



SierraRescue.com ~ info@sierrarescue.com ~ 530-902-6122

Hello from Sierra Rescue!

Thanks so much for your interest in this Technical Rope Rescue Technician Level Course. The Technical Rope Rescue Technician Level Class is a five-day intensive study into technical ropes. The class combines skills that will prepare rescuers to operate in low, mid and high/ vertical rope environments. We believe in training rescuers who can not only build and operate rope systems, but also understand the forces, how they are applied, how to trouble-shoot a problem and how to assess and access subjects in a variety of situations.

Many students in our TRR-TL classes are rope rescue professionals, fire fighters, mountain guides and personnel aiming to become "Technician Level" responders. To become an NFPA technician in Water and Rope, rescuers must complete the TRR-TL, SRT-1 and SRT-A. No rope experience is needed to enroll in this class and we guarantee you will enjoy the class and learn lots! Hope to see you out there!

WHAT TO BRING!

- **Good boots:** for varied terrain including hill sides and rock
- **Helmet:** Climbing type or swiftwater
- **Harness:** waist or full body is fine
- **Gloves:** Dexterity is as important as protection. Comfortable gloves that you can still tie knots and hitches with.
- **Snacks and water;** You will need snacks and water for all the days! There is a "Roadhouse Grill" very close to the site. Otherwise, please bring your lunch with you!
- **Clothing:** The weather could be anything from sunny to raining. Please be prepared for all weather possibilities, as we will be outside the entire class!

These items are highly recommended but not mandatory:

- **Personal carabiners:** 3-4 aluminum, locking carabiners to clip things to your harness with. (It's nice to have a big rounded one if possible: i.e. jakes)
- **Cordage:** (If you bring the cordage, you will walk away from this course with what you need to go up and/or down a rope)
 - To make your own Purcells: 35 feet of 6mm
 - For an edge tender line: 35 feet for 8mm (Not as important as the 6mm. Again, this is to add to your PPE). We have plenty of edge tender lines, but this is something you will keep and throw into your tech pack.
- **Personal Rope Tech gear such as:** petzyl id, scarab, rappel device, etc.

BASIC COURSE OUTLINE:

- Knots
- Anchors
- Patient packaging
- Proper belay techniques
- Raising and lowering system set-up
- Mechanical advantage
- Steep angle evacs
- Litter tending and set up
- Raising and lowering systems
- Piggy back mechanical advantage and lowering systems
- Problem solving
- Scenarios involving patient access and evacuation in the steep environment
- Ascending and rappelling with all different devices
- Passing knots on the raise and lower and on the ascend and descend.
- Litter packaging and raising and lowering in the vertical environment
- Pick offs in the vertical environment
- Catching a falling load with the belay
- High Line Systems
- Litter Lowering from High to Low
- Setting up a Highline with a Mid-point drop

The goal of all the days is to keep you moving and learning. At no point should you have to be standing around. You will either be belaying or tending a litter or on the rope yourself. Hopefully, no one will go home rested at night. This is a dynamic and active class!

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for registering in this class and we look forward to seeing you soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue