

OUTREACH RESCUE PRE COURSE INFORMATION

OUTREACH COURSE: Rope Rescue Level One Operator

Dear Candidate,

In preparation for the above course at Outreach Rescue you will need to read the following information: -

- **Course Introduction**
- **Essential and Recommended Reading**
- **Course Information**
- **Diploma / Certificate in Specialist Rescue**
- **Equipment and Clothing**
- **Getting to Outreach**
- **Accommodation and Meet and Greet Times**

You must complete the following form and return to Outreach at the address below as soon as possible to reach us a minimum of **one week** prior to the course: -

- **Medical Form** (This also includes information on any dietary requirements.)

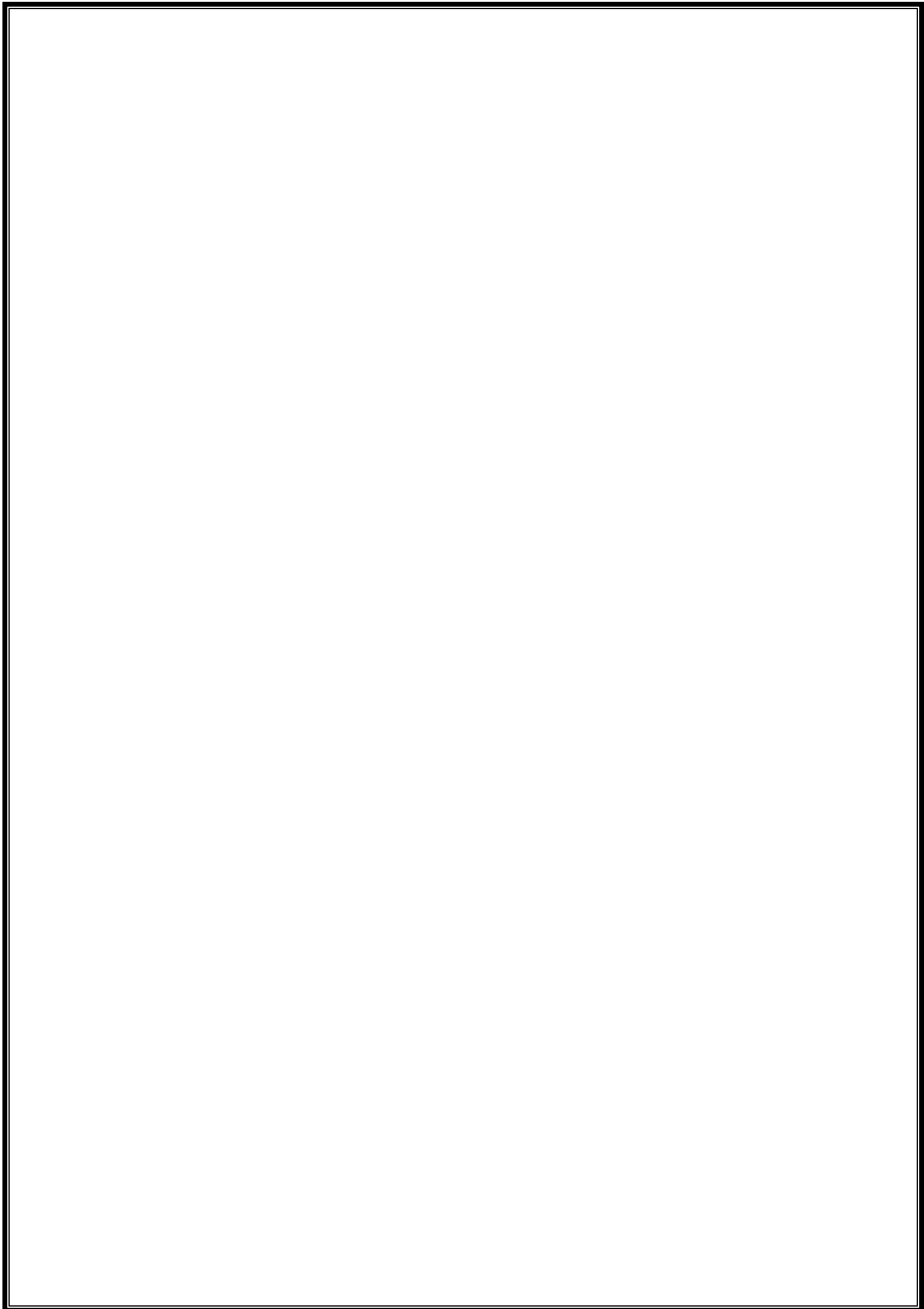
This document needs to be processed **before** you attend an Outreach course.

