



Rescue Dynamics

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This letter will serve to introduce you to the High Angle Rescue Dynamics - Level One - Professional Course you expressed interest in. The date for the courses this year are September 6 - 11, 2010 (Tuesday - Sunday). The cost of the course is \$660.00 per person including GST. For 2011 the course length has been increased by one day to accommodate introducing several new items of equipment as well as pickoffs.

In order for you to be confirmed on the course you must prepay the course deposit, complete the personal information form and sign a comprehensive waiver. This must be done prior to the course beginning. If you have not paid, your spot is NOT booked. Please book immediately upon receiving this letter to avoid disappointment.

A \$100 non refundable, non transferable deposit will be required to hold each spot and full payment is required no later than eight weeks prior to course commencement. In order for you to be confirmed on the course you must prepay the appropriate fees, complete the personal information form, then read, understand and sign the waiver. The waiver must be witnessed by someone other than a family member. (Cheques may be made payable to Rescue Dynamics.) If you have not paid, your spot is NOT booked.

See our website for complete cancellation policies and procedures. Medical cancellation coverage is available for an additional \$33.00. Should less than four persons sign up for the course, we reserve the right to cancel the course. We also reserve the right to cancel the course in the event of severe weather. Should this happen, your course fees will be refunded.

A sample course outline is included with this letter. Instruction takes place on rock cliffs and slabs in the Front Ranges in and around Jasper National Park (midway between Hinton and Jasper, Alberta). We will provide instruction and all the technical climbing equipment including hardware, ropes, helmets and harnesses. (If you own your own gear, feel free to bring it. It is best not to buy any new equipment until after the course is over, as you will make better purchasing decisions after you have tried out various items in the field.) We DO NOT provide boots, day pack or clothing.

Proper climbing or work boots with a Vibram® or “lug” sole are a must. Be sure your clothing can handle the changes in mountain environment, including heat, cold, wind, rain (or snow?), sun and insects. September can be a very cold month and an early season snow storm is not unheard of. We are outside all day on most days, and the course will proceed in all but the most severe weather. Expect days to be long with the possibility of an occasional evening session. The basic equipment list may help you to prepare for the course.

You must have a valid Park Vehicle Pass or Personal Pass to attend this course, as we are traveling in National Park areas. Be sure to purchase one when you first enter the Park if you do not already have one.

You are responsible for your own meals, accommodation and transportation for the entire course. Bring a bag lunch and water or other drinks for each day of the course, as we do not return to our vehicles for lunch.

The meeting time and place for the course is 8:00 am on the first day of the course at the parking lot outside the Jasper Museum and Archives. Look for a white cargo van - CYM 044. In case of emergency, you can try contacting us by cell phone on the first morning of the course at (780) 916-7951.

Further details will be provided upon your registration. If you have any further questions, please call or email us.

Sincerely

Cyril Shokoples IFMGA
Chief Instructor / Mountain Guide



TENTATIVE OUTLINE
RESCUE ONE - SPECIAL PROFESSIONAL SESSION:
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DAY 1 Foundations

- Introduction to basic knots
- Introduction to basic equipment and harnesses
- Fundamentals of rope handling and belaying technique
- Rescue anchor basics (multi-point and equalette)
- Introduction to rappelling and brake racks (rack / conterra / scarab)
- Care of equipment
- Introduction to stretchers and carries
- Introduction to rope ascending / prusiking
- Safety in rescue and climbing (ongoing topic)

DAY 2 Systems

- Overview of pulley systems
- Basics of 3:1 simple pulley system
- Introduction to load releasing hitches (radium release)
- Introduction to Tandem Prusik Belay
- Introduction to two rope / (main line / independent belay) rescue system
- Introduction to the Four Phases of Rope Rescue
- Introduction to rescue lowers
- Introduction to 540 Rescue Belay
- Practice ascending fixed lines and rappelling (rappel safeties)
- Refinement of rappelling technique

DAY 3 Systems

- Introduction to advanced anchors specific to rescue (pre-tensioned back-ties / floating focal point)
- Introduction to litter rigging, raises and lowers
- Introduction to MPD and twin rope system
- Introduction to 4:1 and 5:1 pulley systems
- Introduction to rope extensions / bypassing knots

DAY 4 Scenarios & Systems

- Introduction to piggy back systems
- Discussion on counterbalance and related systems
- Practice various raising and lowering systems
- Possible cave rescue simulation

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DAY 5 Pick-offs

- Introduction to Panorama Pick-off
- Practice litter rigging, raises and lowers

DAY 6 Final Scenarios & Examinations

- Practice litter rigging, raises and lowers
- Review of course materials
- Final practical examinations