

Michigan PSRW INFO Sheet



*"An Excursion into the Vertical Realm"
with Instructors Michael DeGraene*

Seven full days of on rope climbing, rescue and rope access skills where you will come away with confidence in your ability in personal rigging.

The Personal Skills Rescue Workshop is considered by many past students as our most enjoyable, interactive and physically demanding. There is no shortage of "on-rope" time at this workshop! The PSRW, and the Team Skills Rescue Workshop are the courses which fulfill the 90% solution on most rope rescues within industry and wilderness locations. It is designed for the serious rope 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 PSRW 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 all valuable AZTEK kit 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 PSRW 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 PSRW 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

Personal Skills Rescue Workshop *See Current RTR Open Schedule for Dates*

Grand Ledge, Auburn Hills, MI

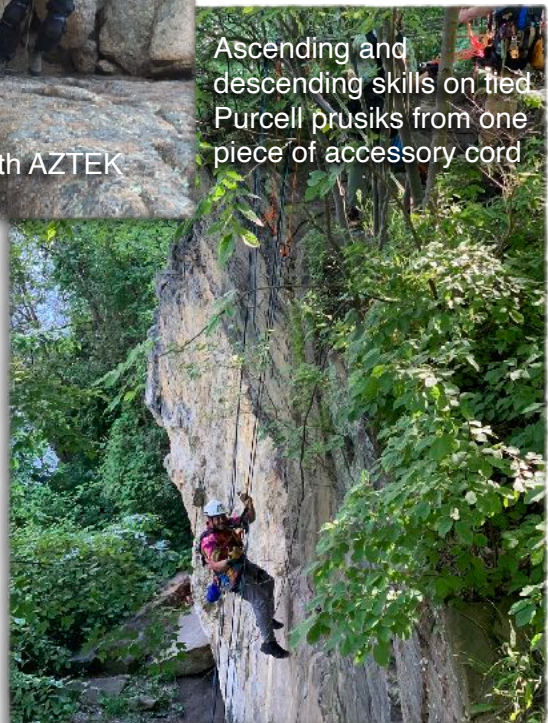
Instructors: Michael DeGraene



Pitch Toe solo rescue with AZTEK



Minimalist Rescue
Archetype #4

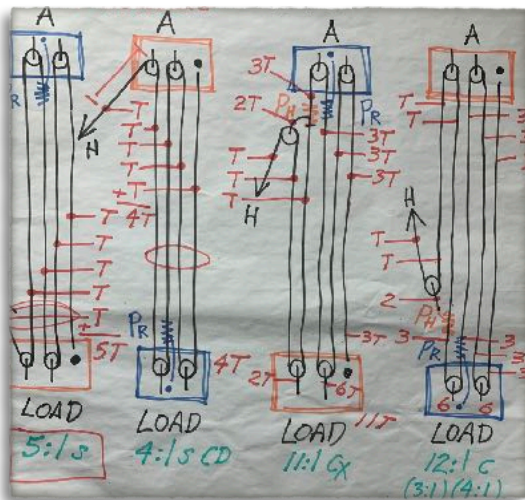


Ascending and
descending skills on tied
Purcell prusiks from one
piece of accessory cord

knots, deviations, rebelay, rope to rope transfers, aid climbing and problem solving are all part of the PSRW. Proficiency through repetition to mastery are encouraged. There is a 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!

PROGRAM LIAISON: (INFO, Location / Meeting Place / and Logistics)

Michael DeCraene (RTR Instructor) Email: michael@ropesthatrescue.com
Phone: (313) 363-1377 Please, only during regular business hours.

