

ITRA – Rope Rescue L1,L2,L3

Training program (6 days)

This document outlines the training objectives for ITRA Rope Rescue Levels 1, 2, and 3. Each level builds upon the previous, progressively increasing in complexity, technical skill, and supervisory capability. The objectives align with the *ITRA Rope Rescue Syllabus* and are designed to ensure safe, competent, and effective rope rescue operations

TRAINING OBJECTIVES:

Level 1 – Technician (Basic Rope Rescue Skills):

Objective: To prepare participants to operate as team members in basic rope rescue scenarios, primarily on sloped terrain, with a focus on foundational technical skills.

Key Competency Goals:

- Understand rope rescue terminology and basic physics
- Perform essential knots and rigging (#110, #113)
- Construct basic single- and multi-point anchors (#259, #260)
- Use basic edge protection and belay systems (#258, #220)
- Ascend, descend, and perform changeovers (#262, #263, #272, #273)
- Package a patient and assist in sloped litter movements (#269, #270, #284)
- Understand and apply basic personal safety and communication (#175, #257)

Level 2 – Technician (Intermediate Rope Rescue):

Objective: To develop technician-level skills for performing vertical rescue operations in a variety of environments using more advanced systems.

Key Competency Goals:

- Construct and operate vertical lowering and raising systems (#267, #268)
- Perform litter rigging and patient movement in vertical settings (#271, #285)
- Conduct pickoff rescues and complex transitions (#292, #295)
- Apply redundant, releasable, and contingency rigging (#299)
- Introduce Artificial High Directionals (AHDs) for vertical access (#281)
- Perform vertical changeovers and knot passes (#274, #275, #277, #278)

Level 3 – Technician (Advanced Rope Rescue)

Objective: To prepare rescuers to perform and supervise complex rope rescues, including suspended patient movement, highlines, and advanced team coordination.

Key Competency Goals:

- Rig and operate highlines (English and Norwegian Reeve) (#282, #283, #373)
- Conduct cross-hauls, dual-main systems, and skate blocks (#378, #127)
- Manage complex transitions between systems (lower-to-raise, raise-to-lower) (#286, #287)
- Lead team-based rescues involving difficult terrain or suspended environments (#380)
- Understand system redundancy, torque forces, and AHD stabilization
- Supervise safe, efficient rescues in dynamic, multi-rope environment

PLANNING:

DAY 1 - Fundamentals & Level 1 Foundations	<u>Welcoming and presentation:</u> • Presentation of objectives, program, and safety rules • Participant's expectations and choice of configurations
	<u>Theoretical part:</u> • ITRA Orientation and safety briefing • Introduction to rope rescue systems (#2103) • Personal Protective Equipment (PPE) selection and fitting • Rope structure, handling, and inspection (#2101, #111)
	<u>Workshop and professional scenarios:</u> • Basic knots for rescue (#110) • Single- Point Anchors (#259) • Belay systems introduction (#220)

DAY 2	<u>Theoretical part:</u> • Mechanical Advantage - simple systems (#113)
--------------	--

- Level 1 Skills	Workshop and professional scenarios: • Edge Protection (#258) • Multi-point Anchors (#260) • Descending (#263) and ascending (#262) • Personal changeover (descend/ascend and vice versa) (#272, #273) • Introduction to patient packaging (#269)
---------------------------------------	---

DAY 3 - Level 2 Skills	Professional scenarios: • Review of Level 1 key concepts • Vertical Raising/Lowering Systems (#267, #268) • Vertical Raising/Lowering Systems: Knot Pass (#277, #278) • Litter Rigging - vertical and sloped (#270, #271) • Pickoff rescues (#292) • Improvised harnesses (#316) • Artificial High Directionals - basic setup (#281) • Retrievable System (#295)
---	---

DAY 4 - Level 3 Foundations & Scenarios	Theoretical part: • Introduction to complex systems and rigging physics (#289, #290) • Highline theory and rigging basics (#282, #283) Professional scenarios: • Cross haul and skate block principles (#378, #284) • Lower-to-raise and raise-to-lower transitions (#286, #287) • Difficult edge transitions (#292, #280) • Artificial High Directionals - advanced setup (#368)
--	---

DAY 5	Theoretical part:
---------------------	---------------------------------

- Level 3 Practical & Scenarios	• Redundancy principles and system evaluation • Final Q&A and preparation for assessment Professional scenarios: • Full-team-based rescue scenarios (horizontal, vertical, complex) (#380) • Highline setup and operation (Transport, English/Norwegian Reeve) (#282, #283, #373) • Breaking into a Fixed Line (#369) • Pick-Off Rescue: Suspended Victim (#292)
--	--

DAY 6 - ITRA Assessment Day	• Formal assessment conducted by ITRA-qualified assessor • Candidates assessed based on the ITRA - Rope Rescue Performance, Standards and Conditions (PSC) relevant to their declared level (1, 2, or 3) • Includes written and practical evaluation components • Feedback and debriefing session • Certification issued upon successful completion
--	---

COURSE DURATION:

- In person,
- 6 days,
- 48 hours - Hours: 8:00 a.m. / 12:00 p.m. – 1:00 p.m. / 5:00 p.m.

PREREQUISITES AND TARGET AUDIENCE:

No prerequisites. Anyone who meets the medical requirements (no contraindications to wearing a harness and being suspended).

GUIDANCE:

Trainees are supervised by an ITRA certified rope rescue trainer (the trainer's name will be listed on the training agreement).

(1 ELEVATED SAFETY trainer for a maximum of 8 trainees).

TEACHING RESOURCES AND METHODS:

- Presentation of theoretical content and demonstration of techniques by the trainer,
- Skills-based approach,
- Practical cases and scenarios consistent with the client company's usual and foreseeable work situations.

ASSESSMENT:

1. Written assessment of knowledge acquired by trainees using a multiple-choice questionnaire.
2. Practical assessment conducted by an ITRA qualified evaluator.

TRAINING CERTIFICATION:

At the conclusion of the training course, participants who demonstrate competency in the knowledge and skills aligned with the ITRA Rope Rescue learning objectives may be eligible for certification, issued under their name, based on successful completion of an ITRA assessment conducted by a qualified evaluator.

ITRA Certification is internationally recognized and valid for 3 years (mandatory refresher training every 3 years).

ACCESSIBILITY:

Anyone with a handicap can contact us to study the conditions of access to training.

If you would like to discuss this with us, please contact Evelyne Moreau: evelyne.moreau@elevatedsafety.com.