Drill Ground Activity 16: Below Grade Rescue Using Ropes

Description	This drill ground activity provides students with an opportunity to practice rescuing a downed fire fighter from the floor below using ropes as a member of a team.
Timeframe	1 hour
Students	Groups of up to 10 students Four students minimum needed for drill
Materials	• Appropriate training structure • Fall protection system • Rope • Simulated downed firefighter in full PPE • Full turn out PPE • SCBA
Site Preparation	• Ensure that site is free of all hazards. • Consider creating a realistic, moveable damaged wood floor insert to cover pre-cut 4’x4’ holes in training towers. • Confirm an appropriate anchor can be constructed in accordance with fall protection system. • Consider assigning an instructor at the downed firefighter to ensure a safe operation.
Instructor Directions	1. Review the operation of the evolution and the desired outcome with participants 2. Review safety considerations with participants. 3. Review fall protection system with all personnel/students. 4. Assign personnel/students to appropriate fall protection positions. 5. Show participants starting and ending points of the course. 6. Increase the complexity of scenarios as appropriate (no air, on air, decreased visibility, no visibility, etc.) 7. Ensure all participants are wearing full PPE. 8. Ensure all students are wearing a full-body harness attached to a safety line in accordance with fall protection system requirements. 9. Perform a final safety check prior to performing the evolution.

Student Directions	
1. Rescuer #2: Determine depth and approximate length of rope needed to reach downed fire fighter and communicate this to Rescuer #3. 2. Rescuer #1: Make a bight in the rope and secure it. • Under the right or left SCBA shoulder strap • Down and under the SCBA waist strap • Around the opposite leg	
3. Rescuer #1: Pull the slack out of the rope. 4. Rescuer #1: Sit on the edge of the opening.	
5. Rescuer #1: Roll onto the shoulder that the rope went through. 6. Rescuers #2, #3, #4: Slowly lower Rescuer #1 into the opening allowing enough slack for Rescuer #1 to locate the downed fire fighter. • Rescuer #2 is the primary contact person for Rescuer #1. • Rescuer #1 keeps the rope system on in case there is an immediate need to get out.	
7. Rescuer #1: Assess the downed fire fighter. 8. Rescuer #1: Deliver PAC CAN report.	

9. Rescuer #1: Secure downed fire fighter with rope system.	
10. Rescuer #1: Call “Ready”. 11. Rescuer #2: Respond with “Ready” when prepared to lift. 12. Rescuer #1: Call “Lift”. 13. Rescuer #3: Direct the lift and call any additional commands.	
14. Rescuers #2, #3, #4: Lift Rescuer #1 and downed fire fighter through opening. 15. Rescuer #3: Call for Rescuer #2 to release rope and grab downed fire fighter after downed fire fighter is safely through opening.	
16. Rescuers #3 and #4: Assist with removing downed fire fighter. 17. Rescuer #4: Remove rope system from downed fire fighter and send it down to Rescuer #1.	
18. Rescuer #1: Secure rope system. 19. Rescuer #1: Call “Ready”. 20. Rescuer #2: Respond with “Ready” when prepared to lift. 21. Rescuer #1: Call “Lift”. 22. Rescuer #3: Directs lift and calls any additional commands. 23. Rescuer 3#: After Rescuer #1 is safely of out opening, call for Rescuer #2 to release rope and grab Rescuer #1.	

24. Rescuers #3 and #4: Assist with removal of Rescuer #1. 25. Rescuer #4: Remove rope system from Rescuer #1.	