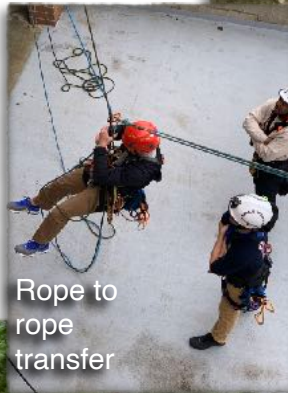


Left: Whiteboard drawing by Thorne showing MA of AZTEK kit

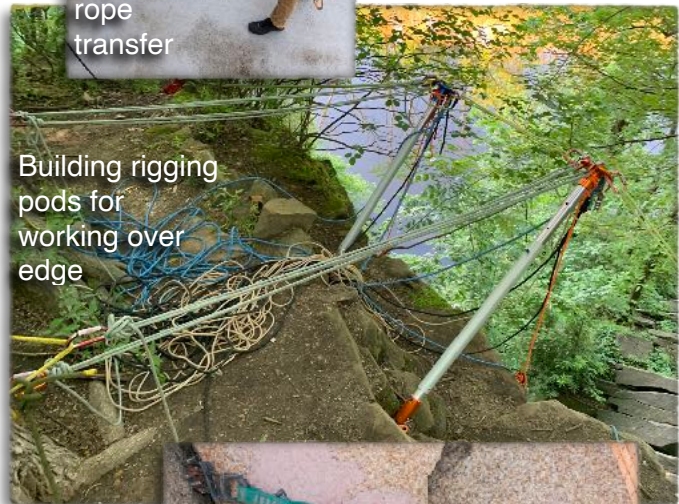
Counterbalance solo rescue



Rope to rope transfer



Building rigging pods for working over edge



Extensive rock pro

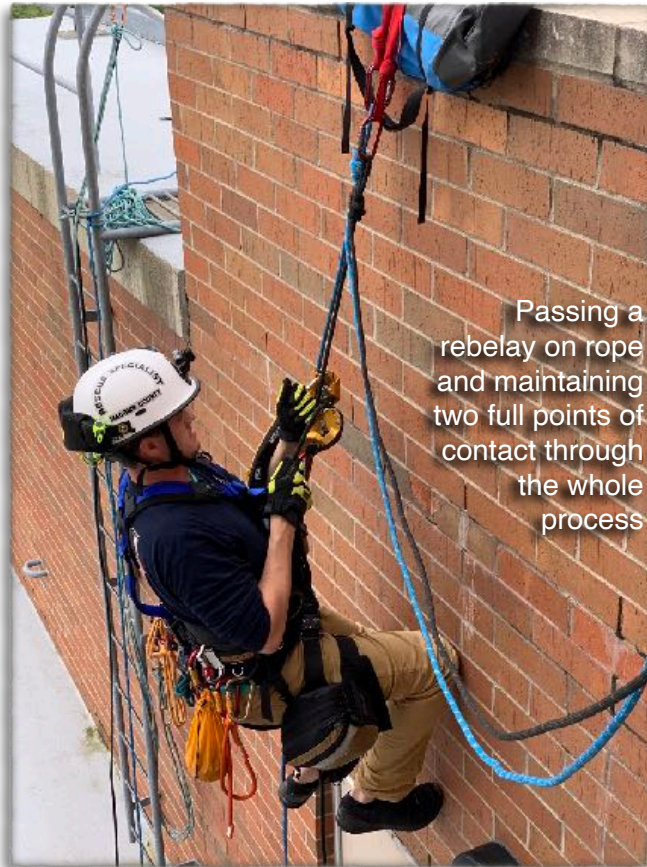


Understanding artificial focused floating "bombproof" anchors

