

Rope Rescue Technician I National Certification

# **Certification Preparation Guide**

Referenced to:

NFPA 1006, Chapter 6, 2013 Edition

# Referenced to:

NFPA 1006, Chapter 6, 2013 Edition

CMC Rescue Inc. (CMC-6) Rope Rescue Manual, 6th Edition, 2021

or

CMC Rescue Inc. (CMC-5) Rope Rescue Manual, 5<sup>th</sup> edition, 2017

Copies of this document may be downloaded from: https://kupce.ku.edu/kufire-firefighter-certification

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Dear Certification Candidate,

Welcome to the National Firefighter Certification Program!

The Kansas Fire & Rescue Training Institute is accredited by the International Fire Service Accreditation Congress (IFSAC) and by the National Board on Fire Service Professional Qualifications (NBFSPQ - also known as "Pro Board"). These accreditation agencies establish rules and standards to follow in the administration, recordkeeping, and providing of National Certification for the fire service. Through this accreditation, Kansas Fire & Rescue Training Institute is authorized to issue accredited National Certifications to individuals meeting the requirements of selected national standards.

Kansas Fire & Rescue Training Institute's role in the process is to maintain testing materials and a fair system of administering certification exams.

This National Certification Preparation Guide was specifically designed to help you prepare for the examination process ahead. This guide gives reading references for the written exam and the skills exam. By using this guide, you will be looking at the same pages the test writer was looking at when they wrote the test questions and developed the skills evaluation sheets.

Our Coordinators and Evaluators are here to observe your skills and knowledge – they will not help you pass the test.

Our staff and evaluators will treat you with respect and professionalism. Our goal is that you complete the testing process with satisfactory performance and earn your National Certification.

Good luck,

KFRT1 Staff

#### **National Certification**

National Certification is a professional credential that verifies your proficiency in the level to which you were/are certified. Kansas certifications do not expire. If you are moving to another state, you should contact the certification entity in that state to find out if your National Certification from Kansas is recognized in that state.

#### **Certification Program Mission**

The mission of the National Certification Program is to maintain an accredited system for Kansas fire service members to earn National Fire Service Certification professional credentials.

#### **Certification Program Values and Principles**

In the conduct of this program, the Kansas Fire & Rescue Training Institute uses the values listed below to guide our professional conduct; they form the foundations and parameters of this program.

- ✤ We hold in high regard honesty and integrity in ourselves and those we serve.
- ♥ Kindness and professionalism guide our instructors and our evaluators.
- ♥ We respect the fire and emergency service and those who serve in it.
- ✤ Transparency of our system, processes, and policies is paramount.
- ✤ The certification standards drive fair evaluation and testing.
- ♥ We value our role as the provider and protector of the national certification program's credibility.

#### **Academic Integrity**

We hold staff (including part-time) and certification candidates to identical ethical standards. We expect professional behavior at all times. Any incident of academic misconduct by a candidate will invalidate their test results, forfeit their certification fee, and may subject them to suspension from the certification process for one year.

Academic misconduct includes cheating, plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and/or other actions that may improperly affect the evaluation of a candidate or assisting others in any such act.

Our policy on academic misconduct is that of "zero tolerance."

The University of Kansas prohibits discrimination. Specifically, the University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression, and genetic information in the University's programs and activities. Retaliation is also prohibited by university policy.

### How to Use the Certification Preparation Guide

This National Certification Preparation Guide is specifically designed to help you prepare for the examination process ahead. This guide provides reading references for the written exam and the skills exam.

We have included information in this guide to help you achieve the professional credential that is Fire Service National Certification. There are a few key elements in preparing for the National Certification Exam. They are: 1) Take some time between the end of your course and the certification exam to focus on studying for the exam. 2) Use this Preparation Guide to help focus on the National Standard requirements and your study time.

