



# TRAINING PLAN

Subject	
<b>Rope Rescue (1)</b>	
Instructors	
<b><u>A</u></b>	<b><u>B</u></b>
Logistics	
<u>Time Required</u> 2 hrs (2 Companies per drill)	<u>Equipment Needed</u> Hardware / Software Life Safety & Utility Rope Stokes Litter Rescue Manikin

## DESCRIPTION

### Objectives:

1. Review the Rope Rescue inventory available on the apparatus
2. Review basic knots, anchors and rope rescue systems
3. Review the necessary safety precautions for performing Low Angle & Rope Rescue

### Description / Outline:

1. Review the Rope Rescue inventory available on the apparatus
2. Review the basic knots, anchors, and systems:

**KNOTS**

- Figure 8
- Figure 8 on a Bight
- Figure 8 Follow Through
- Overhand Bend (Water Knot)

**ANCHORS**

- Girth Hitch (Lark's Foot)
- Locking Girth Hitch
- Basket Sling (3 Bight)
- Wrap-3-Pull-2
- Self-Adjusting Anchor

**SYSTEMS**

- Safety Line (Simple Brake)
- RPM
- 2:1 MA (Ladder Rig)
- 3:1 MA (Z Rig or Pig)

3. Review the procedure/options for packaging a patient (ambulatory vs. non-ambulatory)
4. Perform a dynamic evolution to include each of the following skills:
  - Lower Rescuer(s) to Rescue Manikin & Ambulatory Patient
  - Package Ambulatory patient & perform a Low Angle Walkout
  - Package non-ambulatory patient in Stokes Litter
  - Raise or lower Rescuer(s) and Stokes using MA system
  - Lower Stokes using a Ladder Slide
  - Raise Stokes using a Moving Ladder Slide

<b>Prepared By:</b>	<b>Date / Date Revised:</b>
Calista	2-15-2013