Mountain Rescue Preparation

Course Schedule of Events: Fall 2008

WEEK	DATE	DAY	TOPICS	NOTES
1	Sep. 30	T 7-9	Introduction C & E Req.; Project Assignment Tent and Study Groups Knots 1	Obtain the packet asap @ the Bookstore. You will need a harness (safe design, & in good condition) & 11m (36') of 5-7mm new prusik cord.
2	Oct. 7	T 7-9	Equipment Strengths & Limits Knots 2 Anchors	Bring 3-4 m of 3-8 mm cord to class, for knot practice and to take sample knots with you to facilitate practice.
3	Oct. 14	T 7-9	Belaying - Body - Muenter/Mechanical Rescue Systems	By now you should be able to do all of the knots in front of you. Now do them in the dark, and behind your back! Try teaching you friends!
4	Oct. 21	T 6:45 -9:20	Ascending practice in the B50 GRX gym	We will use the B50 facility if it is available. Be sure to bring your harness, slings and prusiks!
5	Oct. 28	T 7-9	SAR Resources and Strategies SAR Case examples	Emergency response worksheets due <u>today</u> HAVE A LEADER OR THE INSTRUCTOR REVIEW YOUR PROJECT. It <u>must</u> be error free!
6	Nov. 4	T 7-9	Outing organization PROJECTS DUE TODAY <u>Knot test</u>!!	**Know all the knots <u>perfectly</u>.** **<u>EXPECT NO MERCY</u> on the test!** **(See the notes below!)**
	Nov. 7-9	6:00a F to 5:00p SN	OUTING TO SMITH ROCK STATE PARK	Highs have ranged from 13 to 79; lows have ranged from -13 to 39 Be prepared to belay while sitting in the shade & in cold wind!
7	Nov. 11	T 7-9	Outing debriefing Course review Evaluations	

READ THE FOLLOWING VERY CAREFULLY BEFORE COMMITTING TO THIS COURSE:

Your safety and the safety of others on the outing depends in part on your skill in tying knots. The to participate in the outing you <u>must</u> pass the knot test prior to the outing. It is your responsibi master <u>every</u> knot prior to the test, which for most people will require <u>many</u> hours of practice. If help, seek assistance the course instructor(s) and leaders <u>early</u> in the term. <u>Do not</u> assume that you learn these knots in the week or two prior to the knot test! During the test, <u>all</u> of the required k be tied and dressed correctly (most of them behind your back) within a very short timed period.

<u>There will be no make-up or second knot tests</u>! If the test it is not passed on the first try, you will not attend the outing and you will receive "I"s for the Preparation class and Outing.