

REGIONAL STRIKE TEAMS EQUIPPING AND TRAINING

R.E.S.E.T.

General Rescuer Skill Challenge Task Book

Course Dates:
Students Name:
Lead Instructor:



General Rescuer Skills Challenge

Skills Challenge Completion

At the end of the challenge attempt, the Lead Instructor will fill out the information below to document the student's performance.

Student Name _____

Skills Challenge Dates _____

Written Test Score _____

Letter from sponsoring agency verifying previous training: **Yes** **No**

Completed and passed Exit Skills Test (if No explain below): **Yes** **No**

Skills Challenge completed and passed (if No explain below): **Yes** **No**

Lead Instructor _____ Date _____

By signing below the student confirms he/she has The skills challenge and feels comfortable and competent performing all the skills associated with the General Rescuer curriculum:

Student
Signature _____ Date _____

Comments:



General Rescuer Skills Challenge

Task Book

This Task Book is the evaluation tool used to validate the candidate's proficiency in the skills required to complete the General Rescuer course (Core Requirements). The National Fire Protection Association (NFPA) 1006 Technical Rescuer Professional Qualifications 2008 edition has specified Job Performance Requirements (JPR) that individuals are required to be proficient at various levels. This task book assesses the candidate's ability to perform skills in Chapter 5 (General/Core Requirements). In this Skills Challenge all of the JPR's in Chapter 5 of NFPA 1006 will be assessed by one of two methods:

1. Written exam

- The written exam will be given to assess the trainee's cognitive knowledge of the material as it pertains to the General Rescuer Level.

2. Exit Skills Test

- The Exit Skills Test is a set of skills that must be performed to demonstrate proficiency. Each skill has criteria that must be met in order to pass the skill.



General Rescuer Skills Challenge

Written Test Instructions

Once all of the pre-requisites are verified a written exam will be given to evaluate the candidate's knowledge of the general rescuer curriculum. The test is a multiple-choice exam and each question is directly linked to a learning objective within the curriculum. A minimum score of 70% must be achieved to complete the course. If the student fails the first attempt the candidate subsequently fails the skills challenge and will be required to take and pass a General Rescuer course prior to attending additional RESET programs.

Exit Skills Test Instructions

Once the written exam has been passed an exit skills test will be administered to the candidate. Each **Exit Skill Sheet** gives the objective for the skill, instructions for the trainee, examiner notes, and preparation instructions. Each skills test will also describe the criteria that will constitute a 0, 1, or 2.

Note: Not all possible situations that would dictate a 0, 1, or 2 are listed.

It would be impossible to encompass all possible variations.

In general;

A **2** will indicate you performed the skill correctly and efficiently.

A **1** will indicate that you performed the skill safely but not efficiently.

A **0** will indicate that you have incorrectly performed the skill or done something the evaluator considers to be unsafe.

Stations will be set up the same for each test and each student. These are testing stations; **no teaching will occur during testing.**

There will be 6 total attempts for the 5 skills. This means there will only be allowed one retest for all 5 skills combine.

1. If a trainee fails an attempt, a second attempt will be provided immediately after the failure. This will only be offered one time.
2. If the trainee fails on his/her one and only second attempt it will constitute a failure of the challenge.

If the candidate fails to successfully pass any skill the candidate subsequently fails the skills challenge and will be required to take and pass a General Rescuer course prior to attending additional RESET programs.



Knots & Hitches Skill Sheet

OBJECTIVE (NFPA JPR 5.5.1)

The trainee shall tie the following knots and hitches according to the criteria below scoring 21 out of 30 with no zeros allowed:

- | | |
|-----------------------------|---------------------------------|
| 1. Overhand | 9. Butterfly |
| 2. Square Knot W/ Safety | 10. Munter Hitch |
| 3. Figure 8 Stopper | 11. Clove Hitch W/ Safety |
| 4. Figure 8 on a Bight | 12. Water Knot |
| 5. Double Loop Figure 8 | 13. Double Fisherman's Bend |
| 6. Figure 8 Follow Through | 14. Triple Wrapped Prusik Hitch |
| 7. Figure 8 Bend | 15. Girth Hitch |
| 8. Inside Bowline W/ Safety | |

INSTRUCTIONS - procedures for achieving the objective

I will tell you which knot to tie. Once you have tied the knot and I have inspected it you will be given the next knot to tie. I will not stop the test if you have not met the criteria for passing. The skill will begin on my instruction to start. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test. The examiner may evaluate 2 trainees at once at this station with the trainees standing back to back. Students will not be allowed to view one another while tying the knots. If the student fails the skill he/she will be required to tie all knots again as apart of their retest.