If you have difficulty returning the above document or have any questions please do not hesitate to contact us.

Thank you for your cooperation, we look forward to welcoming you to our centre soon.

Kind Regards

The Outreach Team



This document should be read in conjunction with the Fire Service College Course Data Sheet and the Training Progression Notes attached.

COURSE INTRODUCTION

Rope rescue is a challenging rescue environment that will require you to build a range of skills and apply knowledge to ensure that the rescue is carried out safely and successfully.

Working at height is subject to various laws and regulations, and rescue activities are not exempt from these.

The **Rope Rescue One Operator** course is designed to allow the students to act as competent, supervised rope rescue team members. In order to best prepare for this course you can read various documents as well as practice a few simple skills ahead of the course.

ESSENTIAL READING

The following documents are considered as **essential reading** for successful completion of the course:

Outreach Rope Rescue 1 Operator Course Manual and notes (This will be provided on the course)
The Work at Height Regulations (2005) as amended – a brief guide (www.hse.gov.uk/pubns/indg401.pdf - Provided on course)
Inspecting fall arrest equipment made from webbing or rope (www.hse.gov.uk/pubns/indg367.pdf - Provided on course)

RECOMENDED READING

We would encourage you to constantly broaden your understanding so that you can appreciate the range of operational issues you might encounter. A number of articles are available to read and we would encourage reading as widely as you can.

Technical Rescue Magazine - Rescue equipment and the CE Mark (www.t-rescue.com/cgi-bin/hotlinks/morelinks.cgi?category=38&page=1)
Height Safe - Details general working at height safety practices (www.hse.gov.uk/pubns/heightsafeleaflet.pdf)
Safety in window cleaning using rope access techniques - <i>A good overview of the issues associated with working at height using ropes.</i> (www.hse.gov.uk/pubns/misc612.pdf)
Working at Height Safety Association - <i>A number of technical notes relating to working at height.</i> (www.wahsa.co.uk/component/option,com_docman/task,cat_view/gid,5/Itemid,8/)
Question and Answer brief for the construction industry on the Work at Height Regulations 2005. (www.hse.gov.uk/construction/pdf/fallsqa.pdf)
You should try to obtain a copy of the Fire Service Volume 2 Safe Work at Height 2006, ISBN (10) 0 11 341312 2 ISBN (13) 978 0 11 341312 6 Available from TSO (www.tsoshop.co.uk/bookstore.asp?FO=1160523&ProductID=0113413122&Action=Book)

YOUR OWN ORGANISATIONS DOCUMENTS

You should review your organisation's documents that relate to working at height and rope rescue. Documents you may encounter include:

- Risk Assessments (generic, site or task specific)
- Safe Systems of Work or Method Statements
- Internal training guides or handbooks for working at height
- Standard Operating Procedures

COURSE INFORMATION

On the course you are going to become familiar with a range of equipment used for working at height. Each type of equipment has a manufacturer's instruction for use and it is good practice to read up on the equipment before using it. There are numerous manufacturers' websites that contain information and you should visit them to improve your awareness of what equipment is available to use and its potential application.

Although you will be taught various skills on the course, some pre-course practice of simple skills to refresh your own capability will help you get the most out of the course. You should be able to:

<p>Tie the following knots:</p> <ul style="list-style-type: none">• Clove Hitch• Bowline (including a stopper knot)• Figure of Eight• Figure of Eight on the Bight• Rethreaded Figure of Eight <p>Instructions can be found in: Fire Service Vol 2 Safe Work at Height (2006) (Pgs 46-50)</p>	<p>A number of web sites provide information about these knots including:</p> <ul style="list-style-type: none">• http://www.animatedknots.com• http://www.brmrg.org/knots.asp <p>The final presentation of the knots shown on websites may differ slightly from those taught on course.</p>
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DIPLOMA / CERTIFICATE IN SPECIALIST RESCUE

There are options for utilising successful completion of this course to register it towards a Coventry University Diploma / Certificate in Specialist Rescue or contribution towards other higher education awards. Further information will be provided at commencement of the course. However for a full module descriptor in advance, go to www.coventry.ac.uk - CU Portal – Module Information Directory – Business, Environment and Society – Geography, Environmental Science and Disaster Management – Get Modules. Then click on 259GED for full diploma module information or 267GED for 10 credit-modules – View Module Information

EQUIPMENT AND CLOTHING

This course is outdoor based and you must provide gloves and boots suitable for rope working. There is no requirement for any other specialist clothing or equipment – this will be provided for the duration of the course. The weather in North Wales can be wet, windy and cold when outside, so bring warm waterproof clothing with you. There is no requirement to bring fire kit with you.

