



# LOW ANGLE ROPE RESCUE OPERATIONAL



Appendix F: Instructor Trainee Task Book

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The Low Angle Rope Rescue Operational Instructor Trainee Task Book lists every requirement that will be observed and evaluated by the Primary Instructor. After the Instructor Trainee has demonstrated competency in each area and the task book is complete, he or she may apply to become a registered Primary Instructor once the educational, course work, and experience criteria have been met.

### Responsibilities

#### **Instructor Trainee's Responsibility**

- Reviewing and understanding all site requirements, equipment standards, and the material in the student manual.
- Satisfactorily completing all instructor requirements.
- Ensuring their Low Angle Rope Rescue Operational Instructor Trainee Task Book is accurately recorded and maintained.
- Filing and keeping their Low Angle Rope Rescue Operational Instructor Trainee Task Book with their other personal or career records.

#### **Evaluating Instructor's Responsibility**

- Being qualified and proficient.
- Explaining to the Instructor Trainees the purpose of and process for completing the Low Angle Rope Rescue Operational Instructor Trainee Task Book.
- Explaining to the Instructor Trainees their responsibilities.
- Accurately evaluating and recording on the Low Angle Rope Rescue Operational Instructor Trainee Task Book all course requirements completed by the Instructor Trainees.

### Instruction for Completing the Task Book

The Low Angle Rope Rescue Operational Instructor Trainee Task Book allows the evaluating Primary Instructor to record an Instructor Trainee's performance for teaching all aspects of the course. These evaluations are made by observing the Instructor Trainee's presentation abilities and manipulative performance techniques.

#### **Task Book Headings**

- Instructor Trainee: Enter the trainee's name.  
Class Dates: Enter the beginning and ending date of the class.  
Chapter/Title: Lists the chapter number and topic title.  
Time Frame: Lists the estimated time frame for teaching the job.  
Grade Code: Area to record the Instructor Trainee's performance.  
Evaluating Instructor: The Evaluating Instructor enters his or her first and last name.  
Date: The Evaluating Instructor enters the date the Instructor Trainee was evaluated.

#### **Evaluator Recommendations**

One or more evaluators will complete the Evaluator Recommendation section.



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**TRAINEE:** \_\_\_\_\_

**CLASS DATES:** \_\_\_\_\_

**PERFORMANCE STANDARD:** All skills and evolutions must be demonstrated by the Instructor Trainee and evaluated by a Low Angle Rope Rescue Operational Primary Instructor. Skills and evolutions given a "P" in the grade code must be functional and safely taught according to the operations presented in the student manual.

**GRADE CODES:** "P" - Successfully met the performance standard. "F" - Did not meet the performance standard.

	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
<b>Instructor Responsibilities</b>					
1	Course Logistics				
2	Course Organization				
3	Course Management				
<b>1 Introduction</b>					
1-1	Course Objectives and Overview				
1-2	Rescuer and Victim Safety				
1-3	Personal Protective Equipment (PPE)				
1-4	Student Evaluation/Task Book				
<b>2 Rope Rescue Equipment</b>					
2-1	Introduction to Rescue Rope and Related Equipment				
<b>3 Rescue Knots and Hitches</b>					
3-1	Introduction to Rescue Knots				
3-2	How to Tie a Figure Eight Stopper				
3-3	How to Tie a Figure Eight On A Bight				
3-4	How to Tie an Overhand Knot				
3-5	How to Tie an Overhand Bend				
3-6	How to Tie A Round Turn With Two Half Hitches				
3-7	How to Attach a Three Wrap Prusik Hitch				



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	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
<b>Optional Rescue Knots and Hitches (Required for Instructor Trainees)</b>					
3-8	How to Tie a Figure Eight Follow Through				
3-9	How to Tie a Figure Eight Bend				
3-10	How to Tie a Double Overhand Bend				
3-11	How to Form a Clove Hitch				
3-12	How to Tie a Double Overhand on a Bight				
3-13	How to Form a Tensionless Hitch				
<b>4 Anchor Systems</b>					
4-1	Introduction to Anchor Systems				
4-2	How to Form a Single Loop Girth Hitch (Lark's Foot)				
4-3	How to Form a Double Loop Girth Hitch (Lark's Foot)				
4-4	How to Form a Locking Girth Hitch (Lark's Foot)				
4-5	How to Form a Single Loop Basket Sling (Three Bight)				
4-6	How to Form a Double Loop Basket Sling (Three Bight)				
4-7	How to Form a Single Loop Anchor Sling				
4-8	How to Form a Multi-loop Anchor Sling				
4-9	How to Form a Wrap Three Pull Two Anchor Sling				
4-10	How to Construct a Two-point Self-adjusting Anchor System				
4-11	How to Construct a Three-point Self-adjusting Anchor System				
4-12	How to Construct a Tagged Anchor System				