#### STEP 1: Review the Administrative information in front of this Preparation guide.

✤ We have included some important information about the program and the steps of certification. Please take a few minutes and review these pages.

#### STEP 2: Review the Reading Reference Pages

The Reading Reference pages are arranged by Job Performance Requirements (JPRs), which are determined by the correlating NFPA standard.

- $m{*}$  Read and study the pages listed in the written exam reading pages.
- ✤ By reading these pages, you are reading the same pages the test developer was when they were writing test questions.

#### STEP 3: Review the Skill Evaluation Sheets in this Certification Guide.

- ✤ Take note of the Instructions to the Candidate (grey boxes) on each Skill Sheet. These are the instructions that the evaluator will give to you in each station before you test.
- ✤ Skills sheet references take you back to the reference manual to explain the skill. You will be graded only on those items listed on the skill evaluation sheets. Use these in your practice and exam preparations.

#### STEP 4: Read & Review, Read & Review, Read & Review, and Practice, Practice, Practice!

Don't practice until you do it right; *practice until you can't do it wrong!* 

#### STEP 5: Get a good night's rest before the exam.

- ✤ You can be tired in any of three ways: Mentally, Physically, and Emotionally. If you are tired in any of these ways, it will make you tired in <u>ALL</u> of them.
- ✤ Save the party for after the exam...get a good night's rest...eat a good breakfast (if you test in the morning)...easy on the sugar and caffeine...and relax!

#### GOOD LUCK!

Note:

If you are exploring National Certification and haven't taken a course specifically for the level of certification you are seeking; we STRONGLY suggest that you start the process by taking a course. Under certain circumstances, you may challenge some certification exams. Persons who take a course first do much better on the exam. Contact the Kansas Fire & Rescue Training Institute for more information.

#### **National Certification Application & Processes**

Application:	Applications are required before testing. Visit the KFRTI web page ( <u>https://kupce.ku.edu/kufire-firefighter-certification</u> ) to download the application.
Registration for Exams:	Pre-registration is required. Go to the KFRTI online registration point to register and pay the certification fee. (https://www.enrole.com/kupce/jsp/index.jsp?categoryId=10019)
Certification Fees:	Certification fees must be paid before the exam date. Individuals are required to pay fees online when registering for an exam. An organization may request to be billed; this billing process requires a Purchase Order from that organization stating each Candidate's name. To arrange billing, call the KFRTI at 1-866-804-8841. Billing cannot be processed online.
Number of Attempts:	Candidates are allowed two attempts per test per application, and all testing must be completed within one year of the first testing activity. Additional testing requires a new application and fee.
Picture I.D. Required:	A government-issued photo I.D. is required at the test site.
Accommodations:	The Kansas Fire and Rescue Training Institute, as part of the University of Kansas, adheres to the Americans with Disabilities Act requirements. Certification candidates requesting accommodations must submit the request in writing two (2) weeks in advance of testing. The request must include a copy of the diagnosis by a qualified professional. Upon receipt of an accommodations request, the Kansas Fire and Rescue Training Institute will review the request and then notify the requestor of the proposed accommodations.

#### What if I Fail the Exam?

Failure of any required component (not submitting a currently valid certification or licensure KBEMS number, less than 70% on the written exam or less than 100% of the skills exam) constitutes a failed attempt.

- a. Candidates may retest on any component of the exam (written or skills exams) and resubmit current and valid KBEMS medical credentials.
- b. Candidates must register to take a retest at another test site. No walk-in testing is allowed. To register for a retest, call the Institute at (toll-free) 866-804-8841.
- c. Candidates are allowed two attempts at any portion of the exam. If a candidate fails any portion of the exam twice, a new application and fee are required for an additional two testing attempts.
- d. Any portion of the exam process successfully completed will remain valid for one calendar year from their first testing action date.
- e. The Institute strongly recommends that candidates study or seek additional training before attempting the exam for a third attempt.

