2018 U.K. Programs INFO Sheet

Back-to-back independent workshops held in U.K.

1) Team Skills Rescue Workshop—England
Devon/Somerset, Exeter—April 25–May 1, 2018

2) Mountain Rescue Workshop—Scotland
Fort William—Week 1: May 4–6. Week 2: May 11–13, 2018

NOTE: This Scotland workshop is held over two weekends.

Host/Liaison: England—Devon & Somerset Fire and Rescue Service. Richard Harling: rharling@dsfire.gov.uk

Host/Liaison: Scotland—Outdoor Safety Training. James Cooper: irjcooper@gmail.com

INFORMATION SHEET FLYER:
Use this flyer for all of your planning regarding these two intensive rope rescue programs. More detailed information on lodging, camping, and local restaurants can be obtained by contacting your specific liaison for each workshop via email. They can help you get the most out of your training with local beta on the area.

Registration for each program is separate. RTR applications must be filled out on each one separately and a 50% deposit of the tuition amount must accompany the application(s).

Spots in each program are filled on a first come first serve basis and space is very limited. Specific equipment is required for participation. See more details on page 4 of this flyer.
TSRW England description: April 25—May 1, 2018

The 7 day TEAM SKILLS RESCUE WORKSHOP in Devon/Somerset, England is ideal for industrial and wilderness rescue teams and carries on into more demanding rescue practices and team-building skills like pulley systems, belay systems, high angle offsets and high directional framing. This is the workshop which fulfill the “90% solution” on most rope rescues within industry and wilderness locations. Lectures on intermediate physics and how it relates to rope rigging are common throughout the duration of the TSRW. Emphasis is placed on “why” we do something rather than merely “how” to do something. Students, as a team unit learn how to build seemingly complex arrangements for reaching, treating and extricating a patient from the high angle environment whether in industrial locations or in the wilderness. All the while, emphasis is placed on building everything from the basic materials most teams will have: rope, carabiners, pulleys, accessory cord, webbing and know how. Specialized tactical and canyoning cords and ropes, which are certainly lighter and more functional, are embraced in this rigging-intensive course for backties and ancillary rigging. The TSRW includes an extensive lecture and practical section on the many alternatives to highlines in the from of high angle “offsets”. Ropes That Rescue has pioneered the projection of these offsets as an alternative to training intensive highlines in the past 15 years. Offsets employ standard high angle techniques that most rescuers already know and so are more forgiving in the training curve than more elaborate systems.

NOTE: The TSRW differs fundamentally from the Scottish MRW the following week as it offers more gear-oriented solutions which are not available to wilderness rescue teams. The TSRW offers a good physics-based cross section of advanced techniques which will enhance the fire service rope rescue practitioners understanding of technical rope rescue.

This workshop may cover many topics including but not limited to:
(depending on time)

- Safety factors / Safety margins
- Strong emphasis on team-oriented skills
- Knotcraft
- Intermediate pulley systems (simple through complex)
- Physics of rope rescue
- Two tensioned rope systems analysis
- Artificial high directions:
  1. Gin pole monopods
  2. A frames
  3. Sideways A frames
  4. Easel A frames
- Directionals and anchor angle force calculations
- Batwing compound pulley systems-AZ Progression
- Complete AZTEK kit orientation for team operations:
  1. Single and double part hasty rappels
  2. Belaying and self belays
  3. Dynamic fixed brakes
  4. Dynamic directionals
  5. Personal travel restrict and fall protection
- Mid face attendant-based and team-based litter scoops
- Belaying, self belays, conditional belays and conditional self belays
- Sound anchoring principles: intermediate through advanced system anchors
- Focused and focused-floating anchors using opposition anchors
- Hot and cold changeovers
- Non-highline solutions to rescue scenarios
- Offsets for the high angle evacuation:
  1. Tag and guiding line offsets
  2. Deflected offsets
  3. Tracking line offsets
  4. Skate block offsets
  5. Two rope offsets
MRW Scotland description:
Week 1: May 4—6, 2018
Week 2: May 11—13, 2018

The 6-day Mountain Rescue Workshop is a minimalist approach to mountain rescue procedures and teaches the access, stabilization and extraction of patients involved in mid-face free or aid climbing accidents, especially those where the accident site is only accessed from above. There is a heavy emphasis on advanced knotcraft (several boutique bowlines) in this workshop. The student will learn how to design and build system anchors from active and passive rock climbing camming devices. They will understand the differences between anchors and anchor systems for either the main or belay separately in contrast to “bombproof” anchors meant for both at the same location (an either a “bombproof” single anchor, or “bombproof” focused or focused floating anchor (rigging pod). Strong emphasis is also placed on wilderness improvised techniques where specialized or heavier equipment has no place. Use of whipped and frapped wood frames as high directionals is encouraged, but also the use of the Rock Exotica Arizona Vortex (developed in Sedona, AZ by RTR) is also a peripheral focus of this mountain workshop (if available). This workshop is designed for the serious mountain environment rope rescue practitioner wishing to improve their team-oriented and personal skills. The MRW goes well into the 7 Minimalist Rescue Archetypes (7MRA) for personal top down skills involving solo (one rescuer) and semi-solo (two rescuer) victim evacuations employing the rescuer’s personal AZTEK kit. Also, the workshop explores the use of improvised low edge techniques for very difficult litter evolutions as well as artificial high directionals in the remote wilderness location. Gin poles, A frames and sideways (SA) frames are common. Students also learn the classic differences belays, conditional belays and conditional self belays. The MRW involves more personal movement on stone and personal rigging skill. Lots of climbing and lots of fun!

