

River Rescue Techniques Final Project

The following project takes the place of a formal written examination. **Follow the directions carefully.** The completed project is due by _____ and will be ready for return by _____.

If the project is not handed in on time, is incomplete, or contains significant errors, you will receive an 'I' which may be resolved during a future term.

1. Draw (or xerox) the following knots, on two 4 x 6 inch cards, as follows:
 - Card #1, side #1* - a figure of 8 on a bight and a butterfly knot
 - Card #1, side #2* - a 3 wrap (rescue) prusik and a grapevine (double fisherman's) knot
 - Card #2, side #1* - a ring bend (water knot) and an overhand on a bight, both tied with webbing
 - Card #2, side #2* - a clove hitch and a munter hitch (each on carabiners)

2. Draw (or xerox) the following systems, on two 4 x 6 inch cards, as follows:
 - Card #3, side #1* - c-pulley (2:1 system) and c-pulley on a c-pulley (4:1 system)
 - Card #3, side #2* - z-drag with prusik (3:1 system)
 - Card #4, side #1* - c-pulley on a z-pulley (6:1 system)

 - Card #4, side #2* - 2- point and 3-point self-equalizing anchor systems (pay attention to the angles)

3. Draw (or xerox) the following systems, on two 4 x 6 inch cards, as follows:
 - Card #5, side #1* - tension traverse with a no-knot & 3:1 pulley tensioning system. Show the correct angle for the tension traverse. Show a swimmer ferrying on the tension traverse.
Show the correct angle for the swimmer.
 - Card #5, side #2* - 4:1 piggyback tensioning system with a munter hitch take-up on the main line.
 - Card #6, side #1* - telfer lower (with the belayer on the shore).
 - Card #6, side #2* - a checklist of the rescue gear you should take paddling *and* the contents of a small first aid kit (ouch pouch).

4. Photocopy (or draw) the knots and systems according to the following specifications:
 - a) Laminate the cards so that they are waterproof. Bind the cards together (your choice of method). The end result will be a useful resource to insert into your first aid kit while on the river.
 - b) While this is not an art test, each knot and rescue system must be clear enough to allow a novice to tie the knots and construct the systems. **Photocopies of knots and systems are recommended.**
 - c) Please consult with me about your final product before laminating your cards. It would be counter-productive to laminate the cards if they contain significant errors.
 - d) Pay attention to detail. Copies (or drawings) of carabiners, figure of eights, prusiks, etc. **must be clear.** You should be able to construct the systems from your cards one or two years from now, after you have (perhaps) forgotten the specifics. This is only possible if your copies are clear and unambiguous.