## **Time to Complete Certification**

Candidates have one year from the date of their first testing action to complete their certification. Retaking the written test, retesting skills, submitting verification forms, and all other requirements must be completed within that year. Failure to complete the certification process within the one-year period will invalidate all previous testing.

#### Kansas Fire & Rescue Training Institute's Certification Requirements for Rope Rescue Technician I

#### Kansas Board of Emergency Medical Services Certification

All candidates are required to have a current certification for Emergency Medical Responder, Emergency Medical Technician, Advanced Emergency Medical Technician, or Paramedic issued by the Kansas Board of Emergency Medical Services (KBEMS).

Certifications from other entities will be evaluated for reciprocity as per the KFRTI's Reciprocity policy. Those candidates without such certification can complete written and skills testing for NFPA 1006, Chapter 5 (Introduction to Technical Rescue). Qualification in NFPA 1006, Chapter 5, will be issued after proof of the required medical credentials is provided and verified. Once Qualification is issued, candidates may proceed on with testing in other NFPA 1006 disciplines and levels.

#### Prerequisites

All candidates are required to have successfully completed the written and skills testing for NFPA 1006, Chapter 5 (Introduction to Technical Rescue) before testing for NFPA 1006, Chapter 6.1 (Rope Rescue Technician – Level I) national certification. Certifications from other entities will be evaluated for reciprocity as per the KFRTI's Reciprocity policy.

#### **Rope Rescue Technician I - Certification Exam**

#### Written Exam:

- a. The Rope Rescue Technician I Written Exam includes 50 multiple choice and true/false questions.
- b. Candidates are allowed one (1) hour to complete the exam.
- c. Answer sheets and pencils are provided. "Bubble Sheet" answer sheets that candidates fill in small circles to indicate answers (a, b, c, d) as the correct answer is used.
- d. No cell phones, radios, or other electronic devices are allowed in the room while an exam is being administered (an exception for radios that allow "on-duty" personnel to receive alarms may be granted under special circumstances).
- e. A 70% minimum score is required to pass the written exam.

#### Skills Exam:

- a. The Skills Exam includes individual and team skills. Depending on the skill being tested, candidates may be tested individually or as members of a team.
- b. Teams of 4 to 6 candidates are formed for the purpose of skills testing. Individual candidates may not pre-select crews or makeup crews of their own choosing. The Exam Coordinator appoints teams (for testing purposes) at the test site.
- c. When testing a member of a team, evaluation includes both individual performance and performance as a member of the team.
- d. Skills Exams typically include 4 to 5 stations. Each station may include multiple skills. All Rope Rescue Technician I Skills Exams will include no fewer than six (6) skills total.
- e. Skills marked "Test Item Conducted by the Kansas Board of EMS" are waived with a current valid KBEMS licensure number.
- f. You will be given up to two attempts at each station. The two attempts per station make up your first overall attempt at the skills exam.
- a. Skills exams require 100% to pass in all stations.
- b. No same-day skills retesting allowed.

#### Rope Rescue Technician I - Written Exam Study/Preparation Information and Materials

Rope Rescue I Written Exam:	50 multiple choice and true/false questions.
Time allowed to take exam:	One (1) hour.
Passing Score:	70% (or higher)

Answer sheets and pencils are provided. "Bubble Sheet" answer sheets that candidates fill in small circles to indicate answers (a, b, c, d) as the correct answer is used.

No cell phones, radios, or other electronic devices are allowed in the room while an exam is being administered (an exception for radios that allow "on-duty" personnel to receive alarms may be granted under special circumstances).

#### **Reading Reference/Text**

The Rope Rescue Technician I written exam is referenced to two (2) documents. The first document is the supplemental guide produced by Kansas Fire & Rescue Training Institute (KFRTI).

