

# Program of Instruction

## Course Syllabus

**Course Title:** Rope Rescue Technician: Rappelling, Self-rescue and Suspended Victim Rescue Refresher

**Course Duration:** 8 Hours

**Program:** Special Operations Training Program

**Course Prerequisites:** Rope Rescue Technician

**Course Description:** Special Operations Training Program Refresher Courses provide hands on training at the technician level. Participants will have the opportunity to refresh critical skills through classroom review, drills and/or scenario exercises. This course provides personnel with the knowledge and skills needed to perform rescues while rappelling and providing suspended victim rescue and self-rescue. The class will cover the use of rope, rope equipment, hardware, construction of mechanical advantage systems, belay and safety systems, anchor systems along with understanding the principles and physics involved in constructing rope rescue systems. Special consideration will be given to the policies of standard-making agencies such as OSHA, ANSI, NFPA, and others.

**Course Requirements and/or Recommendations:** These can be divided into three categories: those completed prior to arriving in class (Pre-Course Work), those completed during class, such as homework assignments and quizzes (Course Work), and requirements completed after class but prior to receiving a certificate of completion. (Post-Course Work)

### Summary of Directions

Pre-Course Work: Step One Learning available online

Course Work: Attend and participate in all lectures and class activities

Post-Course Work: None

### **Course Policies:**

**Safety Policy:** Students shall understand and follow all instructions pertaining to operational safety, as stated by instructors or as written in course materials. Instructors and students shall be mindful of safety at all times. Conduct judged to be unsafe shall be grounds for dismissal from the course.

**Academic Integrity Policy:** IFSI has the responsibility for maintaining academic integrity so as to protect the quality of the education provided through its courses, and to protect those who depend upon our integrity. It is the responsibility of the student to refrain from infractions of academic integrity, from conduct that may lead to suspicion of such infractions, and from conduct that aids others in such infractions. Any violation of the code of conduct is grounds for immediate dismissal from the course.

**American Disabilities Act:** As guaranteed in the Vocational Rehabilitation Act and in the American Disabilities Act, if any student needs special accommodations they are to notify their instructor and provide documentation as soon as possible so arrangements can be made to provide for the student's needs.

## **Course Content:**

### **Module: Rappelling, Self-Rescue, Suspended Victim Refresher**

1. Summarize the safety rules for rope rescue operations.
2. Pass over a flat roof with a right angle and descend a vertical fixed rope for a minimum of 30 feet using a moving brake bar rack.
3. Pass over a parapet wall and descend a vertical fixed rope for a minimum of 30 feet using a moving brake bar rack.
4. Pass over a railing and descend a vertical fixed rope for a minimum of 30 feet using a moving brake bar rack.
5. Pass through a railing and descend a vertical fixed rope for a minimum of 30 feet using a moving brake bar rack.
6. Pass through an opening, over a cantilevered edge and descend a fixed rope for a minimum of 30 feet using a moving brake bar rack.
7. Describe loading requirements for equipment used for descent control.
8. Construct and operate a belay.
9. Pass through an opening, over a cantilevered edge and descend a fixed rope for a minimum of 30 feet using a moving brake bar rack.
10. List the dangers associated with line transfer operations.
11. Explain the safety considerations taken into account during line transfer operations.
12. Construct a 5:1 or 3:1 attached haul system with a prusik Progress Capture Device.
13. Attach the 5:1 or 3:1 haul system to the rescue system.
14. Rappel into a position that will allow the rescuer to utilize the attached system and lock off rack.
15. Transfer the victim's weight to the rescuers mainline.
16. Clear the victims jammed rack.
17. Descend a fixed rope system with the weight of the rescuer suspended from the attached system.
18. Perform a system safety check.

# Class Schedule

Introduction	15 minutes
Safety	15 minutes
Rope and Knots Review	1 hour
Anchors and Rigging Review	2 hours
Belay	30 minutes
<b>Lunch</b>	
Station 1: Anchor Systems	1 hour
Webbing and Straps	
Load Distributing Anchors	
Tensionless Hitch	
Picket Systems	
Dead Man Anchor System	
Station 2: Haul Systems	3 hours
Inline Haul Systems	
Attached Haul Systems	
Inline Haul Systems and attached	
Compound Attached Haul Systems	
Change of Direction	