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	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
4-13	How to Construct a 1-1-1 Inline Windlass				
4-14	How to Construct a Triangle Windlass				
<b>5 Rescuer and Ambulatory Victim Packaging</b>					
5-1	Introduction to Rescue Harnesses				
5-2	How to Don a Class II Harness				
5-3	How to Package a Victim in a Commercial Victim Harness				
5-4	How to Package a Victim in a Hasty Pelvic Harness				
<b>6 Types of Rescue Litters and Victim Packaging</b>					
6-1	Introduction to the Rescue Litter				
6-2	How to Secure a Victim to a Rescue Litter				
<b>Optional Rescue Litters and Victim Packaging (Required for Instructor Trainees)</b>					
6-3	How to Secure a Victim to a Rescue Litter, Alternative Method				
<b>7 System Attachments and Fall Restraint</b>					
7-1	Introduction System Attachments and Fall Protection				
7-2	How to Attach a Rescuer to a Rope Rescue System				
7-3	How to Attach an Ambulatory Victim to a Rope Rescue System				
7-4	How to Attach a Rescue Litter to a Rope Rescue System				
7-5	How to Attach a Litter to a Rope Rescue System with Three Rescuers				
7-6	How to Attach a Litter to a Rope Rescue System with Four Rescuers				
7-7	How to Attach a Rescuer to a Fall Restraint System				



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	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
<b>8</b>	<b>Three Main Components of a Rope Rescue System</b>				
8-1	Introduction to Rope Rescue Systems				
8-2	How to Construct a Belay/Safety Component				
8-3	How to Construct a Main Line Component (RPM)				
8-4	How to Construct a Mechanical Advantage Component				
8-5	How to Construct a Dual RPM System				
<b>9</b>	<b>Belay/Safety Line Systems</b>				
9-1	Introduction to Belay/Safety Line Systems				
9-2	How to Operate a Belay/Safety Line for Lowering Operations (Basic Configuration)				
9-3	How to Operate a Belay/Safety Line for Retrieving Operations (Basic Configuration)				
	<b>Optional Belay/Safety Line Systems (Required for Instructor Trainees)</b>				
9-4	How to Operate a Belay/Safety Line for Lowering Operations (PMP Configuration)				
9-5	How to Operate a Belay/Safety Line for Retrieving Operations (PMP Configuration)				
<b>10</b>	<b>Descending and Ascending Techniques</b>				
10-1	Introduction to Ascending and Descending Techniques				
10-2	How to Construct a Fixed Line for a Rappel				
10-3	How Reeve a Figure Eight Descender				
10-4	How to Reeve a Brake Bar Rack				
10-5	How to Rappel and Lock-off Using a Figure Eight Descender (Long Ears with Two Half Hitches)				
	How to Rappel and Lock-off Using a Figure Eight Descender (Long Ears with Girth Hitch)				



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	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
	How to Rappel and Lock-off Using a Figure Eight Descender (Short Ears with Girth Hitch)				
10-6	How to Rappel and Lock-off Using a Brake Bar Rack (With Tie-off Bar)				
	How to Rappel and Lock-off Using a Brake Bar Rack (Without Tie-off Bar)				
10-7	How to Ascend a Fixed Line				
10-8	How to Escape Jammed Friction Devices				
<b>11 Lower/Raise (Mechanical Advantage) Systems</b>					
11-1	Introduction to Rope Rescue Lowering and Raising Systems				
11-2	How to Convert a Lowering System to a Raising System with a 3:1 Inline - RPM				
11-3	How to Operate a Lowering System				
11-4	How to Convert a Lowering System to a Raising System with a 5:1 Inline - RPM				
11-5	How to Convert a Lowering System to a Raising System with a 3:1 or 5:1 Inline with Directional Pulley				
11-6	How to Construct a 3:1 Mechanical Advantage System				
11-7	How to Construct a 5:1 Mechanical Advantage System				
11-8	How to Construct a 3:1 Pig Rig				
11-9	How to Construct a 5:1 Pig Rig				
11-10	How to Convert a Lowering System to a Raising System with a 3:1 Pig Rig				
11-11	How to Convert a Lowering System to a Raising System with a 5:1 Pig Rig				
<b>12 Load-releasing Methods</b>					
12-1	Introduction to Load-releasing Methods				
12-2	How to Construct and Operate a Load-releasing Device				



