

Jerome MRW INFO Sheet

Mountain Rescue Workshop

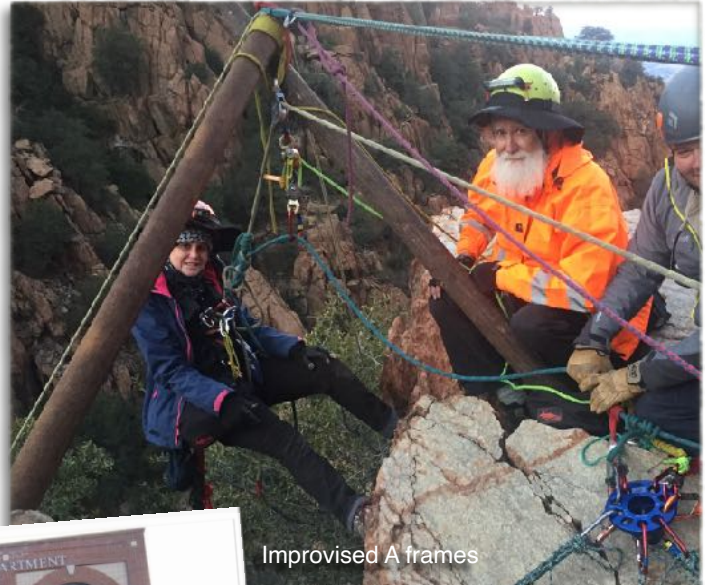
February or March each year. [See Dates](#). DISCOUNTED to SAR Volunteers in Arizona



Minimalist Rescue Archetype #4



Jerome Fire Station 1



Improvised A frames

Meeting Location on the first day

We look forward to seeing you at 0800 the first morning at our meeting location: The Jerome Fire District Station is in the middle of town and not easy to miss. It is at the big bend in the road and look for the two story brick building. Please do not park in front of the station. Parking is farther down along the side road to the right of the station. The entrance to the station is in the rear. We are meeting upstairs in the multi-purpose room. Please bring a chunk of rope, a large carabiner and a prusik with you on the first day.

THE JEROME, AZ MOUNTAIN RESCUE WORKSHOP-

Ropes That Rescue is always proud to announce the annual Jerome Fire Dept. hosted MOUNTAIN RESCUE WORKSHOP during February or March. See [RTR Schedule](#) for start date. SAR volunteers from AZ get a 50% discount. The historic town of Jerome, Arizona is filled with lots of awesome venues for all RTR programs. It is a very old copper mining town built in the late 1800's on the side of Cleopatra Hill on the Mingus Mountain range. It overlooks the Verde Valley, containing Sedona, Cottonwood and Clarkdale.

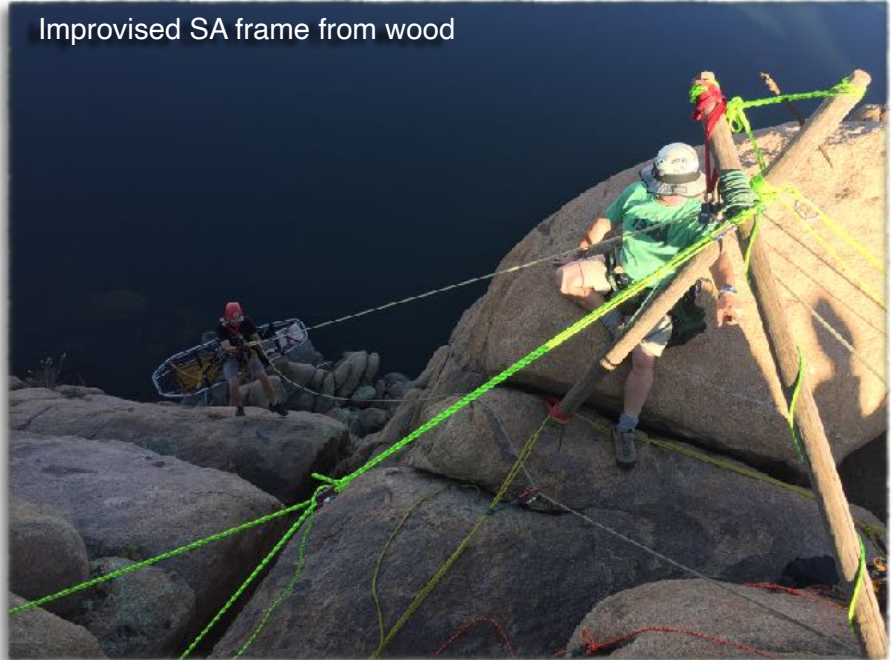
Many students fly into Phoenix Sky Harbor airport, rent a vehicle and drive for 2 hours north on I-17 to AZ Hwy 269 at Camp Verde exit. Take 269 over to Cottonwood and take Hwy 89A south to Jerome (which is up Mingus

Mnt.). One or two days, we may be commuting to Prescott's Granite Dells (one hour driving time to the west over Mingus Mnt.) so be ready to commute and car pool if possible.

