



Pennsylvania State Fire Academy

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Minimum Standard for Accreditation (MSA)

July 1992

Course Title: Rope/High Angle Rescue II (RORA)

Length of Course: 16

Lecture/Lab Breakdown: 4/12

Prerequisites: RORE

Referenced Texts:

Course Goal: Participants in this course will be re-introduced to the principles of rope/vertical rescue and to the basic equipment used to implement rope/ vertical rescues. The basic skills required to rig, haul, lower, ascend, 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 re-introduced to the various types of rescue equipment. Students will be trained in; mechanical advantage systems, safeties, basic ascending, basic rappelling technique and tie-offs with a rappel rack, rope changes, and one person rescue. The students will perform a low angle raise and lower evolution simulating patient transport on embankments. Most 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 or 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, and/or other AV equipment per instructor requirements or preference. 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, pulleys, figure 8's, rappel racks, ascenders, prussik knots, webbing, and rope to outfit all class participants and 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	
:25	Knot Review	
1:25	Introduction to Haul Systems I. Show 1:1, 2:1, 3:1, 4:1 II. Prussik vs Gibbs Ascenders	
SPLIT CLASS IN HALF		
1:00	First Half of Class - Refresh stokes tie-in, Stokes	Handling
1:00	Second Half of Class - build basic haul systems; 2:1, 3:1, 4:1, w/Safeties	
SWITCH GROUPS		
1:00	Entire Class - Basic Rappelling and Belaying, Tie-Offs	
SPLIT CLASS IN HALF		
1:50	First half of Class - Basic Ascending - Sit-Stand w/mechanicals and with 2 and 3 Knot Prussik	
1:50	Second Half of Class - Alternate Rappel Devices	
SWITCH GROUPS		
:50	Warm-up and Practice Rappelling and Belays	
1:25	One-Person Rescue	
1:25	Rope Changes	
1:00	Practice all above and do Check-off Sheets	
2:00	Complete Check-Off Sheets	
2:00	Low angle Stokes evolution using raises and lowers	

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: At the end of this program, the participant will:

1. Be able to perform all of the course objectives for RORE.
2. Be able to construct and operate a 2:1, 3:1, and 4:1 mechanical advantage system complete with prussik safeties.

Continued

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Course Objectives: continued

3. Be able to correctly rig a basic sit-stand ascending system and demonstrate the ability to ascend.
4. Be able to properly rig a rappel rack and properly attach the rappel rack to the seat harness.
5. Be able to perform a safe basic rappel with a rappel rack.
6. Be able to execute a proper tie-off of a rappel rack, complete with a back-up
7. Be able to perform a one-person rescue, to retrieve an uninjured patient.
8. Be able to perform a rope change using two descending devices.
9. Be able to perform a rope change using one descending device & a prussik knot
10. Be able to perform a wrap 3 pull 2 anchor system.
11. Be able to demonstrate, as part of a team, the raising and lowering of a patient in a stokes basket, on an embankment or low angle situation.