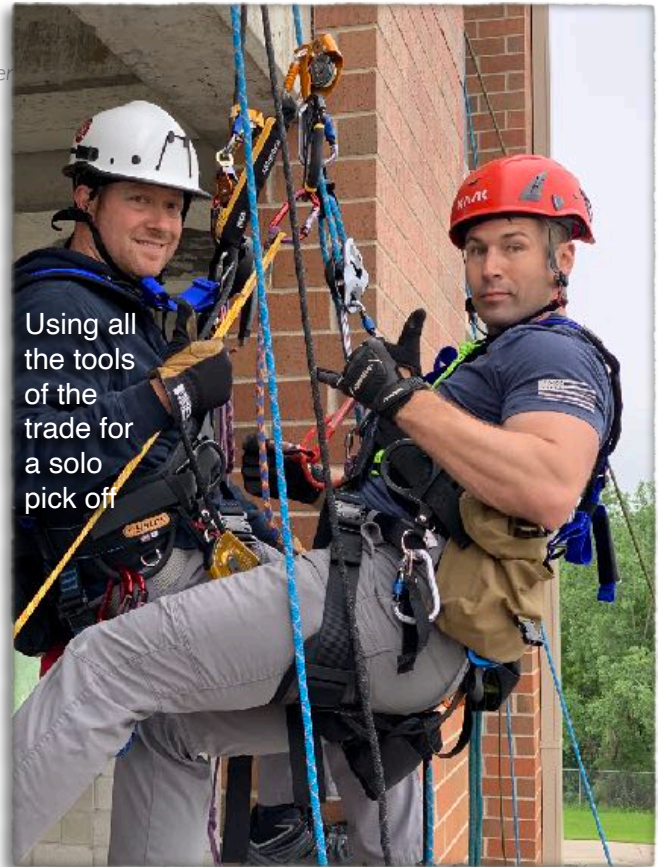


PSRW KEY POINTS -

- 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)

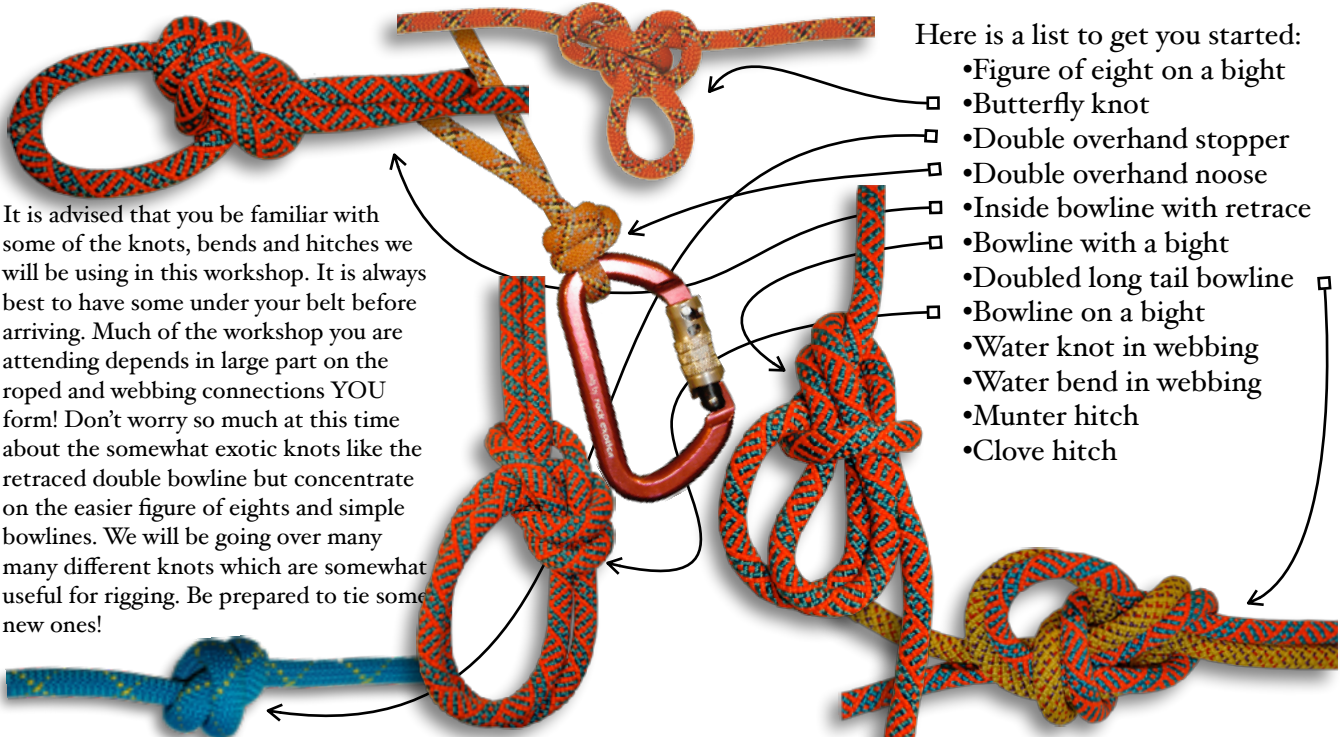


Passing a rebelay on rope and maintaining two full points of contact through the whole process



Using all the tools of the trade for a solo pick off

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