The MRW fulfill the 90% solution on most rope rescues within wilderness locations. It is designed for the serious search and rescue practitioner wishing to improve their personal rigging skill and capability. This workshop is sometimes mistakenly perceived as a beginning program due to the personal nature of many of the evolutions. In fact, it is for those that never seem to get enough on rope experience or time over the edge. The MRW begins with valuable, yet simple definitions for belays, self belays, conditional belays and conditional self belays and how these differ in their engineering. It goes into important orientation on personally carried gear such as ascenders and descenders, self belay devices, Purcell prusiks, the ever useful AZTEK and other items essential to safety in the vertical realm and then moves into practical and fun-filled days where multiple one-on-one rope stations keep the practitioner busy throughout the day. Students in the MRW practice their skills and learn to work together as a team in successful retrieval of this patient in a non-threatening environment. These are found in the Seven Minimalist Rescue Archetypes (7MRA) that lay a groundwork for understanding how solo versus semi-solo rescues vary in their risk to the rescuer. The MRW goes well into often overlooked personal skills that are taken for granted on most rescue teams.

There is also considerable time spent on rope learning to climb/descend rope by multiple methods (even improvised if you drop your friction appliance). Passing knots, deviations, rebelay, rope to rope transfers, aid climbing and problem solving are all part of the MRW. Proficiency through repetition to mastery are encouraged. There is a very very strong emphasis on advanced knotcraft in this workshop! Students are tested throughout the program for proficiency and the ability to tie under pressure. All in fun, of course!

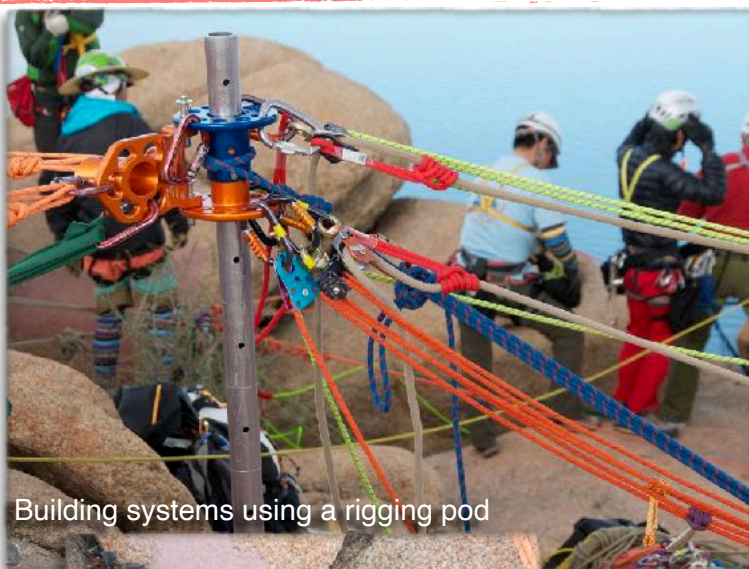
Improvised SA frame from wood



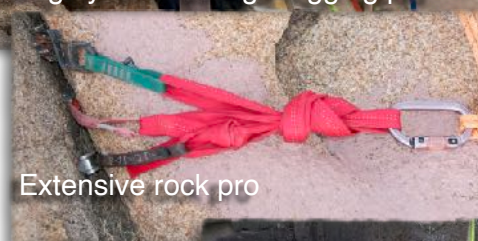
Building systems using a rigging pod

MRW KEY POINTS -

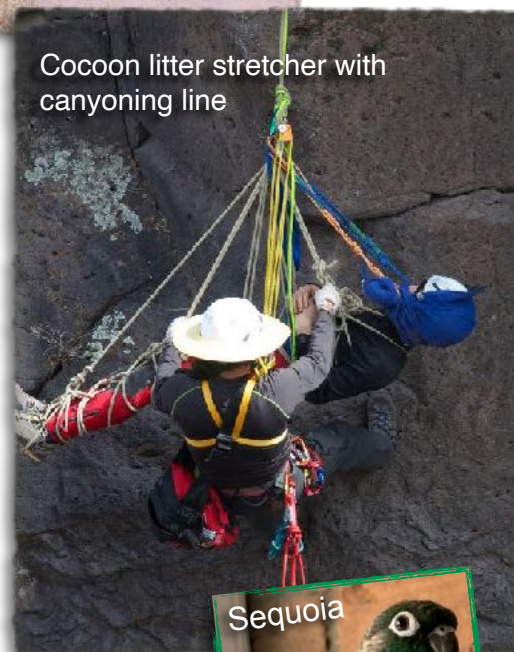
- Strong emphasis on personal mountain rescue skills
- Rope coiling methods-Rope management
- Improvisation and minimalism "What do you do if the gadget does not show up?"
- Knotcraft to the extreme (There is a strong emphasis on knot skills)
- Introduction to pulley systems
- Beginning litter work in high angle evacuations (practice at "attending")
- "V" strap (pike and pivot) litter evacuations
- Cocoon stretcher with canyoning lines
- Rope problems needing strong personal skill base
- True belays/self belays/conditional belays and conditional self belays
- Self rescue techniques / Buddy rescue techniques
- Complete AZTEK kit orientation for personal and team operations:
 - Single and double part hasty rappels
 - Belays and self belays
 - Dynamic fixed and traveling brakes
 - Dynamic directionals
 - Personal travel restrict and fall protection
- Complete Seven Minimalist Rescue Archetypes
- Solo rescuer pick off ("gecko" and hanging)
- Semi-solo rescuer pick offs ("gecko" and hanging)
- Lead climbing (optional) and down climbing techniques (continued next page)
- Sound anchoring principles: simple through advanced system anchors
- One on one rescues (solo):
 1. Pitch Head Rescue (rescue of one below hanging by rescuer on top)
 2. Pitch Toe Rescue (rescue of one from base of cliff to top by rescuer hauling)
 3. Counterbalance Method of rescue (if time allows)
- Much more....