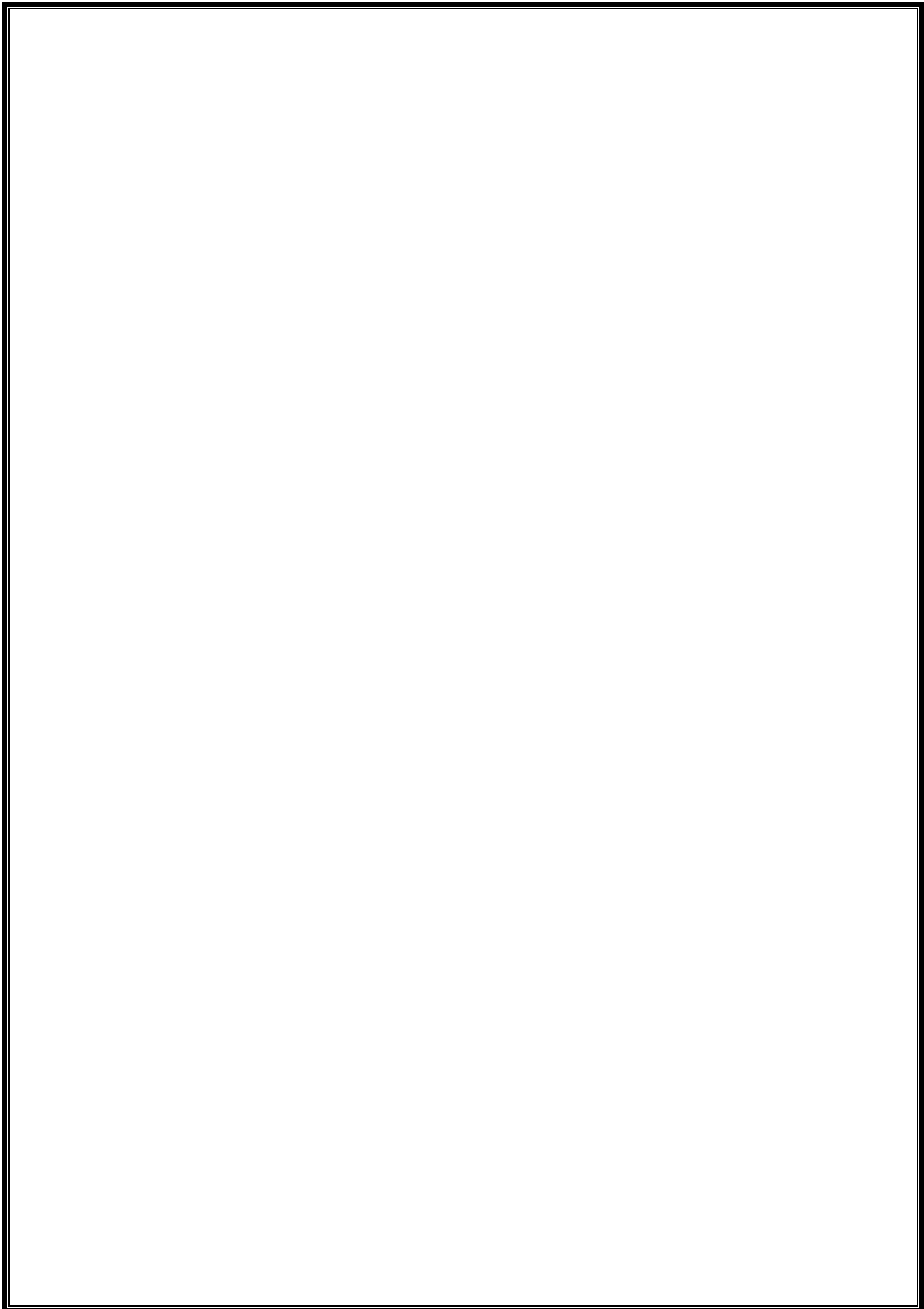
GETTING TO OUTREACH

You can download directions and a map of how to get to Outreach from our website (www.outreachrescue.com). If you are using GPS navigation systems to get to Outreach via the A55 North Wales Coast road, then it is best to go via Junction 11 on the A55. In the past GPS navigation systems have taken people via the shortest route and this means they are taken along very narrow single track roads.