PREPARATION & EQUIPMENT

A 11mm –12.5mm rope of adequate length, 20' 1 inch webbing, 1 XL carabiner and a Prusik loop made of 8mm accessory cord will be provided to accomplish the skill.

Student's Name:	Date:
Examiner's Name:	Initial Test
Examiner's Name:	1 st Retest

Initial			1 st Retest				
0	1	2	0	1	2	1.	Overhand
0	1	2	0	1	2	2.	Square Knot W/ Safety
0	1	2	0	1	2	3.	Figure 8 Stopper
0	1	2	0	1	2	4.	Figure 8 on a Bight
0	1	2	0	1	2	5.	Double Loop Figure 8
0	1	2	0	1	2	6.	Figure 8 Follow Though
0	1	2	0	1	2	7.	Figure 8 Bend
0	1	2	0	1	2	8.	Bowline W/ Safety
0	1	2	0	1	2	9.	Butterfly
0	1	2	0	1	2	10.	Munter Hitch
0	1	2	0	1	2	11.	Clove Hitch W/ Safety
0	1	2	0	1	2	12.	Water Knot
0	1	2	0	1	2	13.	Double Fisherman's Bend
0	1	2	0	1	2	14.	Triple Wrapped Prusik Hitch
0	1	2	0	1	2	15.	Girth Hitch
0	0	0	0	0	0		Total Time:

Note: If any score less than 2 is marked; explain below in "Examiner Notes".

Student's Total Points (min. passing: 21 points)	Score:	Initial
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail
Student's Total Points (min. passing: 21 points)	Score:	1st Retest
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail

Examiner Notes:



Patient Packaging Skill Sheet

OBJECTIVE (NFPA JPR N/A)

The trainee shall demonstrate packaging of a patient in a Ferno or a Stokes Basket (or other wire style basket). The trainee shall complete the patient packaging according to the criteria below. The trainee must score 7 out of 10 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will package a patient in the litter. An additional rescuer will assist you with packaging. Your assistant will only perform tasks at your direction. I will evaluate the finished product utilizing the criteria below. The skill will begin on my instruction to start. The time will stop when you inform me that you have completed the skill. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test.

PREPARATION & EQUIPMENT

Provide the trainee with a Ferno or a Stokes Basket, three 20', 1 inch webbings, and a patient at least 5' 6" tall. Placing a backboard in the basket for patient comfort is optional.

Student's Name:	Date:
Examiner's Name:	Initial Test
Examiner's Name:	1 st Retest

Initial			1 st Retest			
0	1	2	0	1	2	1. Patient Orientation
0	1	2	0	1	2	2. Lashing
0	1	2	0	1	2	3. Vertical Patient Movement
0	1	2	0	1	2	4. Knots and Hitches
0	1	2	0	1	2	5. Total Time Initial: _____ 1 st Retest: _____

Note: If any score less than 2 is marked; explain below in "Examiner Notes".

Student's Total Points (min. passing: 7 points)	Score:	Initial
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail
Student's Total Points (min. passing: 7 points)	Score:	1st Retest
Examiner's Signature:		<input type="checkbox"/> Pass
Student's Signature:		<input type="checkbox"/> Fail

Examiner Notes:

Skills Criteria

Pt. Packaging in a Ferno or Stokes

The trainee must score **7** out of **10** to pass with NO zeros allowed.

Pt. Orientation:

2 (All must apply)

The patient is positioned at the top (head end) of the litter or in a suitable fashion for safe and ideal movement.

