University of Utah School of Medicine
Wilderness Medicine Program

Search & Rescue Elective 2018

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Course Description:
The overall purpose of this course is to learn the basic techniques of low angle mountain rescue. To accomplish this overall purpose, the specific sub-purposes of the course are to provide you with:

1. Basic knowledge of rescue knots and rope systems
2. Patient packaging and extrication skills
3. The ability to apply the concepts and techniques above to practical rescue situations

Teaching and Learning Methods:
This course will be taught with a combination of several formats: traditional lectures with slides, small group practice sessions, guided practice outside, student run rescue scenarios, and guest lectures with local professionals.

Course Objectives:
At the end of this course, the student should be able to:

1. Describe the role of physicians on Search and Rescue teams
2. Safely and comfortably package an injured patient for transport
3. Tie the basic rescue knots: figure 8, double fisherman's, water knot, prusik
4. Build a low angle lowering system
5. Build a low angle raising system and use the T-system to analyze the mechanical advantage
6. Describe the basic behaviors of lost people and design a search pattern to find them
7. Evaluate the risks and benefits of using a helicopter in rescue situations
8. Design and follow a basic Incident Command System response to a rescue

Class Participation:
Class attendance and participation is mandatory and will be scored qualitatively. I will start with the assumption that each of you will attend all classes and actively interact during class. Absences and lack of participation will reduce your participation score.

Exams:
Students will be scored based on their participation in the guided rescue scenarios and final, student run, rescue scenario. Attendance during the final exam is required to pass this course. Lack of participation or unsafe practices during scenarios will negatively affect your score in this class.

Parking:

Parking is limited on the University of Utah campus and parking regulations strictly enforced. It is encouraged that you carpool to class. There are numerous "pay by the hour" parking garages or you may purchase a day to day pass with commuter services: http://www.parking.utah.edu/

Recommended Equipment:
Mountain weather in the Salt Lake area can change quickly. It may be warm & sunny in the morning and snowing a few hours later. Weather in the mountains and canyons can be very different than the weather in the valley, too. That being said, spring weather in Utah is beautiful! Here are some great local weather resources:

- http://www.wrh.noaa.gov/slc/snow/mtnwx/mtnForecast.php?forecast=cottonwoodnoheader=Printer%20Frie
- http://wbsweather.com/w/index.php
- http://www.wasatchsnowforecast.com/
- https://utahavalanchecenter.org/

Below is a list of recommended items for this course. If you are in need of one or more items please contact the instructors.

Please note, students are required to have sturdy closed-toe footwear (boots), leather gloves, a climbing helmet (can be rented locally if needed), and sunglasses or other eye protection.

Wool socks
Synthetic pants
Waterproof/Water resistant pants (ski pants work)
Base layer/Long underwear bottoms and tops
Insulating jacket
Waterproof jacket
Warm hat
Sunglasses/Sunscreen/Hat
Leather gloves
Warm gloves
Water bottles (enough to hold 2 liters, a camelback is fine)
Headlamp (a handheld flashlight is fine, a headlamp is better)
30L or greater backpack

High angle rescue gear
Harness (or 20' 1" tubular webbing)
2 locking carabiners
3-4' 6mm climbing strength cord
12' 6mm climbing strength cord
Rappel device (ATC, 8, large locking carabiner etc)

Schedule:

	Date	Topics	Time	Location
M	**16-Apr**	Intro to SAR; ICS, risk management, medical	1600-2000	HSEB
T	**17-Apr**	Introduction to helicopters	1600-2000	Salt Lake Airport
W	**18-Apr**	Introduction to rescue rope work, knots	1600-2000	BCC
H	**19-Apr**	Navigation; map, compass, GPS	1600-2000	HSEB/foothills
F	**20-Apr**	High angle rescue part 1**	800-1700	Storm Mountain, BCC
S	**21-Apr**	**Optional: high angle rescue part 2****	800-1700	Storm Mountain, BCC
S	**22-Apr**	**OFF – free time**		
M	**23-Apr**	Patient transportation	1600-2000	Red Butte Canyon

T	**24-Apr**	Search methods & strategy	1600-2000	Millcreek Canyon
W	**25-Apr**	Search scenario	1600-2000	Ferguson Canyon
H	**26-Apr**	Final review & student-run practice scenario	1600-2000	NW LCC
F	**27-Apr**	Final Exam (student-run rescue scenario)	1600-2000	TBD

* BCC = Big Cottonwood Canyon, LCC = Little Cottonwood Canyon

* this schedule may change, but all changes will be discussed with the group beforehand

**to participate in the high angle training Friday afternoon and all day Saturday, all items on the "High Angle Rescue" gear list are required. This gear is not required for Friday morning