



TITLE: MRA ALPINE TEAM SKILLS CHECKLIST.

NAME: _____ **DATE:** _____

Each skill must be demonstrated to a Marin SAR MRA Proctor, who will then date and initial the line next to the skill. When all the lines have been initialed, make a copy of this form and turn it into the training officer.

Keep the original!

<u>KNOTS</u>	DATE	BY	<u>MOUNTAIN AXE</u>	DATE	BY
Figure 8 on a bight	_____	_____	Belay/self arrest holds	_____	_____
Figure 8 follow through	_____	_____	Setting self belay anchors	_____	_____
Water knot on a bight	_____	_____	Digging a step	_____	_____
Water knot follow through	_____	_____			
Butterfly knot	_____	_____	<u>SNOW/GLACIER TRAVEL</u>	DATE	BY
Prussic knot	_____	_____	Snow shoeing 3 miles	_____	_____
Load Release hitch	_____	_____	Two nights snow camping	_____	_____
Clove hitch	_____	_____	Snow cave building	_____	_____
Munter hitch	_____	_____	Self belay	_____	_____
<u>ROPE HANDLING</u>	DATE	BY	Self arrest facing up hill	_____	_____
Rope Bag use:			Self arrest facing down hill	_____	_____
Attach/Detach	_____	_____	on stomach	_____	_____
Stuffing	_____	_____	Self arrest facing down hill	_____	_____
Flaking & inspection	_____	_____	on back	_____	_____
Edge Protection	_____	_____	Self arrest head down on back	_____	_____
Alpine wrap coil	_____	_____	Solo climb with switchbacks	_____	_____
			Solo descent with switchbacks	_____	_____
<u>RAPPELLING</u>	DATE	BY	Ascend w/axe in stake position	_____	_____
Friction device	_____	_____	Rope team of three-five	_____	_____
Lock off & Unlock device	_____	_____	Self arresting on a rope team	_____	_____
Brake Bar Rack	_____	_____	Traveling thru a running belay	_____	_____
Lock off & Unlock Rack	_____	_____	Traversing a steep slope	_____	_____
			Setting a Z-rig on rope teams rope	_____	_____
<u>PRUSIKS</u>	DATE	BY	with one person in a crevasse	_____	_____
Ascending a fixed line	_____	_____	Setting a self extraction for fallen	_____	_____
Locking and unlocking on a	_____	_____	member while on a rope team	_____	_____
working line	_____	_____	Self extraction from a crevasse	_____	_____
			using a Texas/Bachmann	_____	_____
<u>CRAMPONS</u>	DATE	BY	<u>PERSONAL SAFETY</u>	DATE	BY
Proper attachment to boots	_____	_____	Signs and symptoms of AMS	_____	_____
French technique	_____	_____	Treatment of AMS	_____	_____
American technique	_____	_____	Signs and symptoms of	_____	_____
			Hypothermia	_____	_____
			Treatment of Hypothermia	_____	_____
			Proper clothing for alpine	_____	_____
			Proper footwear for alpine	_____	_____
			Proper personal gear for alpine	_____	_____

TITLE: MRA ALPINE SKILLS CHECKLIST CONT. – RESCUE SKILLS

<u>SNOW ANCHORS</u>	DATE	BY	<u>MEDICAL TEAM</u> (3 person on a slope)	DATE	BY
Setting a Dead Man picket	_____	_____	Primary Assessment	_____	_____
Setting a Dead Man w/backup	_____	_____	Secondary Assessment	_____	_____
Setting a ice axe Dead Man	_____	_____	C-Spine	_____	_____
Setting a vertical picket	_____	_____	Environmental stabilization	_____	_____
Setting a three picket linked	_____	_____	Injury Stabilization	_____	_____
Setting a three point Dead Man	_____	_____	Patient packaging	_____	_____
in line and set to a directional	_____	_____	Scene management	_____	_____
Snow Bollard	_____	_____	Proper use of commands	_____	_____
Setting a improvised dead man	_____	_____	Communication of assessments	_____	_____
With personal items	_____	_____	Pack medical teams gear bags	_____	_____

<u>BELAY TEAM</u> (3 person)	DATE	BY	<u>AVALANCHE</u>	DATE	BY
Rigging a tandem prussic anchor	_____	_____	Harnessing an avalanche beacon	_____	_____
Passing a knot on a lower	_____	_____	Searching with a beacon	_____	_____
Passing a knot on a raise	_____	_____	Participating in a probe line	_____	_____
Scene management	_____	_____	Participating on a shovel team	_____	_____
Proper use of commands	_____	_____	Avalanche Awareness course	_____	_____
Pack belay anchor bags	_____	_____	Digging a snow pit and communicating snow pack	_____	_____
			Recognizing potential slopes and Slide paths	_____	_____

<u>MAINLINE TEAM</u> (3 person)	DATE	BY	<u>ROUTE FINDING</u>	DATE	BY
Rigging for a lower	_____	_____	Proficiency with a compass	_____	_____
Passing a knot on a lower	_____	_____	Proficiency with an altimeter	_____	_____
Rigging for a raise	_____	_____	Proficiency with a GPS	_____	_____
Passing a knot on a raise	_____	_____	Proficiency with a map	_____	_____
Setting a directional for the raise	_____	_____	Visual route finding W/out map	_____	_____
Using the Mariner’s Hitch in passing the knot	_____	_____			
Scene management	_____	_____			
Proper use of commands	_____	_____			
Pack mainline anchor bag	_____	_____			

<u>LITTER TEAM</u>	DATE	BY
Unpacking and packing the Sked	_____	_____
Complete setup of the Sked	_____	_____
Sked setup on a slope	_____	_____
Patient packaging on flat terrain	_____	_____
Patient packaging on a slope	_____	_____
Litter tending for a lower	_____	_____
Litter tending for a raise	_____	_____
Litter tending for a ½ mile on rolling terrain	_____	_____
Scene management	_____	_____
Proper use of commands	_____	_____
Pack litter team gear bags	_____	_____

TRAINING TEAM ACTION

Approved-----Disapproved

DATE: _____

SIGN

DATE

Training Officer: _____

MRA Coordinator: _____

Personnel Coordinator: _____

Operations Coordinator: _____

Comments;