

PEOL 315 – Basics of Technical Rescue

<http://opp.uoregon.edu/rescue/rescuecourses.html>

General Description

This one-credit course introduces outdoor enthusiasts to technical rescue skills applicable to mountain, rock and swiftwater rescue environments. The focus is on knots, rope management, rigging, anchor building, technical rescue systems, improvised rescue skills and systems, and extrication techniques including rope litters and carries. Emphasis is placed on self and small party rescue.

Prerequisite/Corequisites

PEOL 251 – Rock Climbing 1 (or equivalent experience)

Course Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the objectives of the prerequisite course(s), upon completion of this course participants should be able to:

1. Demonstrate an understanding of the care, strengths and weaknesses of rescue equipment.
2. Efficiently coil a rope using butterfly and mountaineer methods.
3. Proficiently tie the knots used to join cordage and sling material, construct anchors and build rescue systems.
4. Construct and evaluate the integrity of a multi-point anchor.
5. Assess the forces placed on anchor components in a multi-point anchor system.
6. Tie a climber off and escape a belay.
7. Competently ascend a fixed line and transition into a rappel.
8. Construct rescue systems utilizing mechanical advantage, including 2:1 and 3:1 systems.
9. Construct and properly utilize a rope litter in a rescue situation.
10. More effectively evaluate one's strengths and limitations as a rescuer in a technical rescue environment.

Evaluation

This is a P/NP course. Students enrolled for credit will be graded in the following areas. All of the following evaluative criteria must be met for a passing grade:

30% *Attendance and Participation*

- a. *Classroom* - attending the required sessions identified on the course schedule, contributing to the group effort, being on time and actively participating in all classroom events.

40% *Competence* - must be demonstrated in the following areas:

- a. *Ground skills* - coiling a rope, properly using and caring for climbing and rescue equipment, fitting and adjusting a climbing harness and helmet, tying select rescue knots (select bends, loops and hitches), and constructing basic two and three-point anchor systems.
- b. *Rescue system safety* - adhering to the safety practices set forth by the instructor, including: performing buddy-system safety checks, wearing a helmet when required, anchoring in when required, and complying with ground school and vertical rescue system protocols.
- c. *Belay escapes* - efficiently executing belay escapes when belaying in and out of the anchor system.
- d. *Fixed rope ascension* - safely ascending a fixed rope from floor to ceiling and rappelling back to ground level.
- e. *Technical raising systems* – construct 2:1 and 3:1 raising systems.
- f. *Litters, carries and improvised rescue* – constructing and carrying a rope litter, utilizing the rope carries and improvised systems introduced in class sessions.

30% *Worksheet* - 80% or better is required. Note the due date on the course schedule. Late submissions will not be accepted.

To be considered for a passing grade, participants must:

1. Attend and fully participate in ALL required classroom sessions specified on the course schedule.
2. Submit the worksheet by the deadline specified on the course schedule.
3. Attain a score of 80% or higher on the combined evaluative criteria.

Course Demands, Requirements, Expectations, and Policies

This course is conducted in the rescue training facility located in B50 Gerlinger Annex. Students are expected to comply with facility policies and protocols during class sessions. Some events are conducted in a vertical environment with participants hanging in their climbing harnesses while belaying and executing rescue techniques. It is imperative that your harness fit properly and is comfortable during rescue situations when your full weight is supported by your harness system. Students are required to wear helmets during all rescue sessions with the exception of ground-school skills practice.

It's imperative that you understand what is required of you in terms of preparation, fitness, physical comfort, attitude, and conduct. MOST IMPORTANT! Safety is our first concern and must be yours as well. You are required to assume full responsibility for your own safety. Never assume that the leadership team knows everything, always make good decisions, or can solve every problem for you. Your safety depends upon your alertness and good sense. We encourage you to maintain a questioning attitude! If you are unsure of something, ask!

A. *You are:*

1. Required to read, understand, and sign the Statement of Risk, Assumption of Risk, and Release of Liability document and Health Information form, allowing enough time to thoroughly read each document and bring any questions you may have to the course instructor. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your participation in this course.
2. Encouraged to monitor your health and comfort and inform your instructor if you become uncomfortable or exceed your limits of personal safety. Your enjoyment of the course will be improved by maintaining a positive attitude and by being mentally prepared for a new set of challenges each day.
3. **Strongly encouraged to obtain health insurance prior to participation in this course.** You may be asked to secure a physician's statement clearing you to participate in this course.

Incomplete Policy

In compliance with University policies, an "I" can be given only when a relatively minor part of a course is not completed. Therefore, if you do not participate in the outing component, an "I" is not an option. If you cannot attend the outing, drop the course as soon as possible.

Fee Refund Policy

If participation is disallowed due to failure to meet the requirements for participation specified above, or because you chose not to participate in the outing for any reason other than a documented family or medical emergency, fees will NOT be refunded. Refunds are subject to the refund schedule established by the Registrar's Office.

Additional Information

1. Evaluation: You are requested to complete student leader evaluations at the last class session, and to complete an online course/instructor evaluation on Duckweb during the evaluation period at the end of the term.
2. You are encouraged to provide your own (comfortable) harness. The UO has unpadded mountaineering harnesses for use.
3. You are also encouraged to purchase a 18' cordelette made from 6 mm. accessory cord.

Course Instructor

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