1

The patient is positioned in the litter in a fashion that is safe but not ideal for transport.

0

The patient is positioned in the litter upside down or otherwise incorrectly.

Lashing:

2 (All must apply)

The lashing secures the patient in at least 3 places (torso, pelvis, and lower extremities); The lashing is snug not allowing much patient movement; The lashing does not compromise the patients airway, breathing or circulation; The lashing does not injure the patient or aggravate existing injuries, a trucker's hitch is to used secure the lashing.

1

Lashing is loose; Lashing is excessively complicated; Knots or hitches were inefficient. Alternative method used to secure lashing (other than truckers hitches).

0

Lashing does not secure the patient's torso, pelvis or lower extremities. Patient's airway, breathing or circulation is compromised; the lashing is otherwise not secure.

Vertical Patient Movement:**2 (All must apply)**

Foot loops are used and tightened, and isolated from the lashing (a clove hitch or girth hitch is used above the foot loops), preventing the patient from sliding down in the basket.

1

Foot loops are loose; they are not isolated allowing the patient lashing to tighten when they are weighted (no clove hitches or girth hitch above foot loops).

0

Foot loops are absent; method used would allow patient to slide out of the foot of the litter.

Knots and Hitches:**2 (All must apply)**

Knots and hitches are tied correctly, dressed, and appropriate to the application, (i.e. uses half hitch and overhand to secure truckers hitch, clove hitches/girth hitch are correctly tied, etc.).

1

Knots and hitches are not dressed; or not the optimal knot/hitch for the operation. (i.e. clove hitch/girth hitch above the foot loop incorrectly tied, different method other than a half hitch and overhand to secure the truckers hitch).

0

Knots and hitches are tied incorrectly (except clove hitch/girth hitch above foot loop), lack required safeties, or otherwise represent a safety hazard.

Time:**2**

Patient is packaged in under 8 minutes.

1

Patient is packaged in 8-15 minutes.

0

Patient is packaged in over 15 minutes.

Skill Criteria

Knots

The trainee must score **21** out of **30** with NO zeros to pass.

2 (All must apply)

The knot is tied correctly and dressed, with an appropriate safety tail length (see below). Bights and/or loops smaller than 4"; a safety (if required) is secure, dressed and correctly located.

1

The knot is not dressed; bights are larger than 4"; a safety knot is used when not needed; safety knot is not dressed against the knot allowing for slippage before engaging. Tail length is longer than specified below. Trainee does not appear confident with tying the knots and hitches (multiple attempts to get knot/hitch tied).

0

The knot is tied incorrectly; the tail is shorter than 4"; a required safety is absent. Safety knot is in the incorrect location; "X" not matching on the double fisherman; Outside bowline.

Below are clarifications of how the criteria will be applied to specific situations:

- *The bight size on the bowline, figure eight follow through, and double loop figure eight does not matter. The bight size for these knots will have no bearing on the score.*
- *Safety tail length:*
 - *Large Diameter Rope ($\geq 9.5\text{mm}$, 3/8") tail needs to be 4 to 6 inches*
 - *Small Diameter Cord ($< 9.5\text{mm}$, 3/8") tail needs to be 2 times the diameter of the cord to 4 times the diameter of the cord*
 - *Webbing needs to be 4 to 6 inches*
- *The length of the tail applies to all knots including safety knots.*
- *Clove hitch needs to be tied around an object*



Low-Angle Skill Sheet

OBJECTIVE (NFPA JPR's- 5.5.5, 5.5.9, 5.5.8)

The trainee shall construct a low-angle lowering and raising system and demonstrate its use. The trainee shall complete the skill according to the criteria below. The trainee must score 10 out of 14 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will set up a single line lowering system, using a munter hitch, to be used in the Low-Angle environment. **Once the lowering system is built, time will stop and I will inspect the rigging.** Once the rigging is inspected, the time will start again and you, with an assistant, will demonstrate operation of the lowering system and then lock off the lowering device. Then you will be directed to build a raising system, using a 3:1 Inline Z-Rig with an internal progress capture device (PCD), to be used in the Low-Angle environment. **Once the raising system is built, time will stop and I will inspect the rigging.** Once the rigging is inspected, the time will start again and you, with an assistant, will demonstrate operation of the raising system. Your assistant will only perform tasks at your direction. Time will stop after the trainee has demonstrated operation of both systems. I will grade you according to the criteria at the bottom of this skill sheet. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test.

