

UCSSAR Basic Skills Training Guidelines

Knots	GPS	Mountain Rescue	
Bowline	Know Correct Format	Know knots	
Butterfly	Plotting/ Store/ Clear Tracks	Ascending/ Descending	
Clove Hitch	Enter Waypoint In 3 Min Then Give Heading/ Distance To Waypoint	Anchors	
Double Fishermans	Report GPS w/ in 2 min	Set up correct anchor and explain why	
Double Grapevine	Diff between true/ mag north	Attach yourself correctly	
Double Loop Figure 8	Declination of current location	Wrap 3/ pull 2	
Double Overhand Stopper	Relief features of topo map	Tensionless	
Figure 8	Find heading of geo feature on topo map using protractor method	Proper Redirect	
Figure 8 Follow-Through	Accurate heading of visible geo feature	Belay	
Figure 8 On A Bite	Nav 1 mile orienteering course in 30 min	Tandem prusik belay	
Girth Hitch	Given 3 reports from teammates in field (location/ heading) locate ELT using triangulation method	Belay ascending/ descending load	
Hasty Webbing Harness	Demo 2 methods to orient/ nav without GPS or compass	Mechanical Advantage	
Prusik Knot		3 to 1	
Single-Wrap Grapevine		Lowering/ Raising	
		Use brake bar to lower rescue load	
Medical		Tie off brake rack under load	
http://www.ucssar.net		Litter Rigging	
		Rig litter/ patient for low angle	
10 Essentials	Open Water/ Ice	Tie hasty webbing harness	
Navigation	Boater Safety Course	Rope	
Sun Protection	Have Proper Equipment	Coil a rope	
Clothing	Hand Signals	Bag a rope	
Illumination	Self Rescue	Inspect/ care 4 rope/webbing	
First-Aid Kit	Speech, Reach, Throw, Row, Go	Produce personal rope log	
Fire Source	Deepwater Backboard	Other Skills	
Tools/ Knife	Medical- Cold/ Drowning	Spend 24 hrs on mtn in any season - bivy	
Food/ Water	Personal Ice Self Rescue	Show campon use	
Shelter	Ice Rescue Sled	Self arrest w/ ice axe	
Communication	Equipment	Avalanche beacon, probe, shovel	
	PFD	Gear	
Swiftwater	Thermal Protection	6 biners (>27 kn)	Signal mirror
Entering/ Exiting/ Traveling	Helmet	1 pr. Prusiks	Knife
Throw Bag Skills	Foot Protection	1 pulley (>31 kn)	Fire Starter
Hydrology	Knife	75 ft. rope	BSI
Hazards	Whistle	Harness	Paper
Pers Equip (see open h20)	Throw Bag	Helmet	Pen
	Fins	Headlamp	Mountain boots
ELT	Strobe	2nd light	GPS
Use ELPR to direction find	Gloves	Webbing	Shelter
Know frequencies of ELPR	Radio	Leather gloves	Compass
		Descending device	Nutrition
Dive	Cave	Snow shoes	Water
1 hour classroom/ year	8 hours in wild cave	Ice axe	First-Aid
Attend 1 dive per year	Drill where searched passages are marked	Beacon	Whistle
Throw bag 30' to diver	Rope Techniques	Probe	Appr. Clothes
Prep, enter water, rescue	2 points of contact on seat harness	Shovel	Crampons
Proper approach to diver	Mechanical ascender attached to seat & worked with 1 hand	MCI	
Rescue Exits	Tether attached to seat harness w/ carabiner on free end	Triage	
Shallow Water Drag	Ascend rope (using prusik), cross knot, continue then change to rappel, cross knot again, rappel to ground	Check for respirations	
Fireman's Carry	Packaging	Check cap refill - need to be <2 seconds - if not immediate	
2 Man Carry	Package patient using SKED & OSS	If can follow simple commands - delayed	
Know Dive Equipment	Equipment	Triage Goal	
Inflate/ Deflate BC	Two headlamps w/ backup	Scan Quickly	
Remove BC	Descending device	Sort/ Tag	
Handle Scuba Tanks	Cows tail	Treat patients with "best chance of survival" first	
Equipment	Mechanical Ascending System	When Triage Used?	
PFD, Throw Bag, Knife, light	Gloves	Incident w/ more than 1 patient	
Mask/ Snorkle/ Fins		All large number of patient incidents	
		Any volume demands exceeds resources	
Physical Conditioning			
Run 1.5 miles in less than 15 min			
Hike non-stop for 3 hours on various terrain			
Carry 50 pounds 1 mile			