NOTE: This Scottish MRW fundamentally differs from the Devon/Somerset TSRW the week prior in that there are no industrial sites and everything is based on minimalist rescue on stone with basic materials. While there is little overlap between the two, there are some basics within the lectures that both have in common. The MRW offers a good physics-based cross section of advanced techniques which will enhance the SAR rescue practitioners understanding of technical rope rescue.

This workshop may cover many topics including but not limited to: (depending on time)

- Mountain rescue overview: Improvisation and a “minimalist” approach to rescue
- Active and passive rock climbing protection placement
- Anchors and anchor systems including:
  1. Marginal anchors
  2. Substantial anchors
  3. Bombproof anchors
- Anchor systems: 1) Distributing, 2) Multi point, 3) Fixed
- 1) Focused anchors, 2) Focused floating anchors
- 1) Bombproof focused anchors, 2) Bombproof focused floating anchors
- Introduction to pulley systems (simple, compound and complex)
- Physics for mountain rescue (anchors and directionals, force vectors)
- 7 Minimalist Rescue Archetypes (7MRA): Top down solo/semi solo rescues using AZTEK
- Use of the AZTEK kit in the mountains, edge travel restrict
- Pitch head rescue (solo rescue with rescuer on top of pitch) and pitch toe rescue (solo rescue with rescuer down at bottom of pitch)
- Mid face litter scoops of suspended traumatic injury victim on rope
- Belay: 1) true belay, 2) self belays, 3) conditional belays and 4) conditional self belays
- Forward placed “beachhead” anchors for protecting the edge personnel and for belaying
- Wood frame artificial high directionals
- Small rigging pods
- Steep angle litter evacuations with two-tensioned rope systems
**Special Note: PLEASE READ THIS**

Both programs are student-driven in what is covered. In the short time we have (even though we are doing 10 to 12 hour days) we cannot cover it all. Students are encouraged to come forth with ideas given our available venues early in the class to help delineate the direction the program takes. These two RTR programs are by no means a rope rescue course for beginners. It is a serious venture and complete immersion into advanced systems that can sometimes be overwhelming for some less experienced practitioners. If you are a rope rescue or rigging instructor or desire more depth of understanding, these programs are ones you should not miss.

**Required Equipment: (both programs)**

In order to participate fully, you will need to have the required personal gear found on this Required Equipment List. If you need help with some of this gear in order to attend, please contact the liaison.

**Program Cost & Registration—England TSRW**

$1,250 USD. You may use EFT or credit card to pay for this workshop with US Dollars. A 50% deposit is required to hold your spot along with a filled out RTR Application. Address and FAX are above or email your applications. The balance remaining must be paid by April 10, 2018. After that date, the full amount is required for registration.

**Program Cost & Registration—Scotland MRW**

Contact James Cooper: jrjcooper@gmail.com for availability and pricing. This program is purposefully held over two weekends so that volunteer UK mountain rescue personnel in good standing on an active search and rescue team can attend at very little cost. Others who are not volunteers can still attend at a higher tuition to help us defray expenses (we anticipate having more volunteers). We ask that all those registering for this Scottish MRW respect the fact that we expect their full participation during all 6 days in order to register. You must be in good physical condition to participate in this workshop as there is climbing and hiking with heavy loads expected. The workshop will proceed in any and all weather conditions found in Scotland at that time of year. You must have medical insurance from your SAR team or company. Long hard days are expected in the field. Friday evenings are lecture/knotcraft only (4 hrs). Sat/Sun: field. A 50% deposit is required to hold your spot along with a filled out RTR Application. Address and FAX are above or email your applications. The balance remaining must be paid by April 20, 2018. After that date, the full amount is required for registration.

**KNOTCRAFT to know for this Ropes That Rescue program (to get you started)**

Here is a list to get you started:

- Figure of eight on a bight
- Butterfly knot
- Double overhand stopper
- Double overhand noose
- Inside bowline with retrace
- Bowline with a bight
- Doubled long tail bowline
- Bowline on a bight
- Water knot in webbing
- Water bend in webbing
- Munter hitch
- Clove hitch
- Becket Bend
- Double becket bend

It is advised that you be familiar with some of the knots, bends and hitches we will be using in this workshop. It is always best to have some under your belt before arriving. Much of the workshop you are attending depends in large part on the roped and webbing connections YOU form! Don’t worry so much at this time about the somewhat exotic knots like the retraced double bowline but concentrate on the easier figure of eights and simple bowlines. We will be going over many many different knots which are somewhat useful for rigging. Be prepared to tie some new ones!