



TECHNICAL ROPE RESCUE LEVEL 2 - TECHNICIAN

Bellingham, WA

PROGRAM ITINERARY

Program Details:

The Technical Rope Rescue Level two will take place in two settings. The first will be in a classroom, where we will look at a variety of systems and discuss the issues surrounding them. The second will be at local crags where we will work in steep and high-angle environments.

Participants will meet daily at **8am** at the American Alpine Institute. Most days will run from approximately **8am to approximately 5:30pm**. Classroom sessions will take place at the Institute.

Participants may choose to camp at Larabee State Park, located six miles from the Institute or to stay at a local hotel. The Institute provides transportation from our headquarters to your course climbing locations.

Temperatures at front-country steep and high-angle locations in the spring and summer will range from 50 to 80-degrees Fahrenheit.

Difficulty Grade:

Intermediate to Very Advanced

Program cost Inclusions and Exclusions:

Inclusions: Permits and access fees; Transportation during the course; Guide fee; Group technical equipment; Biffy bags.

Exclusions: Food costs; Personal equipment; Lodging costs; Personal health, Baggage and Trip Insurance; Transportation before and after your course dates, and from your place of lodging to our headquarters.

Itinerary:

Day 1 – Rope Rescue Level 2 - Technician

Expect to rendezvous at **8am** at our Equipment Shop. Today marks the start of the Level 2 portion of the series. The classroom session will cover knot passing with a litter, improvised high-directionals, the physics of rope rescue and pick-off techniques (B.C. Pickoff, B.C. Tilt Lift, Panorama Pickoff). The field sessions will cover practical use of improvised highpoints, and the practice pick-off techniques. Tonight

you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.

Day 2

Today's classroom session will cover difficult edge issues, pike and pivot techniques, floating focal point systems, and the physics of rope rescue. The field session will cover the practical application of pike and pivot. Tonight you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.

Day 3

The classroom session will continue to cover the physics of rope rescue, an introduction to highline systems including an introduction to reeves (English and Norwegian). The field session will cover the practical application of highline systems. The field session will cover the practical application of pike and pivot. If you are just taking the Level 2 course and not continuing on with the next portion of the Rope Rescue series then the course will be done roughly around 5:30, and your course will conclude. If you are continuing on you will pick up with the next portion of the series the following day. Tonight you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.