Appendix A: Student Task Book

The Low Angle Rope Rescue Operational Student Task Book lists every student requirement that will be observed, evaluated, and recorded by the Primary Instructor. Students who successfully meet the performance standards for this course will receive a course completion certificate.

Responsibilities

State Fire Training' Responsibility

- ❒ Ensuring the Low Angle Rope Rescue Operational training site meets all site requirements.
- ❒ Ensuring the course instructor(s) are registered for the level and subject of instruction to be taught.

Student's Responsibility

- ❒ Reviewing and understanding instructions in the student manual.
- ❒ Satisfactorily completing all course requirements.
- ❒ Ensuring their Low Angle Rope Rescue Operational Student Task Book is accurately recorded and maintained.
- ❒ Filing and keeping their Low Angle Rope Rescue Operational Student Task Book with their other personal or career records.

Primary Instructor's Responsibility

- ❒ Being qualified and proficient.
- ❒ Explaining to the students the purpose of and process for completing the Low Angle Rope Rescue Operational Student Task Book.
- ❒ Explaining to the students their responsibilities.
- ❒ Teaching the required skills and evolutions.
  - If the optional skills and evolutions are scheduled to be taught, adequate time and materials must be added.
- ❒ Accurately evaluating and recording on the Low Angle Rope Rescue Operational Student Task Book all course requirements performed by the students.
- ❒ Issuing State Fire Training FSTEP certificates for successful course completion.

Instruction for Completing the Task Book

The Low Angle Rope Rescue Operational Student Task Book allows the instructor to record a student's **performance**. These evaluations are made by observing the student's participation in the classroom and their manipulative performance at each skill station.

Task Book Headings

Student:	Enter the student's name.
Class Dates:	Enter the beginning and ending dates of the class.

Chapter/Title	Identifies the chapter number and topic title.
Time Frame:	Lists the estimated time frame.
Ind. or Group	Identifies if the skill/evolution is by performed by an individual or group.
Grade Code:	Area to record the student's performance.
Evaluating Instructor:	The Evaluating Instructor enters his or her first and last name.
Date:	The Evaluating Instructor enters the date the student was evaluated.

STUDENT: _____ **CLASS DATES:** _____

PERFORMANCE STANDARD: All skills and evolutions must be demonstrated by the student and evaluated by a Low Angle Rope Rescue Operational Primary Instructor. Skills and evolutions given a "P" in the grade code must be safely performed according to the operations presented in the student manual and be functional.

GRADE CODES: "**P**" – Successfully met the performance standard. "**F**" – Did not meet the performance standard.

	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
1	**Introduction**	**1:00**				
1-1	Course Objectives and Overview					
1-2	Define Low and High Angle Rescue					
1-3	Rescuer and Victim Safety					
1-4	Personal Protective Equipment (PPE)					
1-5	Student Evaluation/Task Book					
2	**Rope Rescue Equipment**	**1:00**				
2-1	Introduction to Rescue Rope and Related Equipment					
3	**Rescue Knots and Hitches**	**1:00**				
3-1	Introduction to Rescue Knots					
3-2	How to Tie a Figure Eight Stopper		I			
3-3	How to Tie a Figure Eight on a Bight		I			
3-4	How to Tie an Overhand Knot		I			
3-5	How to Tie an Overhand Bend		I			
3-6	How to Tie A Round Turn with Two Half Hitches		I			
3-7	How to Attach a Three Wrap Prusik Hitch		I			
	Optional Rescue Knots and Hitches	***[1:00]***				
3-8	*How to Tie a Figure Eight Follow Through*		*I*			
3-9	*How to Tie a Figure Eight Bend*		*I*			
3-10	*How to Tie a Double Overhand Bend*		*I*			

