

Week 1 – Tue Jun 23
Cycle 4: Tech / Special Rescue Basics

References

NFPA 1006 (Rope Rescue Awareness/Operations)

RVFRSO Rope & Equipment SOGs

Agency Rope Cache Standards

Training Objectives

- Identify rope types, equipment, and rescue system principles.
- Tie and dress essential rescue knots consistently.
- Build simple, safe anchor points for low-angle support operations.

Lesson Outline (1800–2100)

1800–1820 – Safety & Orientation

Gloves, pinch points, edge hazards, load awareness.

1820–1850 – Rope & Hardware Identification

Kernmantle vs utility, carabiners, webbing, edge protection.

1850–1930 – Knot Lab

Figure 8 family, water knot, clove hitch, Munter, prusik creation.

1930–2045 – Anchor Foundations

Single-point anchors, multi-point load sharing, improvised anchors.

2045–2100 – Debrief

Evaluation

Knots correct; anchors safe; equipment handled properly.

Safety / Logistics

No overloading; protect rope; maintain spacing.

Week 2 – Tue Jun 30
Cycle 4: Tech / Special Rescue Basics

References

NFPA 1006/1670

RVFRSO Low-Angle SOGs

Training Objectives

- Build and operate a basic low-angle rescue system.
- Demonstrate proper belay, main line setup, and edge attendant skills.
- Integrate communication and task flow into low-angle movement.

Lesson Outline (1800–2100)

1800–1820 – Safety & System Overview

Belay rules, comms expectations, redundancy.

1820–1850 – System Components

Main line, belay line, prusiks, anchors, edge protection.

1850–1930 – Rigging Stations

Main/belay builds, MA systems, edge attendant roles.

1930–2045 – Movement Evolution

Rescue load movement on slope (litter or bag).

2045–2100 – Debrief

Evaluation

Rigging correctness; comms discipline; system safety.

Safety / Logistics

Strict belay; edge safety; defined zones.

Week 3 – Tue Jul 07
Cycle 4: Tech / Special Rescue Basics

References

JC EMS Standing Orders: Trauma, Falls
Wound Care Guidelines

Training Objectives

- Apply trauma assessment skills for fall injuries.
- Manage bleeding, fractures, wounds, impalements safely.
- Package fall victims for low-angle or difficult terrain extraction.

Lesson Outline (1800–2100)

1800–1840 – Mechanism & Injury Patterns

Fall distance, body position, secondary impacts.

1840–1910 – Wound & Trauma Management

Bleeding control, dressing, splinting, pain considerations.

1910–2045 – Scenario Stations

Litter packaging, stair extractions, confined-space fall victim care.

2045–2100 – Debrief

Evaluation

Assessment accuracy; wound control; immobilization quality.

Safety / Logistics

Use proper lifting; environmental hazard control.

Week 4 – Tue Jul 14
Cycle 4: Tech / Special Rescue Basics

References

NFPA 1006 Water Rescue Awareness/Operations
Agency Surface Water SOGs

Training Objectives

- Identify water rescue hazards and safe zones.
- Demonstrate shore-based rescue & throw-bag skills.
- Understand PPE requirements and risk profiles in water environments.

Lesson Outline (1800–2100)

1800–1820 – Safety & Hazard Review
Hydraulics, footing risks, cold-water shock.

1820–1850 – PPE Review

PFDs, helmets, boots, comms, tethering.

1850–1930 – Shore-Based Techniques

Talk–Reach–Throw–Row; throw bag technique; tether basics.

1930–2045 – Practical Evolutions

Dry-land throw bag drills, simulated rescues.

2045–2100 – Debrief

Evaluation

Throw accuracy; hazard recognition; PPE use.

Safety / Logistics

No in-water work; down-range zone control.

Week 5 – Tue Jul 21
Cycle 4: Tech / Special Rescue Basics

References

NFPA 1006 Water Rescue Skills
Agency Water Rescue Training Plan

Training Objectives

- Demonstrate safe self-survival in controlled water training.
- Execute coordinated shore-based rescues.
- Communicate hazards and victim conditions effectively.

