



Rescue Dynamics

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Greetings

This letter will serve to introduce you to the Rock Rescue Essentials Course you expressed interest in. The date for the course is May 19, 20, 2006. The cost of the course is \$275.00 per person including GST. (If you are taking this course as part of the leadership training courses through the Edmonton Section of the ACC you may be paying a subsidized course fee in which case you need to enroll directly through the ACC Edmonton Section Course Coordinator.)

In order for you to be confirmed on the course you must prepay the course fee, 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 \$13.75. Should less than three 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.

The course consists of two days of single rope rescue systems (SRT) for dealing with an injured partner. We will look at the basic technical rope aspects of rock rescue. We will study lowers, raises, simple pulley systems, some basic lifts and carries and some safety systems to prevent accidents. In order to get the most from this course you should also review your knots and rope procedures before arriving. Instruction takes place in the Front Ranges of Jasper Park.

This course does NOT deal with first aid considerations. For a good course try our Emergency Mountain First Aid, Outdoor and Wilderness Life Support or Wilderness Emergency Care courses.

We will not review anchor and gear placement except as it may affect modifications to rescue systems. We assume that you already have the knowledge to set up simple anchors and use protection devices (nuts, cams, pitons, fixed protection) appropriately. If you do not have any background in setting up anchors, please consider taking Intermediate Rock before coming on this course. It is not an absolute necessity, but it will make most parts of this course simpler.

We 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.) We DO NOT provide climbing boots, day pack or clothing. Rock shoes are not required. Be sure your clothing can handle the changes in a mountain environment, including heat, cold, wind, rain (or snow?), sun and insects.

We are outside all day during the course, and instruction will proceed in all but the most severe weather. The basic equipment checklist available on our website may help you to prepare for the course. You are responsible for your own meals, accommodation and transportation for the entire course. Bring a bag lunch and water for each day of the course. We don't return to the vehicles for lunch.

Common campsites that have been used by students in the past include Folding Mountain (outside of the park to the east of the park gates), Whistler (closest to Jasper) and Wapiti (next closest to Jasper) each of which have showers. More primitive camping is found at Pocahontas and Snaring Campgrounds. Motels and other accommodations can be found at the Folding Mountain Resort or in the townsite of Jasper.

The meeting time and place is 8:30 am on the first day of the course at Morro slabs. Morro slabs is located 20km east of Jasper at a point where the highway crosses the Athabasca River. The slabs are visible going right into the water beside the bridge. On the east end of the bridge is a paved parking lot where we will meet before hiking to the

site. Look for one of three vehicles; black Toyota Forerunner - VE6 MTN; brown camper van - WJK 864; white cargo van – CYM 044. In case of emergency, you can contact our cell phone on the morning of the course at (780) 916-7951. There is a PDF file available on our website detailing how to get to this location as well as how to book the various parks campsites.

You must have a valid Park Vehicle Group 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. If you have any further questions, please call or email us.

Sincerely

Cyril Shokoples IFMGA
Chief Instructor / Mountain Guide

General Course Overview

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Rock Rescue

DAY 1

- Introduction to stretchers and carries
- Introduction to tie offs and basics of 3:1 simple pulley system
- Introduction to "Options System" concept
- Introduction to lowers
- Introduction to ascending fixed lines
- Introduction to several rappel safety methods
- Demonstration of counterbalance system

DAY 2

- 3:1 simple rescue system practice
- Review of, or introduction to, anchor equalization systems
- Introduction to 5:1 modifications of 3:1 simple pulley system
- Introduction to rope extension and passing knots on raising

DAY 3 (only on selected 3 day courses only)

- Introduction to 2 rope improvised systems
- Introduction to Piggyback rescues
- Introduction to Rappel rescues
- Counterbalance practice
- Raise and lower practice