



Rock Rescue - Pre Course Information



Thank you for choosing Island Alpine Guides for your rock rescue training. This package contains important information to help you prepare, including a complete equipment list.

If you have any questions at all, please do not hesitate to contact us by email at info@islandalpineguides.com or by telephone on (250) 400-2870.

We hope you find the course enjoyable and informative.

Jan Neuspiel
Director/Guide
Island Alpine Guides



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COURSE OVERVIEW

This course takes place at a crag setting using trees in a horizontal plane to practice techniques before taking them into the vertical plane by hanging subjects on cliffs. On day one, we cover all the basics of improvised self-rescue, from rescue anchors and station-management to blocking and escaping belays. On day two, we move on to raising and lowering systems and, depending on what group experience allow for, we may also deal with more complicated scenarios involving multiple lowers, rappels with victims, passing knots, rope ascending, and other techniques used in multi-pitch rescue.

HOW TO PREPARE

To save time and energy on the course we ask that you learn to confidently tie the following knots: figure 8 follow-through; figure 8 on a bight; overhand on a bight; double overhand; double fisherman's; clove hitch; prussik; munter hitch and a tied off or "muled" munter hitch. Check out [this video](#) for more on the muter hitch and [this one](#) for the tied of munter . All of the remaining knots can be found [here](#).

MEETING TIME AND PLACE

As we operate this course in varying locations please wait to receive a pre course email from us specifying the meeting place and time for your course.

WHAT TO BRING

All participants should come equipped with the following technical gear:

- Harness
- Helmet
- Three Locking Carabiners
- Three Non-locking Carabiners
- Two 5-6m X 7mm cords
- One 120cm sewn sling

If anyone in the group requires us to supply any of the above for them please let us know ASAP.

The instructor will bring some single climbing ropes and a traditional rock rack.



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If you have climbing gear of your own including ropes, hardware or rescue specific equipment we encourage you to bring your own gear along as this allows you to ask questions regarding it's appropriateness and use and to work with the gear that you will be using when you are out climbing on your own.

Everyone should come equipped with clothing for any conditions regardless of the weather forecast. You should also have a portable lunch and plenty of fluids for each day.

Rock climbing shoes are not required. A sturdy walking shoe or boot would be ideal.

Please be sure that all clothing and equipment is in good repair and functioning properly.

RISKS, DANGERS, HAZARDS AND WAIVER

All Island Alpine Guides courses and trips take place in an outdoor, wilderness environment. This means that as a participant you will be encountering various risks, dangers and hazards some of which include avalanches, cornices, crevasses, cliffs, trees, creeks, rockfall, difficult travel conditions, weather, illness, equipment failure, wild animals, becoming lost as well as the possibility of mistakes being made by IAG guides and instructors. To participate in these activities you will be required to read and agree to our [waiver](#) as part of the registration process. You will also be required to sign the waiver at the start of the course or trip. In doing so you will waive or give up certain legal rights including the right to sue or to claim compensation following an accident.

If you are a minor (under 19 years of age), we require your waiver to be signed by your parent or legal guardian. In this case, please download the appropriate waiver from the link above, print it, have your parent/guardian sign it, scan or photograph the completed copy and send it to info@islandalpineguides.com. Minor students arriving without a waiver signed by their parent or legal guardian will not be allowed to participate in the course or trip.