PREPARATION & EQUIPMENT

Provide the trainee with two 200' 11mm - 12.5mm ropes, three 20' 1 inch webbings, 10 large carabiners, 1 Extra-large carabiner, 3 single PMP's, one set of tandem prusiks, and 1 rescuender. One assistant (fellow trainee or instructor) is needed during the operation.

Skill Criteria

Low-Angle Lowering and Raising System

The trainee must score a 10 out of 14 with NO zeros allowed.

Lowering System:

Munter Hitch Lowering Device

2 (All must apply)

Munter hitch is appropriately chosen and tied correctly; trainee locks the Munter hitch off efficiently (half hitch, followed by an overhand)

1

Lowering system is rigged inefficiently (i.e. operator/rope position, etc.); locking off the munter hitch is inefficient (just an over hand, etc...)

0

Munter hitch is tied incorrectly; munter hitch lock off not secure.

Raising System:

3:1 Z-Rig with internal PCD

2 (All must apply)

The mechanical advantage of the system is correctly identified; the mechanical advantage is efficiently incorporated into the haul system; progress capture is an integral part of the system.

1

The mechanical advantage of the system is incorrectly identified; the mechanical advantage system is inefficient (i.e. unnecessary friction, haul system requires frequent resets).

0

The mechanical advantage system is unsafe or otherwise unworkable; Progress capture device is incorrect, ineffective or omitted. Used a system other than an inline z-rig.

Equipment:

2

Equipment is appropriately and efficiently applied; appears confident with using equipment

1

Equipment use is safe, but used inefficiently; lacks confidence with using equipment (takes several attempts to figure out how to use/apply equipment)

0

Equipment use is not safe or is inappropriately applied (i.e. unlocked carabiner).

Knots and Hitches:

2 (All must apply)

Knots and hitches are tied correctly, dressed, and appropriate to the application, with at least 4" of tail and bights smaller than 4".

1

Knots and hitches are not dressed; Bights are larger than 4", or not the optimal knot for the operation.

0

Knots and hitches are tied incorrectly, Tail is shorter than 4", lack required safeties, or otherwise represent a safety hazard.

Anchoring Techniques:

2 (All must apply)

Anchoring techniques are adequate for life support; anchors are appropriately and efficiently located.

1

Anchors are inappropriately located (i.e. operation would not be efficient).

0

Anchoring techniques are inadequate for life support.

System Operation:**2 (All must apply)**

Trainee demonstrates safe, efficient operation of all systems and components:

- Lowers in a controlled manner;
- Efficiently operates the haul system (i.e. haul, set, reset, etc...) manages rope efficiently;
- Uses and responds appropriately to standard commands.

1

Trainee operates systems safely but inefficiently:

- Operates lowering system;
- Operates the haul system in such a manner that it is adequate but is not optimal; rope is not managed well and causes interference with operation;
- Uses non-standardized commands.

0

Students rigging would be hazardous to the patient and/or rescuers. System does not function; system is otherwise unsafe. System does not achieve the objective.

Time:**2**

Constructs and operated the system in less than 10 minutes.

1

Constructs and operates the system in 10-20 minutes.

0

Constructs and operates the system in over 20 minutes.