(CMC-6) - CMC Rescue Inc., Rope Rescue Manual, 6th Edition, 2021 (CMC-5) - CMC Rescue Inc., Rope Rescue Manual, 6th Edition, 2021 National Standard test is based on: NFPA 1006 Standard for Technical Rescuer Professional Qualifications, 2013 Edition

Written Exam Study Pages (Test questions are taken from these same pages)		
Section Subject & NFPA 1006, Rope Rescue (Chapter 6) JPR Number	Reading/Study Pages	
6.1 Level I – General Requirements		
Direct a team in the operation of a simple rope m 6.1.1	nechanical advantage system in a high-angle environment. (CMC-6) Pages: 42-49, 53-58, 83-97, 100-112, 114-118, 150-155, 168-173, 175-181, 269-274, 305-307, 322-324, 396-419 (CMC-5) Pages: 44-51, 56-61, 81-93, 96-108, 110-114, 138-144, 154-159, 161-167, 252-256, 280-282, 290-291, 362-380	
Direct a lowering operation in a high-angle enviro 6.1.2	onment. (CMC-6) Pages: 42-53, 83-97, 100-112, 150-155, 162-165, 269-274, 305-307, 322-324, 396-419 (CMC) Pages: 44-55, 81-93, 96-108, 138-144, 149-152, 252-256, 280-282, 290-291, 362-380	

Section Subject & NFPA 1006, Rope Rescue (Chapter 6) JPR Number	Reading/Study Pages
Construct a multiple-point anchor system. 6.1.3	(CMC-6) Pages: 38-49, 57-58, 83-97, 100-112, 114-118, 136-139, 168-173, 175-181, 322-324, 396-419 (CMC-5) Pages: 41-51, 60-61, 81-93, 96-108, 110-114, 132-135, 154-159, 161-167, 290-291, 362-380
Construct a compound rope mechanical system. 6.1.4	(CMC-6) Pages: 49-53, 83-97, 100-102, 114-118, 136-139, 168-173, 175-181, 322-324, 396-419 (CMC-5) Pages: 51-56, 81-93, 96-98, 110-114, 132-135, 154-159, 161-167, 290-291, 362-380
Construct a fixed rope system. 6.1.5	(CMC-6) Pages: 53-58, 83-97, 100-112, 158-165, 168-173, 175-181, 200-203, 238-243 (CMC-5) Pages: 56-61, 81-93, 96-108, 146-152, 154-159, 161-167, 184-187, 222-226
Direct the operation of a compound mechanical a 6.1.6	dvantage system in a high-angle environment. (CMC-6) Pages: 8-10, 53-58, 152-155, 168-173, 175-181, 200-203, 322-324, 334-335, 396-419 (CMC-5) Pages: 8-10, 56-61, 140-144, 154-159, 161-167, 184-193, 290-291, 302-303, 362-380
Ascend a fixed rope in a high-angle environment. 6.1.7	(CMC-6) Pages: 58-66, 72-77, 83-97, 238-243 (CMC-5) Pages: 61-64, 71-75, 81-93, 222-226
Descend a fixed rope in a high-angle environment 6.1.8	:. (CMC-6) Pages: 49-53, 72-77, 158-165, 168-173, 213-215, 218-224, 260-266, 334-335, 396-419 (CMC-5) Pages: 51-55, 71-75, 146-152, 154-159, 197-200, 203-208, 242-248, 302-303, 362-380

# Written Exam Study Pages (Test questions are taken from these same pages)

Rope Rescue Technician I Skills Exam
Study/Preparation Information and Materials

Rope Rescue Technician I Skills Exam:	The Skills Exam includes individual and team skills. Depending on the skill being tested, candidates may be tested individually or as a member of a team.	
	Teams of 4 to 6 candidates are formed for the purpose of skills testing. Individual candidates may not pre-select crews or makeup crews of their own choosing. The Exam Coordinator appoints teams (for testing purposes) at the test site.	
	When testing a member of a team, evaluation includes both individual performance and performance as a member of the team.	
	Skills Exams typically include 4 to 5 stations. Each station may include 1 to as many as 3 skills. All Rope Rescue Technician I Skills Exams will include no fewer than six (6) skills total.	
Time allowed to take exam:	The overall exam is not timed; however, individual skills and/or stations may include a maximum/minimum time.	
Passing Score:	Skills exams require 100% on all stations and skills. Up to two attempts will be given for each skill and/or station being tested. These two attempts make up your first attempt at the skills exam.	