ACCOMODATION - MEET AND GREET TIMES

Accommodation has been reserved for you on the Sunday evening prior to your course commencement – please arrive between **7pm and 10pm**.

Please note no evening meal will be provided on Sunday night; however a cheese board, biscuits and hot drinks will be available. Catering will begin with breakfast on Monday morning.



Outreach Course Participant Agreement and Medical Form

OUTREACH courses will generally involve participants in outdoor, as well as indoor activities. These activities may include some lifting, balancing, climbing, walking, swimming and other forms of physical activity. The degree of physical input in any activity is ultimately determined by the participant.

Please read and complete the information following and overleaf

I confirm that I am fully fit for operational duties in accordance with my service requirements for this role.

I understand the description I have received regarding the Outreach course I am attending.

I agree to follow Outreach guidelines, safety briefs and general requirements.

I agree to hold Outreach blameless from any and all liabilities that may arise from participation in the activities where such guidelines and requirements are not followed.

I will monitor my level of participation accordingly and report any changes immediately to Outreach staff.

I will take all reasonable precautions to ensure my own health and safety and that of others both during supervised activity and private time whilst on my Outreach course and on Outreach property.

I will not use alcohol or any other substance in any way or time during my course such that it might affect my decision making or participation.

I will inform Outreach instructors during the initial course briefing if any of the details submitted change prior to attendance.

(Outreach reserve the right to exclude any individual from training, at any stage, if they have concerns regarding their health and / or fitness.)

The information below and overleaf forms part of this agreement.

The medical information provided will be treated in confidence and used only to ensure the safety and welfare of participants or to assist medical personnel make a diagnosis or give treatment in the event of an emergency arising during the period of the course.

In signing below I accept all conditions as above and confirm the accuracy of the information that follows.

Participant's Signature:

Date:

Name of course attending and dates:

PLEASE ANSWER ALL SECTIONS:

Full Name:

Current Home Address:

Postcode:

Telephone Numbers:

Home:

Work:

Mobile:

E-mail:

Date of Birth:

Height:

Weight:

Male / Female

Date of Last Medical:

Name & Address of Doctor:

Postcode:

Name & Address of the Person to be Contacted in an Emergency:

Postcode:

Telephone Number of Above:

Have you been given specific medical advice to follow in emergencies?

YES / NO

If YES Please Give Details (use an additional sheet if required for any of the questions below)

Have You Been or Are Currently Affected by Any of the Following?

Dyslexia

YES / NO

Coronary Problems

YES / NO

Asthma / Bronchitis

YES / NO

Fits, Fainting. Blackouts

YES / NO

Back / Neck problems

YES / NO

Giddiness / difficulty with balance

YES / NO

Knee / Joint Problems

YES / NO

High Blood Pressure

YES / NO

Severe Headaches

YES / NO

Psychiatric illness

YES / NO

Uncorrected visual impairment

YES / NO

Diabetes

YES / NO

If you have answered YES to any of these sections please give details of condition, date of last occurrence if applicable & current restrictions imposed:

Have you been vaccinated against Tetanus in the last 5 years?

YES / NO

Have You Had Any Recent Surgery Or Injury?

YES / NO

If YES Please Give Details (type, date, restrictions)

Do You Have Any Condition(s) or Old Injuries Affecting Participation?

YES / NO

If YES Please Give Details (type, date, restrictions)

Do You Have Any Conditions Requiring Prescribed Drugs or Medications?

YES / NO

If YES Please Give Details (condition, name of drugs, dosage)

Are you bringing the Above Named Drugs/Medications with you?

YES / NO

Do You Have Any Allergies (drugs / bee stings etc)?

YES / NO

If YES Please Give Details:

Do You Have Any Special Dietary Needs?

YES / NO

If YES Please Give Details:

Can You Swim?

YES / NO

If YES, More Or Less Than 25m?

MORE / LESS

FOR WOMEN ONLY: Are You Pregnant?

YES / NO

