

ROPE RESCUE CLASS SKILLS CHECK SHEET

Name _____

Knots-Primary

- _____ Prusik Hitch
- _____ Bowline
- _____ Clove Hitch
- _____ Square Knot
- _____ Munter
- _____ Prusik Wrap
- _____ Overhand Bend/water knot
- _____ Figure Eight
- _____ Figure Eight w/single or double eight
- _____ In-line Figure Eight
- _____ Figure Eight follow through (football knot)
- _____ Double Overhand
- _____ Half-hitch

Equipment Usage Fam.

- _____ Stokes Basket
- _____ Pre-rigs
- _____ Webbing
- _____ Rope
- _____ Caribiner
- _____ Brake Rack
- _____ Fig. 8 plate
- _____ Edge Roller
- _____ Pulley
- _____ LR Radium 3:1

Systems- Primary

- _____ Stokes Tag Line
- _____ Anchor Wraps: Multi-loop
- _____ Anchor Wraps: Three Point
- _____ Anchor Wraps: Single Loop
- _____ Patient/Stokes Lashing
- _____ Chest Harness
- _____ Seat Harness
- _____ Long Tail Bowline
- _____ Eight Plate
- _____ Operate Brake Rack
- _____ Operate Belay Line
- _____ 3:1 Mechanical System

Terminology

- _____ Anchor
- _____ Back-up
- _____ Belay
- _____ Bombproof
- _____ Etrier
- _____ High Angle Rescue
- _____ Low Angle Rescue
- _____ Medium Angle Rescue
- _____ Steep Angle Rescue
- _____ Main Line
- _____ Load
- _____ Multi-Directional Loading
- _____ Pick-off
- _____ Prusik
- _____ Whistle test
- _____ High Strength Tie Off

Evaluator: Print _____

Evaluator: Signature _____

Comments: _____
