



Level 1&2 Rope Rescue Course (Skill Acquisition)

Pre-Course Information

Location and Contacts

The first day of class will be held at Cedar Park Fire Dept, Station 2 (1570 Cypress Creek Rd). If you will be late on any day, or need directions please call Chris Jenkins (lead instructor) at the number below.

If you have additional questions call the Lead Instructor:
Chris Jenkins – (817)312-0256
Cjenkins00@yahoo.com

Class Hours

This course has a lot of information crammed into two weeks. In general we will be working to keep things as close to 80 hours as possible. Students should come to the class with the understanding that some days may run long and the weeks may be longer than 80 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.

Preparation

It is highly recommended you review the material from the General Rescuer Course. There is a lot of new material that will be presented in a compressed timeframe that builds on the foundation from General Rescuer. Students that are not prepared and lack the fundamentals covered in General Rescuer will struggle to keep up with this class. Instructors will make an effort not allow students to fall behind but this responsibility also resided with the student to come prepared and keep up with the presentation of new material.

Equipment

You are required to provide required equipment listed below. 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. 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:
<p data-bbox="298 354 537 401"><u>Safety Equip</u></p> <ol data-bbox="347 438 837 617" style="list-style-type: none"> 1. Helmet (Must be made for vertical rescue/climbing, NO swift water helmets) 2. Gloves 3. Boots with optimal ankle support <p data-bbox="298 659 529 705"><u>Frog System</u></p> <ol data-bbox="347 743 889 1289" style="list-style-type: none"> 1. 1 Seat Harness (Must be UL or CE approved) 2. 1 Mini Rack 3. 1 Chest Croll 4. 1 Ascender (Handel Ascender, Basic, Etc.) 5. 6 Screw Links 6. 1 Chest harness designed for frog climbing (Tied or Pre-Fab) 7. 1 Set of Cows Tails (Tied or Pre-Fab) 8. 1 Foot Loop (Tied or Pre-Fab) 9. 1 Safety Strap (Tied or Pre-Fab) from harness to upper ascender 10. 1 Prussic for Quick Attachment Safety (QAS) 	<ul data-bbox="1003 359 1304 737" style="list-style-type: none"> • Water for each Day • Snack Food • Sun Screen • Sun Glasses • Long Sleeve Shirt • Small Pack • Rain Gear • Camera • Harness • Bug Spray

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

- Successfully completed a General Rescuer Course within the past 2 years.
- It is expected that you will be proficient in all knots and skills taught in the General Rescuer Class