No cell phones, radios, or other electronic devices are allowed in the room while an exam is being administered (an exception for radios that allow "on-duty" personnel to receive alarms may be granted under special circumstances).

## **Reading Reference/Text**

The Rope Rescue Technician I	CMC Rescue Inc., Rope Rescue Manual, 6th Edition, 2021
skills exam is referenced to:	CMC Rescue Inc., Rope Rescue Manual, 5th Edition, 2017

National Standard test is based on:

NFPA 1006 Standard for Technical Rescuer Professional Qualifications, 2013 Edition

# Rope Rescue Technician: Level I Skill Evaluation Sheets

These Skills Evaluation Sheets are the exact grading sheets that evaluators use during the Skills Test. These sheets have been edited for the explicit use of grading skills and should not be used to learn the skills.

These Skill Evaluation Sheets have been included in this Preparation Guide for the purpose of guiding you as final preparations are made (and practice performed) for the Certification Exam.

Grading for the Skills Evaluation requires 100% of the steps listed on these sheets to be performed. You will not be evaluated on steps of the skills that are not listed on these evaluation sheets.



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.1
	CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Rescue personnel, rigged raising system, including a load and anchor, in a high-angle
	environment with a minimum haul distance of 15 feet.
Candidate Equipment Required:	Helmet, gloves, boots

At this station, you will direct a team in the operation of a simple mechanical advantage system in a high-angle raising operation. You will analyze the system for efficiency, identify any safety concerns, and complete a system safety check, prior to loading the system. You must ensure that movement is controlled and the load can be held in place as needed.

The skill will end once the load has moved a minimum of 15 feet, and a least one (1) system reset has been performed.

This is NOT a timed event, but must be successfully completed in a time consistent with fire ground operations. To pass this station, you must successfully complete 100% of the steps.

#### **Evaluated Skill Items**

- 1. Directs personnel effectively.
- 2. Uses operational commands.
- 3. Analyzed system efficiency.
- 4. Identifies safety concerns.
- 5. Performs system safety check.



Candidate's name: Notes (please includes comments/explanation for failure):	Station: Pass	Fail
Evaluator's Signature:	Date:	



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.2
	CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Established lowering system, anchor system, rescue personnel, a load to be moved, a
	low-angle environment with a minimum travel distance of 15 feet.
Candidate Equipment Required:	Helmet, gloves, boots

At this station, you will direct a team in the operation of a lowering system in a high-angle environment. You will analyze the system for efficiency, identify any safety concerns, and complete a system safety check, prior to loading the system. You must ensure that movement is controlled and the load can be held in place as needed.

The skill will end once the load has moved a minimum of 15 feet.

This is NOT a timed event, but must be successfully completed in a time consistent with fire ground operations. To pass this station, you must successfully complete 100% of the steps.

#### **Evaluated Skill Items**

- 1. Direct personnel effectively.
- 2. Use operational commands.
- 3. Analyze system efficiency.
- 4. Identifies safety concerns.
- 5. Perform a system safety check.



Candidate's name: Notes (please includes comments/explanation for failure):	Station: Pass	Fail
Evaluator's Signature:	Date:	



Reference:NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.3<br/>CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth editionEvaluator Equipment Required:Rope, webbing, 3 carabiners, 1 tri-link, rigging plate, and anchor points.Candidate Equipment Required:None (Gloves are optional)

### **Evaluator's Instructions to Candidates**

At this station, you will construct a multiple point, fixed, focused anchor system, given life safety rope, so that the anchor system fits the incident needs, the system strength meets or exceeds the expected load and does not interfere with the rescue operations, equipment is visually inspected prior to being put in service, the nearest anchor points that will support the load are chosen, the anchor system is system safety checked prior to being placed in service, the integrity of the system is maintained throughout the operation, and weight will be distributed between more than one anchor point. After first adjusting and focusing the anchor, you must then fix it in place.

