**Rescue Team Monthly Training**

**Recommendations:**

Each monthly training session is intended to require two or three hours. Three hour sessions are held each quarter during months 1, 4, 7, and 10.

A different team member should be in charge of setting up and running each monthly session.

**Month 1 - Three Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **Safety Rules Review*** Scene safety
* Safety rules for hands-on scenarios
* Safety officer responsibilities
 | 20 minutes |
| **Rope System Setup and Operation*** Review anchors: multi-point, angles of attachment
* Build 3:1 (z-rig)
* Build belay
* Whistle command review
 | 45 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 45 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was evaluated.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 2 – Two Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **Confined Space Hazard Review*** Electrical, hydraulic, pneumatic, fall hazards
* Atmospheric hazards: signs and symptoms
* Atmospheric monitor: Review operation, calibration
 | 20 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 30 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was pre-planned.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 3 – Two Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **Rope System Setup*** Build 3:1 (z-rig)
* Build belay
 | 20 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 30 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was evaluated.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 4 - Three Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **Confined Space Documentation Review*** Review use of permit and rescue incident report (if used).
* Review use of all other permit space documents (LOTO procedures, hot work permits, MSDSs).
 | 20 minutes |
| **Rope System Setup and Operation*** Anchors: multi-point, angles of attachment
* Build 3:1 (z-rig)
* Build belay
* Package patient(s) in Sked and Spec-Pac
 | 45 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 45 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was evaluated.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 5 – Two Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **Entrants, Attendant, Entry Supervisors*** Review responsibilities and duties.
 | 20 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 30 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was evaluated.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 6 – Two Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **Entrants, Attendant, Entry Supervisors*** Review responsibilities and duties.
 | 20 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 30 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was evaluated.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 7 - Three Hours**

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| **Topic** | **Approx. Duration** |
| **Knot Review** | 10 minutes |
| **High Points Review*** Review use and documentation for tripod.
* Review use and documentation for davit arm.
 | 20 minutes |
| **SCBA Review*** Practice donning, doffing and using SCBAs.
 | 45 minutes |
| **Pre-plan Exercise*** Develop preplans for a permit space (or category of permit space).
* Identify anchors, design rope system, and identify rescue zone (hot, warm cold) boundaries.
* Record results on pre-plan form.
 | 45 minutes |
| **Mock Rescue:** * Perform mock rescue in area that was evaluated.
* Debrief and update pre-plan.
 | 60 minutes |

**Month 8 - Repeat Schedule for Month 2 (Two Hours)**

**Month 9 - Repeat Schedule for Month 3 (Two Hours)**

**Month 10 - Repeat Schedule for Month 4 (Three Hours)**

**Month 11 - Repeat Schedule for Month 5 (Two Hours)**

**Month 12 - Repeat Schedule for Month 6 (Two Hours)**