



**TITLE: TECHNICAL ROCK SKILLS CHECKLIST.**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

Each skill must be demonstrated to a qualified Marin SAR member, who will then date and initial the line next to the skill. **Items in bold are also requirements for participation on the Interagency team.** 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>	<u>DATE</u>	<u>BY</u>	<u>CLIMBING CHANGE OVER</u>	<u>DATE</u>	<u>BY</u>
<b>Figure 8 on a bight</b>	_____	_____	<b>Ascend / descend with two</b>		
<b>Figure 8 follow through</b>	_____	_____	<b>Different systems</b>	_____	_____
<b>Water knot on a bite</b>	_____	_____			
<b>Water knot follow through</b>	_____	_____	<u>ANCHORS</u>	<u>DATE</u>	<u>BY</u>
<b>Square knot</b>	_____	_____			
<b>Prussic knot</b>	_____	_____	<b>Vehicle – Top of the door</b>	_____	_____
<b>Load Release Hitch</b>	_____	_____	<b>Vehicle – Wheel</b>	_____	_____
<b>Clove hitch</b>	_____	_____	<b>Vehicle – other</b>	_____	_____
<b>Munter hitch</b>	_____	_____	<b>Tree (tensionless &amp; W3P2)</b>	_____	_____
			<b>3 pickets for single anchor</b>	_____	_____
<u>ROPE HANDLING</u>	<u>DATE</u>	<u>BY</u>	<u>PACKING RESCUE KITS</u>	<u>DATE</u>	<u>BY</u>
<b>Rope Bag use:</b>			<b>Houdini kit</b>	_____	_____
<b>Attach/Detach</b>	_____	_____	<b>Anchor kit</b>	_____	_____
<b>Stuffing</b>	_____	_____	<b>Main line kit</b>	_____	_____
<b>Flaking &amp; inspection</b>	_____	_____	<b>Belay kit</b>	_____	_____
<b>Alpine wrap coil</b>	_____	_____	<b>Edge protection kit</b>	_____	_____
<u>RAPPELLING</u>	<u>DATE</u>	<u>BY</u>	<u>TEAM PICK-OFF</u>	<u>DATE</u>	<u>BY</u>
<b>Friction device</b>	_____	_____	<b>Main line lower and raise</b>	_____	_____
<b>Lock off &amp; Unlock device</b>	_____	_____	<b>Belay line lower and raise</b>	_____	_____
<b>Brake Bar Rack</b>	_____	_____			
<b>Lock off &amp; Unlock Rack</b>	_____	_____	<u>LITTER SETUP</u>	<u>DATE</u>	<u>BY</u>
<u>PRUSIKS</u>	<u>DATE</u>	<u>BY</u>	<b>Patient tie-in with spider</b>	_____	_____
<b>Ascending a fixed line</b>	_____	_____	<b>Patient tie-in with RS1</b>	_____	_____
<b>Locking and unlocking on a working line</b>	_____	_____	<b>Low angle W/4 rescuers</b>	_____	_____
			<b>Patient tie-in with straps</b>	_____	_____
			<b>High angle with single attendant</b>	_____	_____
<u>RESCUE HARNESS</u>			<u>LITTER HANDLING</u>	<u>DATE</u>	<u>BY</u>
<b>RS1 chest harness</b>	_____	_____	<b>Litter tender on low angle</b>	_____	_____
<b>RS1 seat harness</b>	_____	_____	<b>Litter tender on a scree evac</b>	_____	_____
<u>RIGGING HAULING SYSTEMS</u>			<b>Litter tender on high angle</b>	_____	_____
<b>1:1</b>	_____	_____			
<b>2:1</b>	_____	_____			
<b>3:1 (Z-Rig)</b>	_____	_____			

**TITLE: TECHNICAL ROCK SKILLS CHECKLIST CONT.**

<b><u>LEADERSHIP POSITIONS</u></b>	<b>DATE</b>	<b>BY</b>
Demonstrate knowledge of the following:		
<b>Rescue Group Supervisor / IC</b>	_____	_____
<b>Edge Tender</b>	_____	_____
<b>Belay Line Team Leader</b>	_____	_____
<b>Main Line Team Leader</b>	_____	_____
<b>Litter Team Leader</b>	_____	_____
Safety Officer	_____	_____
Medical Responder over the edge	_____	_____

<b><u>SPECIAL PERSONAL GEAR</u></b>	<b>DATE</b>	<b>BY</b>
<b>Harness with gear loops</b>	_____	_____
<b>Daisy chain</b>	_____	_____
<b>4 locking carabiners</b>	_____	_____
<b>Belay devise</b>	_____	_____
<b>Rappelling devise</b>	_____	_____
<b>5', 10' &amp; 20' webbing</b>	_____	_____
<b>2 prussiks (1 long, 1 short)</b>	_____	_____
Personal Helmet	_____	_____
2 – rap rings	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

**TRAINING TEAM ACTION**

Approved-----Disapproved

DATE: \_\_\_\_\_

SIGN

DATE

Training Coordinator: \_\_\_\_\_

Comments;