder Slide
- Access, Stabilize, and Package an Ambulatory: Victim for a Low Angle Walkout (1 Rescuer)
- Access, Stabilize, Package, and Rescue a Non-ambulatory Victim (3 and 4 Litter Tenders)
- Optional: Access, Stabilize, Package, and Rescue a Non-ambulatory Victim using a Ladder Slide
- Closing: Clean-Up and Certificate