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	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
<b>13</b>	<b>Rescue Scene Organization and Management</b>				
13-1	Introduction to Rescue Scene Organization and Management				
13-2	Command and Control in Rope Rescue Operations				
13-3	ICS and Rope Rescue Operations				
13-4	Rope Rescue Position Descriptions				
<b>14</b>	<b>Optional Litter Walkout Evolutions (Required for Instructor Trainees)</b>				
14-1	Single Litter Walkout				
14-2	Caterpillar Technique, Single Litter				
14-3	Single Litter with Belay, Single Pitch				
14-4	Single Litter with Belay, Multiple Pitch				
<b>15</b>	<b>Optional Rescue Ladder Systems (Required for Instructor Trainees)</b>				
15-1	Introduction to Ladder Systems				
15-2	How to Construct and Operate a Moving Ladder Slide				
15-3	How to Construct and Operate a Ladder Slide				
<b>16</b>	<b>Evolutions</b>				
16-1	Access, Stabilize, and Package an Ambulatory Victim for a Low Angle Walkout (One Rescuer)				
16-2	Access, Stabilize, Package, and Rescue a Nonambulatory Victim (3 Litter Tenders)				
16-3	Access, Stabilize, Package, and Rescue a Nonambulatory Victim (4 Litter Tenders)				
16-4	Access, Stabilize, Package, and Rescue Multiple Ambulatory and Nonambulatory Victims (Combination)				



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	Chapter/Title	Time Frame	Grade Code	Evaluating Instructor	Date
	<b>Optional Evolutions (Required for Instructor Trainees)</b>				
16-5	Access, Stabilize, Package, and Rescue a Nonambulatory Victim Using Both a Single Litter Walkout and Caterpillar Techniques				
16-6	Access, Stabilize, Package, and Rescue a Nonambulatory Victim Using a Litter Walkout with a Single Pitch Belay				
16-7	Access, Stabilize, Package, and Rescue a Nonambulatory Victim Using a Litter Walkout with Multiple Pitch Belay				
16-8	Access, Stabilize, Package, and Rescue a Nonambulatory Victim using a Moving Ladder Slide				
16-9	Access, Stabilize, Package, and Rescue a Nonambulatory Victim using a Ladder Slide				





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<p><b>PRIMARY INSTRUCTOR</b></p> <p>Name: _____</p> <p>Dept: _____</p> <p>Phone: _____</p> <p>The above named Instructor Trainee performed the titles initialed and dated by me under my supervision. As a result, I propose that the Instructor Trainee:</p> <p><input type="checkbox"/> Successfully met the performance standard and should be considered for instructor registration.</p> <p><input type="checkbox"/> Did not meet the performance standard (comments below) and additional guidance is required.</p> <p>_____</p> <p style="text-align: right;">Instructor's Signature</p>	<p><b>PRIMARY INSTRUCTOR</b></p> <p>Name: _____</p> <p>Dept: _____</p> <p>Phone: _____</p> <p>The above named Instructor Trainee performed the titles initialed and dated by me under my supervision. As a result, I propose that the Instructor Trainee:</p> <p><input type="checkbox"/> Successfully met the performance standard and should be considered for instructor registration.</p> <p><input type="checkbox"/> Did not meet the performance standard (comments below) and additional guidance is required.</p> <p>_____</p> <p style="text-align: right;">Instructor's Signature</p>
<p><b>COMMENTS:</b></p> <div style="border: 1px solid black; height: 300px; width: 100%;"></div>	



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**COMMENTS:**