Lesson Outline (1800–2100)

1800–1820 – Safety & Swim-Test Review

Hydration, cold response, instructor assignments.

1820–1850 – Self-Survival Techniques

Defensive/aggressive swimming, ferry angles, escape skills.

1850–1930 – Shore-Based Rescue Evolutions

Throw bag, tether ops, boat-assisted reach (if used).

1930–2045 – Team Scenarios

Panicked victim management, multi-rescuer coordination.

2045–2100 – Debrief

Evaluation

Swimming technique; rescue control; communication.

Safety / Logistics

Instructors in water; spotters on shore; rescue gear staged.

Week 6 – Tue Jul 28
Cycle 4: Tech / Special Rescue Basics

References

JC EMS Standing Orders: Environmental Emergencies
AHA Drowning Care Guidelines

Training Objectives

- Recognize drowning physiology and airway-first priorities.
- Assess/treat hypothermia from mild to severe.
- Integrate EMS care into water rescue operations.

Lesson Outline (1800–2100)

1800–1830 – Pathophysiology Review

Hypoxia, aspiration, cold stress.

1830–1900 – Drowning Care

Ventilation-first, CPR modifications, airway techniques.

1900–2030 – Hypothermia Scenarios

Cold-water rescue, packaging, rewarming.

2030–2100 – Debrief

Evaluation

Airway skill quality; hypothermia treatment accuracy.

Safety / Logistics

Warm environment; avoid excessive cold exposure.

Week 7 – Tue Aug 04
Cycle 4: Tech / Special Rescue Basics

References

Cycle 4 SOGs
IC Assignments for Tech Rescue
Water & Rope Training Sheets

Training Objectives

- Demonstrate readiness in rope, low-angle, and water skills.
- Confirm ICS roles and comms for drill.
- Integrate technical rescue skills in combined evolutions.

Lesson Outline (1800–2100)

1800–1830 – ICS & Overview

Assignments, comms, safety updates.

1830–1930 – Skill Rotations

Knots, anchors, MA systems, water skills.

1930–2045 – Mini-Scenarios

Combined rescue tasks; team communication.

2045–2100 – Readiness Check

Evaluation

Skill proficiency; communication; readiness.

Safety / Logistics

Moderate intensity; hydrate; equipment checks.

Week 8 – Tue Aug 11
Cycle 4: Tech / Special Rescue Basics

References

Pre-Drill ICS Packet
Cycle 4 SOGs

Training Objectives

- Validate all Cycle 4 skills under instructor supervision.
- Confirm roles and resource staging for drill day.
- Strengthen team communication and scenario flow.

Lesson Outline (1800–2100)

1800–1830 – Safety & Briefing

Weather, water conditions, hazard notes.

1830–1930 – Final Skill Polishing

Belay drills, knot checks, water rescue timing.

1930–2045 – Scenario Walkthroughs

Simplified practice evolutions.

2045–2100 – Final Assignments

Evaluation

Instructor sign-off; team cohesion.

Safety / Logistics

Low stress; equipment inspected; conditions monitored.

Week 9 – Sat Aug 15

Cycle 4: Tech / Special Rescue Basics – Regional Drill

References

Regional Rescue SOGs

NFPA 1006 Rescue Profiles

ICS 200 Communications Structure

Training Objectives

- Operate within ICS during multi-agency tech rescue deployments.
- Execute low-angle and water rescue evolutions.
- Integrate EMS assessment and care into rescue operations.

Drill Outline (0900–1300)

0900–0915 – Briefing

Assignments, comms, weather, staging.

0915–1030 – Rotational Stations

Low-angle rigging/movement; water rescue; EMS integration.

1030–1230 – Full Rescue Evolutions

Locate → stabilize → move → transfer to EMS.

1230–1300 – Hotwash

Evaluation

System safety; ICS comms; victim handling; scenario execution.

Safety / Logistics

Rehab early; hydration; gear checks; zone control.