



General Rescuer Course (Core Requirements)

Pre-Course Information

Location and Contacts:

The first day of class, on **11/1/2010**, meet at **Austin Fire Department Wellness Center Classroom A**, located at: **517 S. Pleasant Valley Rd. Austin, Texas 78741 at 0800.**

If you have additional questions, need directions, or you are running late call the Lead Instructor: **Matt McElearney at cell number 512.461.2056** or email: **mcelearney1548@yahoo.com**

Class Hours

This course has a lot of information crammed into one week. In general we will be working to keep things as close to 40 hours as possible. Students should come to the class with the understanding that some days may run long and the week may be longer than 40 hours. The course will start at 0800 every morning and run through 1730. Lunch times will be the discretion of the Lead Instructor. You may be asked to bring your lunch to maximize class time. However there will be a break for lunch the first day.

Equipment

You are required to provide your own **helmet and gloves**. The helmet must be made for rescue/climbing/caving. Gloves should be clean and not previously exposed to chemicals or fire products. Gloves made for rope work or mechanics gloves are recommended due to their higher dexterity. It is suggested (not required) that you bring your own harness. Seat and/or full-body harnesses are acceptable. All equipment not provided on site (helmets, gloves, harnesses, etc...) must pass inspection by the Lead Instructor. He/She will have final say, NO exceptions.

Required Equipment:	Suggested equipment:
Helmet Lather Gloves Safety Glasses Hearing Protection Long Pants Closed Toed Shoes Pen/Pencil Small Note Pad	Water for each Day Sun Screen Sun Glasses Long Sleeve Shirt Small Pack (for personal items) Rain Gear Camera Harness

Weather Conditions and Terrain

Except for extreme weather conditions that would pose a risk to the students the class will proceed as scheduled. Students are advised to bring clothing and personal equipment to accommodate the expected weather conditions during the class.

We will be working in wilderness areas where Poison Ivy/Oak/Sumac may exist. Please bring appropriate clothing and/or treatments/protection for exposures.

Pre-Course Requirements

We will review knots/bend/hitches in class but the expectation will be that you already know them. Please practice the following knots/bends/hitches prior to class:

- Overhand
- Square Knot w/ Safeties
- Figure 8 Stopper
- Figure Eight on a Bight
- Double Loop Figure 8
- Figure 8 Follow Through
- Figure 8 Bend
- Bowline w/ Safeties
- Clove Hitch w/ Safeties
- Munter Hitch
- Water Knot
- Double Fisherman's Bend
- Butterfly
- Triple Wrapped Prusik Hitch