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	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
3-11	*How to Form a Clove Hitch*		*I*			
3-12	*How to Tie a Double Overhand on a Bight*		*I*			
3-13	*How to Form a Tensionless Hitch*		*I*			
4	**Anchor Systems**	**2:00**				
4-1	Introduction to Anchor Systems					
4-2	How to Form a Single Loop Girth Hitch (Lark's Foot)		I			
4-3	How to Form a Double Loop Girth Hitch (Lark's Foot)		I			
4-4	How to Form a Locking Girth Hitch (Lark's Foot)		I			
4-5	How to Form a Single Loop Basket Sling (Three Bight)		I			
4-6	How to Form a Double Loop Basket Sling (Three Bight)		I			
4-7	How to Form a Single Loop Anchor Sling		I			
4-8	How to Form a Multi-loop Anchor Sling		I			
4-9	How to Form a Wrap Three Pull Two Anchor Sling		I			
4-10	How to Construct a Two-point Self-adjusting Anchor System		I			
4-11	How to Construct a Three-point Self-adjusting Anchor System		I			
4-12	How to Construct a Tagged Anchor System		G			
4-13	How to Construct a 1-1-1 Inline Windlass		G			
4-14	How to Construct a Triangle Windlass		G			

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	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
5	**Rescuer and Ambulatory Victim Packaging**	**1:00**				
5-1	Introduction to Rescue Harnesses					
5-2	How to Don a Class II Harness		I			
5-3	How to Package a Victim in a Commercial Victim Harness		I			
5-4	How to Package a Victim in a Hasty Pelvic Harness		I			
6	**Types of Rescue Litters and Victim Packaging**	**2:00**				
6-1	Introduction to the Rescue Litter					
6-2	How to Secure a Victim to a Rescue Litter		G			
	Optional Rescue Litters and Victim Packaging	***[0:30]***				
6-3	*How to Secure a Victim to a Rescue Litter, Alternative Method*		*G*			
7	**System Attachments and Fall Restraint**	**1:00**				
7-1	Introduction System Attachments and Fall Protection					
7-2	How to Attach a Rescuer to a Rope Rescue System		I			
7-3	How to Attach an Ambulatory Victim to a Rope Rescue System		G			
7-4	How to Attach a Rescue Litter to a Rope Rescue System		G			
7-5	How to Attach a Litter to a Rope Rescue System with Three Rescuers		G			
7-6	How to Attach a Litter to a Rope Rescue System with Four Rescuers		G			
7-7	How to Attach a Rescuer to a Fall Restraint System		I			

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	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
8	**3 Main Components of a Rope Rescue System**	**2:00**				
8-1	Introduction to Rope Rescue Systems					
8-2	How to Construct a Belay/Safety Component		I			
8-3	How to Construct a Main Line Component (RPM)		I			
8-4	How to Construct a Mechanical Advantage Component		I			
8-5	How to Construct a Dual RPM System		G			
9	**Belay/Safety Line Systems**	**1:00**				
9-1	Introduction to Belay/Safety Line Systems					
9-2	How to Operate a Belay/Safety Line for Lowering Operations (Basic Configuration)		I			
9-3	How to Operate a Belay/Safety Line for Retrieving Operations (Basic Configuration)		I			
	Optional Belay/Safety Line Systems	***[0:30]***				
9-4	*How to Operate a Belay/Safety Line for Lowering Operations (PMP Configuration)*		*I*			
9-5	*How to Operate a Belay/Safety Line for Retrieving Operations (PMP Configuration)*		*I*			
10	**Descending and Ascending Techniques**	**2:00**				
10-1	Introduction to Ascending and Descending Techniques					
10-2	How to Construct a Fixed Line for a Rappel		G			
10-3	How Reeve a Figure Eight Descender		I			
10-4	How to Reeve a Brake Bar Rack		I			
10-5	How to Rappel and Lock-off Using a Figure Eight Descender		I			
10-6	How to Rappel and Lock-off Using a Brake Bar Rack		I			

