



Search and Rescue

Internal Medicine 7981

Syllabus 2023

Instructor

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Course Coordinator

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Course Description

The overall purpose of this course is to learn the basic techniques of low angle mountain rescue. To accomplish this overall purpose, the specific sub-purposes of the course are to provide you with:

1. Basic knowledge of rescue knots and rope systems
2. Patient packaging and extrication skills
3. The ability to apply the concepts and techniques above to practical rescue situations

Teaching and Learning Methods

This course will be taught with a combination of several formats including traditional lectures with slides. Outside there will also be small group practice sessions, guided practice outside sessions, student run rescue scenarios, and guest lectures with local professionals.

Textbook and other materials

Educational materials to study are found online at Wild Med U www.wildmedu.org . Here you will find podcasts, the Search and Rescue textbook and practice tests. The final exam is also found here. The podcasts are also found on iTunes and Spotify. Search for Advanced Wilderness Life Support. You are expected to read the text book or listen to the podcasts and take the practice exams.

Course Objectives

At the end of this course, the student should be able to:

1. Describe the role of physicians on Search and Rescue teams
2. Safely and comfortably package an injured patient for transport
3. Build basic rope rescue systems
4. Describe the basic behaviors of lost people and design a search pattern to find them
5. Evaluate the risks and benefits of using a helicopter in rescue situations
6. Design and follow a basic Incident Command System response to a rescue

Class Participation

Class attendance and participation is required. We will start with the assumption that each of you will attend all outdoor sessions and actively interact during class. Absences and lack of participation will reduce your participation score. If you have Covid 19 concerns, please contact us.

Grade

This is a pass/fail course. Students will be scored based on their participation in the guided rescue scenarios and final, student run, rescue scenario.

Final Exam

The final exam will be taken online at www.wildmedu.org A password will be given to you later in the course. Lack of participation or unsafe practices during scenarios will negatively affect your score in this class.

Parking

Classes will be held off campus and at mountain locations. It is encouraged that you carpool to class.

Recommended Equipment:

Mountain weather in the Salt Lake area can change quickly. It may be warm & sunny in the morning and snowing a few hours later. Weather in the mountains and canyons can be very different than the weather in the valley, too. That being said, spring weather in Utah is beautiful! Here are some great local weather resources:

- [NOAA](#)
- [Wasatch Backcountry Skiing Weather](#)
- [Utah Avalanche Center](#)

Below is a list of recommended items for this course. If you are in need of one or more items, please contact the instructor.

Lower Body Layers

Wool or synthetic socks
Sturdy closed-toe footwear
Baselayer bottom
Synthetic hiking/exercise pants
Waterproof/resistant pants

Upper Body Layers

Baselayer top
Insulating jacket
Waterproof jacket
Warm hat
Sunglasses/Sunscreen/Hat
Leather gloves
Warm gloves

Required Mountain Equipment

- Backpack – 30 liter or greater
- Water bottles – enough to hold 2 liters (a hydration bladder will work)
- Food/snacks – enough for 4+ hours of physical activity in difficult terrain
- Headlamp & spare batteries
- Compass (optional)
- GPS unit or smartphone (app options will be discussed in class)
- 1-gallon zip lock bag
- First aid kit – for personal use
- Toilet paper/tissues
- Hand sanitizer

Required Rope Rescue Gear

- Helmet – climbing rated
- Harness – climbing rated
- 4 locking carabiners – 20kN strength minimum
- 3’ 6mm cord – 7kN strength minimum
- 4’ 6mm cord – 7kN strength minimum
- 12’ 6mm cord – 7kN strength minimum
- ATC belay device
- 30’ 8mm cord/rope – 14kN strength minimum **(optional)**
- 20’ 1” tubular webbing – 14kN strength minimum **(optional)**
- Crampons & ice (can be rented locally for ~\$20)

Schedule

	Date	Topics	Time	Location
M	17-Apr	Introduction to search & rescue	1600-1800	Classroom
T	18-Apr	SAR fitness	1600-2000	Mt. Olympus Trailhead
W	19-Apr	Navigation	1600-2000	Hidden Valley Park
H	20-Apr	Search techniques	1600-2000	Ferguson Canyon
F	21-Apr	Search scenario	1600-2000	Ferguson Canyon
M	24-Apr	Rope rescue I	1600-2000	Storm Mountain BCC
T	25-Apr	Rope rescue II	1600-2000	Lisa Falls LCC
W	26-Apr	Rope rescue III	1800-2200	Ledgemere BCC
H	27-Apr	Winter rescue	1600-2000	Grizzly Gulch LCC
F	28-Apr	Rescue Scenario	1600-2000	Gate Buttress LCC

* this schedule may change, but all changes will be discussed with the group beforehand

LCC: Little Cottonwood Canyon

BCC: Big Cottonwood Canyon