Marin County Sheriff's Office – Division of Search and Rescue

TITLE: MRA TECHNICAL ROCK 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!**

TERRAIN	**DATE**	**BY**
Visual identification of class 1-5	_____	_____

ANCHORS	**DATE**	**BY**
5 different types rocks & boulders	_____	_____
Setting Passive Pro		
Hexendrix	_____	_____
Stoppers (nuts)	_____	_____
Setting Active pro		
Cams	_____	_____
Big Bros	_____	_____
Drill bolt and place hanger	_____	_____
Tie 3 points with various protection	_____	_____
Tie 5 points with various protection	_____	_____

A - FRAME	**DATE**	**BY**
Rigging for over the edge	_____	_____
Rigging for chimney	_____	_____
Rigging for high line traverse	_____	_____

SINGLE RESCUER PICK-OFF	**DATE**	**BY**
Transfer a climber (cut the rope)	_____	_____
Transfer a climber	_____	_____
Stranded Hiker	_____	_____

ALPINE	**DATE**	**BY**
Participate in 5-8 pitch route	_____	_____
Alpine belay	_____	_____
Set emergency rappel	_____	_____
Using ascenders	_____	_____
Setting a gear haul system	_____	_____
Rope and equipment management	_____	_____

RIGGING HIGHLINES	**DATE**	**BY**
Tyrolean (rig and cross)	_____	_____
Kootenaey	_____	_____
English Reeves	_____	_____
Telfer	_____	_____

SPECIAL MRA PERSONAL GEAR	**DATE**	**BY**
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

TRAINING TEAM ACTION

Approved-----Disapproved **DATE:**_____

	SIGN	**DATE**
Training Coordinator:	_____	_____

Comments;