Evaluated Skill Items					
	1st Attempt 2nd A		2nd Att	ttempt	
<ol> <li>Evaluate anchor points for required strength, location, &amp; surface contour.</li> <li>Anchor system meets incident needs:</li> </ol>	Pass	Fail	Pass	Fail	
a. meets expected load					
b. does not interfere with rescue operation or set-up					
c. 90° critical angle is not exceeded					
3. Tie knots.					
4. Rig systems.					
5. Perform a system safety check.					
6. Met allowed time.					

Candidate's name: Notes (please includes comments/explanation for failure):	Station: Pass	Fail
Evaluator's Signature:	Date:	



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.4 CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Pre-rigged anchor system, 2 ropes, 5 single pulleys, 2 double pulleys, 10 carabiners, 3 pairs of prusiks, webbing, anchor plate, and other auxiliary rope rescue equipment. The evaluator shall choose one of the following compound mechanical advantage systems for construction: 6:1, or 9:1.
Candidate Equipment Required:	None (Gloves are optional)

At this station, you construct a [6:1] [9:1] compound mechanical advantage system. You must select the appropriate ropes and equipment from the cache provided, tie proper knots, attach the system to both the provided anchor and the load, and perform a system safety check. The system must include a progress capture device.

The skill will end when you state or indicate to the evaluator that you have completed all identified steps.

Evaluated Skill Items				
	1st Attempt 2nd Attempt		empt	
<ol> <li>Select appropriate rope &amp; equipment.</li> <li>Tie proper knots.</li> <li>Rig stated system.         <ul> <li>a. rigs correct system</li> </ul> </li> </ol>	Pass	Fail	Pass	Fail
<ul><li>b. contains a progress capture device</li><li>4. Attaches the MA system to the anchor system and to the load.</li><li>5. Perform system safety check.</li><li>6. Met allowed time.</li></ul>				

Candidate's name:	Station: Pass	Fail
Notes (please includes comments/explanation for failure):		
Evaluator's Signature:	Date:	



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.5
	CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Pre-rigged anchor system, ropes, pulleys, carabiners, prusiks, webbing, and other
	auxiliary rope rescue equipment.
Candidate Equipment Required:	None (Gloves are optional)

At this station, you will construct a fixed rope system, capable of supporting a two person rescue sized load (600lbs). You will select the appropriate ropes and equipment from the cache provided, tie proper knots, and perform a system safety check. You may construct the system using any method of you choice to meet efficiency and load requirements You may use the provided anchor system, or another method to attach the fixed rope system to the provided anchor.

Evaluated Skill Items		
	1st Attempt	2nd Attempt
1. Select appropriate rope & equipment.	Pass Fail	Pass Fail
2. Tie proper knots.		
3. Uses rigging principals		
a. efficient system		
b. supports intended load		
4. Attaches the fixed rope system to the anchor system and to the load.		
5. Perform system safety check.		
6. Met allowed time.		

Candidate's name:	Station: Pass	Fail
Notes (please includes comments/explanation for failure):		
Evaluator's Signature:	Date:	



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.6
	CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Pre-rigged anchor system, haul system with a compound mechanical advantage (with a
	minimum travel distance of 15 feet), a load, and rescue personnel.
Candidate Equipment Required:	Helmet, gloves, and boots

At this station, you will direct a team in the operation of a compound rope mechanical advantage system in a high angle environment. You will analyze the system for efficiency, identify any safety concerns, and complete a system safety check, prior to loading the system. You must ensure that movement is controlled and the load can be held in place as needed.

