



- ◆ SAFETY
- ◆ SURVIVAL
- ◆ SECURITY

# LTR TRAINING SYSTEMS

230 East Potter, Unit One  
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## High / Low Angle Rescue

### Curriculum Overview

(12 hrs classroom, 8 hrs lab, 4 hours field simulation)

**3 Days of Informative, Rewarding, Hands On Training**

An introduction to the applied techniques for rope rescue scenarios. This 3 day course instructs students in the use of rope rescue equipment, anchoring systems, belay and rappel techniques. Students start their training on our own indoor climbing wall and progress to field training sessions. Emphasis is placed on students feeling confident with basic rope approach techniques and working with partners.

This course current rope rescue techniques, demonstrating typical mountain rescue equipment and techniques as well as NFPA recommendations regarding rescue equipment and standards are covered. Course includes classroom training with multiple hands-on lab sessions and a practical simulation the last afternoon. Rescue theory as well as initial patient contact and care are addressed in this program.



#### **Course Topics Include:**

- Fall Protection Standards & Practices
- Rope Rescue Equipment
- Climbing Knots and Harnesses
- Onsite Hazard Evaluations
- Personal Protective Equipment
- Emergency Medicine – Spinal Management
- Safe Climbing Techniques
- Rescue Theory and Team Organization
- Self Rescue Techniques
- Assisted Rescue Techniques
- Anchor Systems and Loads
- Belay and Rappel Techniques
- Mechanical Advantage Rope Systems

#### **Student Requirements:**

- Approved Climbing harness
- Hard Hat with Chin Strap
- Gloves
- Safety Glasses
- LTR Risk & Fitness to Participate Form

Student Tuition: CALL  
Course Dates: CALL

**Student should be in good physical condition, training includes actual high angle rescue scenarios. Boots with good ankle support should be worn, clothing for current local weather conditions should be worn. A sack lunch with water bottle or plenty of fluids is recommended.**

“Learn to Return”