High Angle Skill Sheet

OBJECTIVE (NFPA JPR's- 5.5.6, 5.5.8, 5.5.10, 5.5.11, 5.5.12)

The trainee shall construct a Two Tensioned Rope System (TTRS) - lowering system and a Single Tensioned Main Un-tensioned Belay (STM-UTB) - raising system to be used in the High-Angle environment and demonstrate its use. The trainee shall complete the skill according to the criteria below. The trainee must score 10 out of 14 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will be required to set up a lowering system, using two munter hitches, to be used in the High-Angle environment. **Once the lowering system is built time will stop and I will inspect the rigging.** Once the rigging is inspected the time will start again and you, with two assistants, will demonstrate operation of the lowering system. You will then be directed to build a raising system, using a 4:1/5:1 Block and Tackle with two munter hitches as the progress capture device and belay, to be used in the High-Angle environment. **Once the raising system is built time will stop and I will inspect the rigging.** Once the rigging is inspected the time will start again and you, with two assistants, will demonstrate operation of the raising system. The assistants will only respond to the verbal commands of the trainee. Time will stop after the trainee has demonstrated the operation of both systems. I will grade you according to the criteria at the bottom of this skill sheet. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test.

PREPARATION & EQUIPMENT

Provide the trainee with four 200' 11-12.5mm ropes, five 20' 1 inch webbings, 10 large carabiners, 2 extra large carabiners, 2 double pulleys, one set of tandem prusiks, and 2 rescucenders. Two assistants (fellow trainees or instructors) are needed to assist during the operation.

Skill Criteria

High-Angle Lowering and Raising System

The trainee must score a **10** out of **14** with no zeros allowed.

(TTRS) Lowering System:

Munter Hitch Lowering Device

2 (All must apply)

Both Munter hitches are appropriately chosen and tied correctly.

1

Lowering system is rigged inefficiently (i.e. operator/rope position, etc.).

0

One or both of the Munter hitches are tied incorrectly.

(STM-UTB) Raising System:

4:1/5:1 Block and Tackle

2 (All must apply)

The mechanical advantage of the system is correctly identified; the mechanical advantage is efficiently incorporated into the haul system; the Munter hitches are identified as progress capture.

1

The mechanical advantage of the system is incorrectly identified; the mechanical advantage system is inefficient (i.e. unnecessary friction, haul system requires frequent resets).

0

The mechanical advantage system is unsafe or otherwise unworkable; Progress capture is ineffective or omitted. **A system other than a 4:1/5:1 Block and Tackle is used.**

Equipment:**2**

Equipment is appropriately and efficiently applied; appears confident with using equipment

1

Equipment use is safe, but used inefficiently; lacks confidence with using equipment (takes several attempts to figure out how to use/apply equipment)

0

Equipment use is not safe or is inappropriately applied (i.e. unlocked carabiner).

Knots and Hitches:**2 (All must apply)**

Knots and hitches are tied correctly, dressed, and appropriate to the application, with at least 4" of tail and bights smaller than 4".

1

Knots and hitches are not dressed; Bights are larger than 4", or not the optimal knot for the operation.

0

Knots and hitches are tied incorrectly, Tail is shorter than 4", lack required safeties, or otherwise represent a safety hazard.

Anchoring Techniques:**2 (All must apply)**

Anchoring techniques are adequate for life support; anchors are appropriately and efficiently located.

1

Anchors are inappropriately located (i.e. operation would not be efficient).

0

Anchoring techniques are inadequate for life support.

System Operation:

2 (All must apply)

Trainee demonstrates safe, efficient operation of all systems and components:

- Lowers in a controlled manner **keeping tension in both ropes**;
- Efficiently operates the haul system (i.e. haul, set, reset, etc.) manages rope efficiently;
- Uses and responds appropriately to standard commands;
- Belay line stays tight and is operated efficiently.

1

Trainee operates systems safely but inefficiently:

- Operates lowering system but: allows only one rope to bear the weight, allows load to shift between the two ropes;
- Operates the haul system in such a manner that it works but is not optimal; rope is not managed well and causes interference with operation;
- Uses non-standardized commands;
- Belay line is allowed to become slack but then tensions the rope.

0

Students rigging would be hazardous to the patient and/or rescuers. System does not function; Belay line is not effective; system is otherwise unsafe. System does not achieve the objective.

Time:**2**

Constructs and operates the system in less than 12 minutes.

1

Constructs and operates the system in 12-20 minutes.

0

Constructs and operates the system in over 20 minutes.



