Drill Ground Activity 12: Anchor and Bail Out

Description	This skill station provides students with an opportunity to practice creating an improvised anchor and exiting a structure in a safe and controlled manner.
Timeframe	1 hour 30 minutes (for Drill Ground Activities 12 and 13)
Students	Groups of up to 10 students
Materials	• Above-ground prop area to execute a vertical bailout • Full turn out PPE • SCBA • Various anchor points (doors, windows, structural members, typical bedroom furniture, etc.) • Bailout kit (commercial or rope, webbing, carabiners, etc.) • Fall protection kit for student with anchor sufficient to meet expected load
Site Preparation	• Ensure site is free of all hazards. • Required equipment for above-ground rope operations includes personal escape kits and safety systems for training. • Confirm that an appropriate anchor can be constructed in accordance with the fall protection system.

Instructor Directions	1. Review the operation of the evolution and the desired outcome with participants
	  • Students are expected to perform a vertical egress bailout technique from an above-ground floor.
	  • Students should complete the skill in an appropriate and safe manner with expediency under a fireground pace.
	  • Assist students in preparing an anchor, creating a bailout system, and executing a bailout without dynamically loading the system, and performing a slow and smooth descent.
	2. Review safety considerations with participants.
	3. Review fall protection system with all personnel.
	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 personal protective equipment.
	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. Verbalize intent to perform vertical bailout.
2. Consider flow path and try to isolate from IDLH environment.
3. Call Mayday.
4. State your personal procedures. (GRABLIVES) • Monitor and control your air. • Turn on your flashlight. • Make some noise. • Look for exits (windows, doors, light from outside).
5. Find exit portal and prepare it for vertical bailout.
6. Create an anchor capable of holding expected load and force.
7. Deploy chosen vertical rescue kit. • Attach to self • Appropriately prepare for use
8. Performs a SOFT START out of exit portal. • Ensure anchor isn't dynamically loaded • Use bailout kit as intended
9. Perform slow and smooth decent. • Do not bounce or jump while suspended from bailout kit
10. Once in a safe area, disengage from vertical bailout kit.
11. Radio situational update to appropriate Command.

Anchor and Bail Out Set Ups

Anchor Rope in Closed Door

Bailout Rope Wedged in Door

Bailout Rope Backed Up with 2nd Rope

Back-Up Anchor for Bail Rope w/ Tension System

Emergency Anchor Low in Wall

Halligan Emergency Anchor

Bailout Munter Ring Set Up

Pre-Rigged Munter Ring

Meat Anchor (1)

Meat Anchor (2)

Meat Anchor (3)

Meat Anchor (4)

Exiting the Window

Prepare to exit – leg out, right arm reaching

Soft start with SCBA

Soft Start – right arm reaching, head out, shoulder to sill

Soft Start – hand on top of anchor rope

Soft Start – left arm and leg holding weight

Prepare for descent

Smooth Lower – No L-Out

L-Out – Poor Rope Angle