**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)**