Building systems using a rigging pod



Extensive rock pro



Cocoon litter stretcher with canyoning line

Sequoia



Preparation for either program: TRY TO DO THIS!

Knots, bends and hitches are an integral part of every RTR program. You simply cannot be a good rigger without knowing extensive knotcraft, pure and simple. To assist you in the mastery of these knots PRIOR to class we have assembled videos of Reed and son, Keith Thorne tying each one on camera with the help of Sequoia, the green-cheek conure.

Once you have registered for either program, you are invited to join our closed Facebook Page called "Arizona ART of Clean Rigging" for access to these videos. In this page (only open to past RTR alumni and current students) you will be able to watch all the knotcraft being performed. This will speed up the learning process during the classroom portion which will allow us to get to the field earlier. However, next page is a short list of required knots....

LODGING:

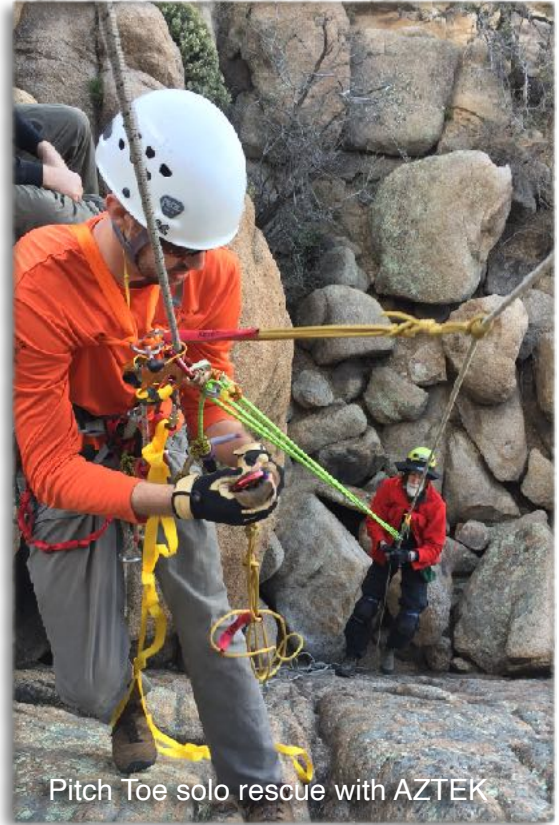
Jerome: Jerome Grand Hotel and the the haunted Ghost City Inn (B&B). Both of these are in old town Jerome within walking distance to the fire station (allow 15 minutes walking). Discounts for RTR.

Cottonwood: Iron Horse Inn (strongly recommended as it had a great BBQ and central meeting location, patio). All the major hotel chains have accommodation in Cottonwood area. Drive from here to Jerome Fire is about 15 to 25 minutes up the hill on 89A (south).

Many many others which you can look into but the towns of Sedona and Prescott are too far away (45 minutes drive each way). Also, if you have two or more coming, look into VRBO and other vacation rentals to save money. There are many good options available.

For those on a budget, there is a shower at the Jerome Fire Dept. and places to bunk down there if you are needing inexpensive lodging. Contact the fire chief, Rusty Blair: blair@jeromefire.us or call his cell (928) 300-8701 during normal business hours. They ask for a \$50 donation per night to the volunteer fund. These will go fast so do not delay.

Please plan on staying through the evening of the last day of the program as we do not get out early! **IMPORTANT::** The final day of all RTR programs is Hawaiian shirt day. Please bring a Hawaiian shirt to receive a FREE RTR embroidered hat! Be ready for a great week and it will surely be challenging! You will learn a lot and walk away with heaps of knowledge.



Pitch Toe solo rescue with AZTEK

KNOTCRAFT for this Ropes That Rescue Workshop

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!

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