The skill will end once the load has moved a minimum of 15 feet, and a least one (1) system reset has been performed.

This is NOT a timed event, but must be successfully completed in a time consistent with fire ground operations. To pass this station, you must successfully complete 100% of the steps.

#### **Evaluated Skill Items**

- 1. Directs personnel effectively.
- 2. Uses operational commands.
- 3. Analyzes system efficiency.
- 4. Identifies safety concerns.
- 5. Perform system safety check.



Candidate's name: Notes (please includes comments/explanation for failure):	Station: Pass	Fail
Evaluator's Signature:	Date:	



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.7
	CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Pre-rigged anchor system, pre-rigged fixed-rope, pre-rigged belay system, ascending
	equipment (prusiks, purcells, croll, handheld ascenders, Gibbs ascenders, or Petzl ID),
	and a Class III harness
Candidate Equipment Required:	Helmet, gloves, and boots

At this station, you will ascend a fixed vertical rope in a high angle environment, a minimum distance of 15 feet. You may use prusiks, handheld ascenders, or the RAD system to ascend the rope. You will rig the ascending system and properly attach it to your harness, and the fixed line. While ascending you must maintain two (2) points of contact with the rope at all times, and complete the skill in a secure and safe manner that will not allow you to fall. All hazards must be evaluated, and obstacles must be negotiated. Once the objective height is reached, the ascending system will be converted to a descending system. Any dropped equipment will constitute a fail.

The skill will end when you state or indicate to the evaluator that you have completed all identified steps.

	1st Att	empt	2nd At	tempt
	Pass	Fail	Pass	Fail
1. Select appropriate harness and personal protective equipment				
2. Select rope ascending system				
3. Properly rigs ascending system				
4. Properly attach ascending system to rope and harness				
5. Hazards are evaluated				
6. Obstacles are negotiated				
7. Objective reached				
8. Ascending system converted to descending system while suspended				
<ol><li>Ascending was completed in a safe manner, 2 points of contact maintained at all times, and no equipment dropped.</li></ol>				

<b>Candidate's name:</b> Notes (please includes comments/explanation for failure):	Station: Pass	Fail
Evaluator's Signature:	Date:	



Reference:	NFPA 1006, 2013 Edition, Chapter 6, Job Performance Requirement 6.1.8
	CMC Rescue, Rope Rescue Manual, Sixth Edition or Fifth edition
Evaluator Equipment Required:	Pre-rigged anchor system, pre-rigged fixed-rope, pre-rigged belay system, 4 carabiners,
	descending equipment (NFPA G-Rated 6-Bar Brake Bar Rack, NFPA G-Rated Rescue-8,
	or Petzl ID), and a Class III harness
Candidate Equipment Required:	Helmet, gloves, and boots

At this station, you will descend a fixed rope in a high angle environment, a minimum distance of 15 feet. You may use a NFPA G-Rated Brake Bar Rack, an NPFA G-Rated Figure-8 with Ears, or a Petzl ID. You will rig the descending system and properly attach it to your harness, and fixed line. You must complete this skill in a secure and safe manner that will not allow you to fall. All hazards will be evaluated, and obstacles must be negotiated. Any dropped equipment will constitute a fail. The skill will end when you reach the ground.

Evaluated Skill Items					
	1st Attempt 2nd Attempt				
	Pass Fail	Pass	Fail		
1. Select appropriate harness and personal protective equipment					
2. Select rope descending system					
3. Properly rigs descending system					
4. Properly attach descending system to rope and harness					
5. Hazards are evaluated					
6. Obstacles are negotiated					
7. Objective reached					
8. Descenting was completed in a safe manner, and no equipment dropped					

Evaluator's Signature:	Date:	
Notes (please includes comments/explanation for failure):		
Candidate's name:	Station: Pass	Fail