Belay a Falling Load Skill Sheet

OBJECTIVE (NFPA JPR's- 5.5.13)

The trainee shall demonstrate successfully catching a falling load of 300 pounds with a Munter Hitch belay. The trainee shall complete the skill according to the criteria below. The trainee must score 7 out of 10 points with no zeros to pass.

INSTRUCTIONS - procedures for achieving the objective

You will tie a Munter hitch onto the designated carabiner. Then you will operate the Munter Hitch belay. At some point during either the raise or the lower the mainline will be released, allowing the load to fall. You must arrest the load prior to it striking the ground. I will grade you according to the criteria at the bottom of this skill sheet. Do you understand these instructions?

EXAMINERS NOTE:

The trainee will not be allowed to review the skills criteria during the skills test. A falling load station should be set-up with a 300 pound load. If in the opinion of the evaluator the load struck the group due to rope stretch or other factor outside the control of the trainee the evaluator can nullify the attempt and allow the trainee to test again as if the nullified attempt never happened. An attempt should be made to release the load at a point that would allow several feet of space between the load and the ground after the belay has arrested the load.

PREPARATION & EQUIPMENT

Provide the trainee with a falling load station. The trainee should be wearing full PPE including: Gloves, helmet, boots, etc... Assistants should be used to operate the other systems.

Skill Criteria

Low-Angle Lowering and Raising System

The trainee must score a 7 out of 10 with NO zeros allowed.

Equipment:

2

Equipment is appropriately and efficiently applied; appears confident with using equipment; Munter hitch is operated on the large side of the carabiner.

1

Equipment use is safe, but used inefficiently; lacks confidence with using equipment (takes several attempts to figure out how to use/apply equipment); Munter hitch is operated on the small side of the carabiner.

0

Equipment use is not safe or is inappropriately applied (i.e. unlocked carabiner).

Tying Munter Hitch:

2 (All must apply)

Munter hitch is tied correctly; appears confident tying the Munter hitch (<2 attempts);

1

Does not appear confident tying the Munter hitch (>2 attempts);

0

Incorrectly ties the Munter hitch. Is unable to tie the Munter hitch.

System Operation:**2 (All must apply)**

Trainee demonstrates safe, efficient operation of all systems and components:

- Faces the Munter hitch
- Keeps the Belay tensioned throughout the operation
- Does not stand too close to the Munter hitch (>3 feet)
- Maintains a solid grip on the break rope the entire time
- Rope does not slide through the Munter hitch before the Load is arrested

1

Trainee operates systems safely but inefficiently:

- Allows slack to develop in the Belay but tensions it up before it becomes a hazard
- Begins to operate the Belay too close to the Munter hitch (<3 feet) (has to be asked to step back away from the Munter hitch)
- Begins to operate the Munter hitch in the wrong direction
- Does not keep a solid grip on the break rope (uses one or two fingers when repositioning hands)
- Rope slides through the Munter hitch prior to the load being arrested
- Does not respond to verbal commands (roll call),

0

Student operates the Munter hitch in a way that would be hazardous to the patient and/or rescuers; Lets go of the break rope during operation; Cannot operate the system; system is otherwise unsafe; Load strikes the ground.

Tying off the Munter hitch:**2 (All must apply)**

Munter hitch is tied off with a half hitch followed by an overhand; appears confident tying off the Munter hitch (<2 attempts); the load does not slip through the Munter hitch during tie off.

1

Does not appear confident tying off the Munter hitch (>2 attempts); ties off the Munter hitch with something other than the half hitch followed by an overhand but the tie off would still be secure. The load is allowed to slip slightly through the Munter hitch during tie off.

0

Munter hitch is tied off in a way that is not secure; the load is allowed to slip through the Munter hitch and touch the ground during tie off; tie off otherwise represent a safety hazard.

Safety:

2 (All must apply)

Candidate is wearing gloves; Candidate is wearing a helmet; Responds to verbal commands,

0

Does not wear PPE (helmet, gloves, etc), Does something that the evaluator feels is unsafe.