Maryland TSRW INFO Sheet
May 13—19, 2019 - Frederick, MD
Host: Mid Atlantic Technical Rescue

About the Team Skills Rescue Workshop (TSRW) Program:

The TSRW is a demanding 7 day long program and is ideal for industrial, tower and wilderness rescue teams, riggers or rope access technicians while focusing on the ART of Clean Rigging based on sound principles and understanding. This program will fulfill the ‘90% solution’ on most rope rescues.

Lectures on intermediate physics and how it relates to rope rigging are common throughout the 7 day course. Emphasis is placed on ‘why’ we do something, rather than just ‘how’. Students, as a team unit, learn how to build seemingly complex arrangements for reaching, treating and extricating a patient from the vertical high angle environment whether in industrial locations or in the wilderness. Also ideal for those who work on rope and are charged with moving materials or personnel. 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. The more you know, the lighter your pack should get. The TSRW includes an extensive lecture and practical section on

The Maryland TSRW is a good blend of both wilderness and industry. Above right, rescuers perform a two rope offset at Maryland Heights overlooking historic Harper’s Ferry, WV. Above left, a high angle lower off of a gin pole on an upper landing platform using the Arizona Vortex.
alternatives to highlines in the form of 'offsets'. In the past 15 years, RTR was instrumental for championing high angle offsets as an alternative to training-intensive highlines. Offsets employ standard high angle techniques that most rescuers already know and so are more forgiving in the training curve than more elaborate systems.

**TSRW Key Points:**
- Over 200 page manual with reproduction of part of the lectures and slide shows (available in color for extra charge)
- Technical evacuations using litter: High angle and steep angle
- Strong emphasis on team-oriented skills
- Knot craft and mastery of rigging - learning to lash and secure things
- Intermediate pulley systems (simple through complex)
- Physics of rope rescue
- Two tensioned rope systems analysis (Steep angle evacs)
- Frames: Arizona Vortex® (as options)
  - Gin pole monopods - Rigging pods
  - A-frames
  - Sideways A-frames - Lazy leg SA frames
  - Easel A-frames
  - Arizona “Doortex” - Jamb poles
- Directionals and anchor angle force calculations
- Batwing compound pulley systems - AZ progression of 7
- Complete AZTEK kit orientation for team operations:
  - Personal travel restrict and fall protection
  - Single and double part hasty rappels
  - Belays and self belays
  - Dynamic fixed brakes, directionals, butt blocks, etc.
  - Dynamic directionals
  - Personal travel restrict and fall protection
- Mid face attendant-based and team-based litter scoops
- Team-based pick offs
- Belays, self belays, conditional belays and conditional self belays
- Sound anchoring principles: intermediate through advanced systems anchors, be
  - Focused and focused-floating anchors using opposition anchors
- Low edge mitigation - no high directional
- Hot and cold changeovers using the CMC MPD®
- Non-highline solutions to rescue scenarios
- Offsets for the high angle evacuation:
  - Deflected offsets
  - Tracking line offsets (with belay and self belay elements)
  - Skate block offsets (with belay and self belay elements)
  - Two rope offsets
- Lecture on safety factor and safety margin and “bracketing” rope strength

**Please Note:** The TSRW is 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, this program is one you should not miss.
Meeting location: We begin at 0800 sharp on day 1.
Fishing Creek Cabin (a very cool old mountain lodge) located at 5845 Mountaindale Road, Frederick, MD 21702

How to get to this Program:
Fly into either airport and hire a rental car:
1. Washington Dulles International Airport (IAD / KIAD) and drive 45 miles to Frederick, MD
2. Baltimore/Washington International Airport (BWI / KBWI) and drive 50 miles to Frederick, MD

Lodging: (You may also stay in nearby Thurmont or Emmitsburg, MD)
Frederick has many hotels in the area. Try and stay locally as the program centers around Frederick.
• Hampton Inn & Suites Frederick 5311 Buckeystown Pike Frederick, MD (301) 696-1565
• Sleep Inn 5361 Spectrum Dr Frederick, MD (301) 668-2003
• Hilton Garden Inn 7226 Corporate Ct Frederick, MD (240) 566-1500
• Country Inn & Suites by Radisson, Frederick, MD 5579 Spectrum Dr Frederick, MD (301) 695-2881

Hawaiian Shirt Day! (Required if you wish to receive an RTR embroidered hat)
The final day of every Ropes That Rescue program is Hawaiian Shirt Day. Be sure to pick up a flamboyant Hawaiian shirt for the final group photo!

REQUIRED Equipment: (Things you need to bring)
You are required to bring the minimum equipment to the TSRW in order to fully participate in this program. Click HERE. Please be sure you have everything including the AZTEK kit which is extremely important.

Travel after the program ends:
Please be safe! The final day of this program is strenuous and you will NOT be getting out early! Please plan on staying the night if you are not a local so you can rest. We advise not trying to drive home on the final day.

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!