

Name: \_\_\_\_\_

**Sitka Mountain Rescue Technical Skills Check List**

Standards and strengths Certified By: \_\_\_\_\_ Date: \_\_\_\_\_

Familiar with MRA and NFPA acceptable standards		
Familiar with low stretch and high stretch rescue ropes		
Familiar with strength of 1 inch tubular webbing		
Familiar with strength of sewn spectra slings		
Familiar with strength of different rescue ropes		
Familiar with hardware strengths		
Familiar with the whistle test and it's purpose		
Familiar with high and low angle standards		

Knots and Hitches Certified By: \_\_\_\_\_ Date: \_\_\_\_\_

Tie figure 8 family each in 60 seconds or less: figure 8, figure 8 follow through, modified figure 8, parallel 8, double figure 8		
Tie a water knot in 60 seconds or less		
Tie a prussic, plus apply in 75 seconds or less		
Tie a long tailed bowline in 2 minutes or less		
Tie a Munter hitch and attach to carabiner in 30 seconds or less		
Tie a blocking knot with a safety and dimmer switch in 60 seconds or less		
Tie a double fisherman in 60 seconds or less		
Tie a clove hitch in 60 seconds or less		
Tie a girth hitch in 30 seconds or less		
Tie tandem prussic's belay system		
Tie a modified French prussic		
Tie a dog and tails		
Construct a radium release hitch in 3 minutes or less		
Inspect a rope, webbing, and cordage for damage		
Skeen coil a rope and secure the ends for transport		
Daisy chain a sling and demonstrate deployment		

Harnesses Certified By: \_\_\_\_\_ Date: \_\_\_\_\_

Demonstrate donning a seat harness and chest harness and integrate both		
Fabricate a chest harness using a sling - tie a French Baudrier		
Fabricate a seat harness using webbing		
Demonstrate double checking a team members harness		
State the proper use, treatment and inspection of a harness		
Demonstrate load and belay tie in to a harness		
Demonstrate tying patient in litter for vertical raise or lower		

### Anchor Systems

Construct an anchor utilizing natural anchors by attaching slings in the following manner and state the strengths and weaknesses of each – Basket bight, wrap three pull two, tensionless tie off, girth hitch.		
Construct an anchor utilizing artificial anchors with the following – pitons, pickets and flukes, deadman materials		
Construct an equalizing anchor system		
Construct load sharing anchor systems - horizontal and vertical		
Construct a human anchor system and state the contra indication for use		

### Belaying Rapelling and Lowering

Use each rapelling or lowering device to negotiate a vertical face – Munter hitch, Brake rack, and figure 8. Tie off each mid face.		
Demonstrate the use of a auto belay for personal rapelling		
Construct a lowering system with belay that passes the whistle test		
Familiar with the difference between personal and rescue loads and acceptable equipment for each		
Rapel down a vertical face		
Lower a rescuer down a vertical face		
Pass a knot on a lowering system		
Pass a knot midface on a rapel		
Belay a person who is rapelling or being lowered		
Lower a rescue load down a face and convert it to a raising system midface. Utilize tandum prussic belay		
Utilize a radium release hitch or other LRH or TRD to relieve tension on a line		

### Hauling Systems

Construct the following hauling systems – 1:1, 2:1, 3:1Z, 4:1, 6:1, and 9:1		
Construct hauling system with a belay that passes the whistle test		
Pass a knot on a hauling system		
Utilize the radium release hitch to relieve tension on a hauling system		
Utilize tandum prussic, dog and tails, and modified French prussic soft cams.		

Personnel skills

Ascend a rope on a vertical face		
Attend a hoist deployment orientation at the CG airstation		
Secure a subject in a harness and attach to a rope – midface pick off		
Perform a midface litter pick off as the rescuer		