Technical Rock Task Sheet

Marin County Sheriff's Dept.

MOUNTAIN RESCUE TEAM

		FIELD TEAM LEADERS	Michael St John	Jason Flesher	Joe Hanssen	MRA MEMBERS								MEMBER IN TRAINING								
	KNOTS																					
1	Figure 8 on a bight																					
2	Figure 8 follow through																					
3	Water knot on a bite																					
4	Water knot follow through																					
5	Square knot																					
6	Prusik knot																					
7	Bowline																					
8	Mariners hitch (LRH)																					
9	Radium release hitgh																					
10	Clove hitch																					
11	Munter hitch																					
12	Half hitch/overhand knot																					
	ROPE HANDLING																					
1	Flaking & inspection																					
2	Alpine wrap coil																					
3	Top loading rope bag repack																					
	RAPPELLING																					
1	Friction device																					
2	Lock off & unlock device																					
3	Brake bar rack																					
4	Lock off & unlock rack																					
	PRUSIKS																					
1	Ascending a fixed line																					
2	Lock & unlock on a working line																					
	RIGGING HAULING SYSTEM (main)																					
1	3/5/9:1																					
2	4/6:1																					
3	Pig rig system																					
	RIGGING BELAY LINE																					
1	Tandem prusiks																					
2	Add a pulley for a haul																					
3	540 device																					
	ANCHORS																					
1	Vehicle - door and roof tie																					
2	Vehicle - frame																					
3	High-strength tie-off																					
4	W3P2																					
5	3-point tie-off																					
6	Ground pickets																					
	PACKING RESCUE KITS																					
1	Demonstrate process of repacking kits																					
2	Deomstrate proces ofpacking kits in vehicles																					
	PICK-OFFS																					
1	Main line lower and raise																					
2	Belay line lower and raise																					
	LITTER SET-UP																					
1	Patient tie-in w/ purcell prusik																					
2	RS1 chest harness																					
3	RS1 seat harness																					
4	Quick straps																					
5	Low angle w/ rescue team																					
6	High angle with single rescuer																					
7	Walking belay																					
8	Front litter tie-off																					