



# Pennsylvania State Fire Academy

1150 Riverside Drive

Lewistown, PA 17044-1979

(717) 248 1115

In PA: 1 800 459 4096

FAX (717) 248 3580

## Minimum Standard for Accreditation (MSA)

July 1992

Revised 02 06

**Course Title:** Rope/High Angle Rescue I (RORE)

**Length of Course:** 16 Hours

**Lecture/Lab Breakdown:** 4/12

**Prerequisites:** ELIS or DOH First Responder or equivalent.

**Referenced Texts:** None

**Course Goal:** Participants in this course will be introduced to the basic principles of rope/vertical rescue and to the basic equipment used to implement rope/vertical rescues. The basic skills required to rig, descend, stop, and get out of common problems are presented, demonstrated, and practiced. Students will become proficient at these basic skills.

**Description of Course:** Students in this course will be introduced to the various types of rope and related rescue equipment. Students will be training in tying of the basic knots and hitches used in rope rescue, basic rappelling techniques, tie-offs, self-rescue, basic litter tie-ins, and basic litter handling skills. Much of the program is hands-on and time is allotted for practice in order to build proficiency.

**Description of Methodology to be used: (Brief)** A combination of lecture, demonstration, and supervised hands-on practice will be used.

**Student Equipment/Supply Needs:** Notebook, pen/pencil, helmet with chinstrap, clean leather gloves, work or hiking type boots. Turnout gear is NOT acceptable. Students may supply additional personal or department owned equipment, but all such equipment is subject to inspection and/or rejection by the instructors prior to use.

**Equipment/Audiovisual/Supply requirements:** Chalkboard, or Flip Chart, VHS VCR with TV or monitor. Vertical training location with 20 to 50 foot drop providing reasonable means of access from bottom to top, and providing for 6 to 10 ropes. Sufficient commercial harnesses, carabiners, figure 8's, prussik knots, webbing, and rope to outfit all class participants to provide 6 to 10 working lines.

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**COURSE OUTLINE**

<u>Time</u>	<u>Content</u>	<u>Notes</u>
:50	Introduction, Paperwork	
1:50	Introduction to Rope and Rescue Equipment I. Discuss different types of ropes II. Rope Construction III. Rope Strengths - Review Handout IV. Hardware and Software SPLIT CLASS INTO TWO GROUPS	
1:00	First Half of Class - Knots and Hitches	
1:00	Second Half of Class - Basic Litter Tie-Ins  SWITCH GROUPS	
1:20	First Half of Class - Basic Rappelling and Belaying	
1:20	Second Half of Class - Litter Handling Exercise  SWITCH GROUPS	
:50	Warm-up and Practice Rappelling and Belays	
1:50	Tie-Offs	
:25	Tie Prussik onto Line	
1:05	Self-Rescue	
1:50	Practice Above and Do Check-Off Sheets	
1:50	Litter Handling Exercise	

**Competency Evaluation Mechanism (Brief description-attach copy):** Students will be given a check-off sheet. This sheet lists the skills required for successful completion. Students will be required to demonstrate proficiency for each of the skills. Check-off sheets will be collected at course completion.

**Course Objectives (specific):** At the end of the program, the student will:

1. Be able to describe the construction of kernmantle rope and describe the difference between high stretch and low stretch kernmantle ropes as related to rescue.
2. Be able to identify the following pieces of rescue equipment: carabiner, figure 8, prussik knot.
3. Be able to correctly tie the following knots and hitches: figure 8, figure 8 on a bight, bowline, clove hitch, water knot, double fisherman's, tensionless anchor.
4. Be able to properly rig a figure 8 descender and properly attach the figure 8 to the seat harness.
5. Be able to perform a safe basic rappel.

continued

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### **Course Objectives (specific): (continued)**

6. Be able to properly tie a prussik knot onto a line.
7. Be able to execute a proper tie-off of a figure 8 descender, complete with a back-up.
8. Be able to perform a self-rescue in order to clear an obstruction from a descender or in order to pass an obstruction.
9. Be able to demonstrate a proper bottom belay and describe the method by which a bottom belay functions.
10. Be able to properly package and secure a patient into a "stokes" basket.
11. Be able to perform, as part of a team, a patient movement operation.

**Questions/Comments: Contact the Curriculum Specialist**