

**American Alpine Institute
Military and Government Training Program
Technical Rope Rescue Comprehensive
Itinerary**

The Technical Rope Rescue Comprehensive will take place in three 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. And the third will be on Mount Baker, where we will address steep and high angle environments as well as crevasse issues on snow and ice.

Participants will meet daily at 7am at the American Alpine Institute. Most days will run from approximately 7am to approximately 5:30pm. Classroom sessions will take place at the Institute. AAI will provide transportation to and from field program areas each day.

Participants may choose to camp at Larabee State Park, located six miles from the Institute or to stay at a hotel. The Institute can provide daily transportation to and from the Best Western Heritage Inn in Bellingham.

Temperatures at front-country steep and high angle locations in the summer will range from 60-80 degrees Fahrenheit. Temperatures in the backcountry may drop to as low as 30 degrees. Rain is not uncommon, even in the middle of the summer, so dress appropriately.

Please note that if the last three days are excluded from this itinerary, the program may be run in Red Rock Canyon, NV, Joshua Tree National Park, CA, or in the Eastern Sierra, CA.

Day One:

Classroom Sessions: course introduction, safety discussion/rules, NFPA Standards, scene management, systems overview, definitions, ropes and carabiners, friction devices, commands, physics of rope rescue

Practical Application: overview of basic knots and hitches, improvised harnesses, patient packaging with and without a harness, rope climbing with prusik system, classic rappel

Lodging: front country camp or hotel

Day Two:

Classroom Sessions: introduction to the politics of rescue, simple litter lowering systems, belay systems, high points, physics of rope rescue

Field Sessions: high-angle lowering systems with a main line and a belay line

Lodging: front country camp or hotel

Day Three:

Classroom Sessions: introduction to helicopter operations, understanding hauling systems, physics of rope rescue

Field Sessions: low-angle litter hauling systems with three attendants

Lodging: front country camp or hotel

Day Four:

Classroom Sessions: communications, introduction to guiding lines, physics of rope rescue

Field Sessions: steep-angle litter hauling with guiding lines

Lodging: front-country camp or hotel

Day Five:

Classroom Sessions: knot pass with a litter, improvised high-directionals, physics of rope rescue

Field Sessions: knot pass with a litter in both a lower and a raise, practical use of improvised highpoints

Lodging: front-country camp or hotel

Day Six:

Classroom Sessions: high lines and reeving systems, physics of rope rescue

Field Sessions: practical application of high lines and reeving systems

Lodging: front-country camp or hotel

Day Seven:

Field Sessions: systems review in the morning; in the afternoon the team will engage in a mock rescue with many technical difficulties

Lodging: front-country camp or hotel

Day Eight:

Field Sessions: ground school techniques – self-rescue knot pass, belay escapes, hauling systems (3:1, 5:1, 6:1), lowering systems (munter, tube-style device, assisted breaking device), rope climbing systems, rappel systems (extended rappel, tandem rappel, counterbalance rappel), multi-pitch transitions

Lodging: front-country camp or hotel

Day Nine:

Field Sessions: practical application in a high angle setting – self-rescue knot pass, belay escapes, hauling systems (3:1, 5:1, 6:1), lowering systems (munter, tube-style device, assisted breaking device), rope climbing systems, rappel systems (extended rappel, tandem rappel, counterbalance rappel), multi-pitch transitions

Lodging: front-country Camp or hotel

Day Ten:

Students will arrive at 7am at the American Alpine Institute headquarters for an equipment check. After the check, we will drive approximately 1 hour to the trailhead. From there we will hike approximately 3 miles to a camp at 6,000-feet.

Field Sessions: review of snow school techniques and snow anchors, introduction to steep angle litter haul and lower with attendants, backcountry patient packaging
Lodging: backcountry camp

Day Eleven:

Field Sessions: crevasse rescue comprehensive – in depth study of team rescue as well as self rescue in a crevasse fall scenario; instruction will include descending into the crevasse to perform first aid on the client before hauling him out; systems will include the drop C, 3:1, and 6:1 crevasse rescue hauling systems

Lodging: backcountry camp

Day Twelve:

Field Sessions: managing a litter on long angle snow terrain, review of techniques that need review

The team will begin hiking down at approximately 2pm, arriving at the car at 4pm, and back in Bellingham by 5:30pm.

Lodging: front-country camp, hotel or home