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	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
10-7	How to Ascend a Fixed Line		I			
10-8	How to Escape Jammed Friction Devices		I			
11	**Lower/Raise (Mechanical Advantage) Systems**	**3:00**				
11-1	Introduction to Rope Rescue Lowering and Raising Systems					
11-2	How to Convert a Lowering System to a Raising System with a 3:1 Inline - RPM		G			
11-3	How to Operate a Lowering System		G			
11-4	How to Convert a Lowering System to a Raising System with a 5:1 Inline - RPM		G			
11-5	How to Convert a Lowering System to a Raising System with a 3:1 or 5:1 Inline with Directional Pulley		G			
11-6	How to Construct a 3:1 Mechanical Advantage System		I			
11-7	How to Construct a 5:1 Mechanical Advantage System		I			
11-8	How to Construct a 3:1 Pig Rig		I			
11-9	How to Construct a 5:1 Pig Rig		I			
11-10	How to Convert a Lowering System to a Raising System with a 3:1 Pig Rig		G			
11-11	How to Convert a Lowering System to a Raising System with a 5:1 Pig Rig		G			
12	**Load-releasing Methods**	**1:00**				
12-1	Introduction to Load-releasing Methods					
12-2	How to Construct and Operate a Load-releasing Device		I			
13	**Rescue Scene Organization and Management**	**1:00**				
13-1	Introduction to Rescue Scene Organization and Management					
13-2	Command and Control in Rope Rescue Operations		G			

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	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
13-3	Rope Rescue Position Descriptions					
13-4	ICS and Rope Rescue Operations		G			
14	***Optional Litter Walkout Evolutions***	***[1:00]***				
14-1	*Single Litter Walkout*		*G*			
14-2	*Caterpillar Technique, Single Litter*		*G*			
14-3	*Single Litter with Belay, Single Pitch*		*G*			
14-4	*Single Litter with Belay, Multiple Pitch*		*G*			
15	***Optional Rescue Ladder Systems***	***[2:00]***				
15-1	*Introduction to Ladder Systems*					
15-2	*How to Construct and Operate a Moving Ladder Slide*		*G*			
15-3	*How to Construct and Operate a Ladder Slide*		*G*			
16	**Evolutions**	**5:00**				
16-1	Access, Stabilize, and Package an Ambulatory Victim for a Low Angle Walkout (One Rescuer)		G			
16-2	Access, Stabilize, Package, and Rescue a Nonambulatory Victim (3 Litter Tenders)		G			
16-3	Access, Stabilize, Package, and Rescue a Nonambulatory Victim (4 Litter Tenders)		G			
16-4	Access, Stabilize, Package, and Rescue Multiple Ambulatory and Nonambulatory Victims (Combination)		G			
	Optional Evolutions	***[5:00]***				
16-5	*Access, Stabilize, Package, and Rescue a Nonambulatory Victim Using Both a Single Litter Walkout and Caterpillar Techniques*		*G*			
16-6	*Access, Stabilize, Package, and Rescue a Nonambulatory Victim Using a Litter Walkout with a Single Pitch Belay*		*G*			

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	Chapter/Title	Time Frame	Ind. or Group	Grade Code	Evaluating Instructor	Date
16-7	*Access, Stabilize, Package, and Rescue a Nonambulatory Victim Using a Litter Walkout with Multiple Pitch Belay*		*G*			
16-8	*Access, Stabilize, Package, and Rescue a Nonambulatory Victim using a Moving Ladder Slide*		*G*			
16-9	*Access, Stabilize, Package, and Rescue a Nonambulatory Victim using a Ladder Slide*		*G*			
TOTAL MINIMUM HOURS:		**24:00**	*Without Optional Skills or Evolutions*			

Primary Instructor:_____

Dept: _____

Phone: _____ Email:_____

The above named student performed the titles initialed and dated by me under my supervision. As a result, I propose that the student:

[ ] Successfully meets the performance standard and passes the course.

[ ] Did not meet the performance standard (comments below) and did not pass the course.

Date:_____ Primary Instructor's Signature: _____

COMMENTS: