



TECHNICAL ROPE RESCUE LEVEL 1 - OPERATIONS

Bellingham, WA PROGRAM ITINERARY

Program Details:

The Technical Rope Rescue Level one 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 1 - Operations (Days 1-4)

Expect to rendezvous at **8am** at our Equipment Shop. The first day of the course will be an introductory day as well as a classroom lecture day. Via powerpoint and lecture, we will cover safety/rules, NFPA standards, scene management, systems overview, definitions, ropes and carabiners, friction devices, command, physics of rope rescue. We will do a practical application and overview of basic knots, hitches, improvised harnesses, patient packaging with and without a harness, rope climbing with a

prusik system and a classic rappel. 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 will be another classroom day where we will cover the politics of rescue, simple litter lowering systems, belay systems, high points, tripod construction, and the physics of rope rescue. The field session of today will be dedicated to high-angle lowering systems with a main line and a belay line. Tonight you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.

Day 3

Today's classroom session will introduce helicopter operations, hauling systems, and a continuation of the physics of rope rescue. The field session will cover low-angle litter hauling systems with three attendants. Tonight you are expected to cover your own lodging, whether at a local front country campsite or at a hotel in town.

Day 4

Today is the final session of the Level 1 portion of the course. We will start with the classroom session, covering communications, an introduction to guidelines, and a continuation of rope rescue physics. The field session will be steep-angle litter hauling with guiding lines. If you are just taking the Level 1 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.