

BLIDE RIDGE MOUNTAIN RESCUE GROUP
1979 BASIC TRAINING COURSE: BRIEF OUTLINE

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Date	Session	Topics	Comments
17 Sept.	1.	<u>INTRODUCTION AND SURVIVAL</u> I. Introduction (General) A. How the BRMRG fits in B. BRMRG/ASRC capabilities and SAR missions C. The complete Basic member D. Administrative and field organization E. Closing comments II. Survival A. Survival priorities and psychology B. Temperature homeostasis and physiology C. Cold disorders D. Heat disorders E. Clothing, shelter, and personal equipment F. Situational problems; improvisation of shelter and fires.	
24 Sept.	2.	<u>ROPEWORK</u> I. Introduction to ropework A. History and uses B. Safety and calculated risks C. Ropes, hardware, and personal equipment II. Knots A. General characteristics and considerations B. Specific knots: as in Training Guide + clove hitch III. Rope handling and anchoring IV. Belaying V. Ascending VI. Rappelling VII. Practice.	Read: <u>Mtn. Rescue Manual</u> pp. 1-18 and Supplement <u>Surviving the Unexpected Wilderness Emergency</u> Bring: Seat (6m 1" tubular nylon webbing) Tie-in (1.5m 6mm rope)
6 Oct (Sat)	A.	<u>ROPEWORK FIELD SESSION</u> Stations: --Belaying --Rappelling --Ascending --Knots --Self-rescue.	Bring: <u>standard daypack gear</u> seat harness 2 tie-in/prusik loops 1 locking D carabiner 3.5m 1" webbing for prusik rig (Figure 8 descender recommended) leather gloves helmet or hardhat lunch

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1 Oct.	3.	<u>LAND NAVIGATION AND WILDERNESS TRAVEL</u> I. Land navigation A. Maps and coordinate systems B. Compasses C. Orienteering D. Determining a bearing E. Following a bearing F. Determining position G. Emergency determination of direction II. Wilderness travel A. Backpacking and the wilderness ethic B. Emergencies in the outdoors C. Medical problems in the outdoors D. Food, water, and nutrition E. Route selection and terrain problems F. Personal equipment.	Read: <u>GSAR Manual</u> Ch. 7, 8, 12; <u>Topographic Maps</u> ; and <u>Fundamentals of Outdoor Enjoyment</u> . Bring an Orienteering compass.
7 Oct (Sun)	B.	<u>LAND NAVIGATION FIELD SESSION</u> I. Review A. Determining a bearing B. Orienteering II. Map walk III. Silver dollar game IV. Basic-level orienteering course V. Resection and triangulation problems VI. Intermediate-level orienteering course VII. Break and dinner VIII. Night orienteering course.	Bring: standard daypack gear lunch orienteering compass ziploc bag for map case light source w/spare b+b
8 Oct.	4.	<u>MOUNTAIN RESCUE</u> I. Rescue and evacuation modes and route planning II. Non-technical evacs (practical around building) III. Semi-tech evacs A. Braking and belaying B. Rotations and calls C. The brute-force hauling system	Read: <u>Mtn. Rescue Manual</u> Bring: clothing for outdoor exercise leather gloves

Session	Topics
(4)	IV. Litter loading and rigging <ul style="list-style-type: none"> A. Stokes B. D-ring
	V. Improvised evacuation methods.
15 Oct.	5. <u>REVIEW AND SELF-EVALUATION TEST</u> <ul style="list-style-type: none"> I. Review II. Written test III. Test scoring and discussion.
22 Oct.	6. <u>LOST PERSON SEARCH</u> <p style="margin-left: 20px;">Read: <u>SAROP</u>; <u>GSAR Manual</u> Ch. 3, 5, 9</p> <ul style="list-style-type: none"> I. The Quick Response and callout II. The Responsible Agent III. Search theory and strategy IV. Search tactics: scratch, survey, sweep, containment V. Phase 2 + 3 Mission Staff and the TAF VI. Line search VII. Briefing and leading volunteers VIII. Special resources IX. Crime scene procedures.
27 Oct.	C. <u>MOUNTAIN RESCUE FIELD SESSION</u> <p style="margin-left: 20px;">Bring: standard daypack gear standard rescue gear</p> <ul style="list-style-type: none"> I. Non-technical evacs II. Semi-tech rotations with tree belays, no litter III. Semi-tech rotations with figure 8s, brute force hauling system, and with litters IV. Loading and route planning problems.
9 Oct.	7. <u>OPERATIONS AND COMMUNICATIONS</u> <p style="margin-left: 20px;">Read: <u>GSAR Manual</u> Ch. 13 Commo sheet (review <u>SAROP</u>)</p> <ul style="list-style-type: none"> I. Operations <ul style="list-style-type: none"> A. Phase 0: Alert and Standby. AO and member responsibilities B. Phase 1: The Quick Response. QRT member responsibilities, and behavior during missions C. DO responsibilities D. Mission Staff functions and responsibilities E. Mission Staff exercise

Session	Topics
(7)	II. Communications <ul style="list-style-type: none"> A. General principles B. Interrogation C. Ground-to-air and air-to-ground signals D. Ground-to-ground signals E. Radio communications <ul style="list-style-type: none"> 1. FCC regulations and radio services 2. Frequencies, modes, and their characteristics 3. Power and batteries 4. Antennas 5. Hand-held and mobile radio controls and their use 6. ASRC SOP 7. Formal mission traffic F. Communications exercise.
19-21 Oct.	D. <u>WILDERNESS FIELD SESSION</u> BY RESERVATION ONLY; special equipment and experience requirements <ul style="list-style-type: none"> I. Drive to area and camp Friday night II. Teams of 2 assigned to cross-country routes to designated rendezvous III. Group camps together in backcountry Saturday night IV. Group hikes out together, working group problems.
5 Nov.	8. <u>DOWNED AIRCRAFT SEARCH AND HELICOPTER OPERATIONS</u> <p style="margin-left: 20px;">Read: <u>GSAR Manual</u> Ch. 1, 4, 14, 15</p> <ul style="list-style-type: none"> I. Downed aircraft search <ul style="list-style-type: none"> A. Search theory and strategy B. Authority for ASRC involvement C. Search tactics D. CAP SOPs E. Crash site procedures F. Military air crash rescue II. Helicopter operations <ul style="list-style-type: none"> A. Helicopter description and characteristics B. Uses of the helicopter in SAR C. Safety D. Landing zones and helispots E. Loading and unloading F. Hoist operations.

Session Topics

- 4 Nov (Sun)E. ELT SEARCH AND ROPEWORK FIELD SESSION Bring: standard QR pack
- Two stations:
- I. ELT search
- II. Ropework problems.
- 12 Nov. 9. WINTER SURVIVAL AND WILDERNESS TRAVEL Recommended reading:
Winter Hiking and Camping
- I. General
- A. Cold
- B. Preparation for winter trips
- II. The body and cold
- III. Clothing
- IV. Equipment
- V. Food
- VI. Travel
- VII. Shelter
- VIII. Survival and rescue
- IX. Mountain weather.
- 11Nov (Sun)10. MAKE-UP AND REVIEW.
- 19 Nov. 11. WRITTEN TEST.
- 18Nov (Sun)F. PRACTICAL TEST.