

**Fire and Rescue Services**  
United Kingdom Rescue Organisation

*advancing professional rescue*



## Rescue Challenges and Conference 2009

10-12 September 2009  
SECC and Glasgow Science Centre

Rope Rescue Challenge



**THE CHIEF  
FIRE OFFICERS  
ASSOCIATION**  
The professional voice of the  
UK fire and rescue service



RESCUE ON THE CLYDE

STRATHCLYDE  
FIRE & RESCUE



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# 1. Introduction

Welcome to the 2009 Rope Rescue Challenge.

1.1 To some, the development of a 'Challenge' appears to be just a competition, but far more than that it is a learning platform, matching talents and skills through assessment.

1.2 The UK Extrication Challenge is open to all UK, local authority Fire and Rescue Services.

1.3 The aim of the challenge is to bring together teams of rope rescue personnel who are committed, not only to displaying their ability, but also to expanding their practical skills by learning from and teaching others involved in the same discipline.

1.4 The experiences teams will be exposed to during the event will fuel their own development and be taken back with them to enrich their service's procedures. It is necessary to study current rope rescue philosophy and techniques, search out new developments and innovative new ideas if we wish to perfect our skills.

1.5 The emphasis in the Rope Rescue Challenge is to develop and promote 'Good Practice'. The ethos of the Challenge is not primarily to win, but to use what is learnt at these events to save those whom we serve, as well as protecting ourselves, the rescuers.

## 2. Our Mission

2.1 To provide an arena for rope rescue personnel from across the British Isles to come together, in order to stimulate and develop proficiency levels in all areas of rope rescue and rope access, but specifically in

- Incident Control,
- Safety,
- General Techniques,
- Pre-Hospital Care
- Selection and Use of Equipment.

2.2 To accelerate the natural learning curve of our teams/services to meet the demands made by modern rope rescue emergencies by providing a realistic education platform for rescuers.

2.3 To focus the event on personal development, by allowing rope rescue practitioners to meet, exchange and share knowledge, develop skills, and stimulate ingenuity, the teams will achieve a higher level of professionalism to the advantage of those we serve.

2.4 To encourage participants to make hard and critical examination of their own command, decision making and risk assessment skills, as well as the practical application of techniques and equipment available to them.

2.5 To identify 'good practice' through review of the training techniques / practices implemented by participating teams and transfer that knowledge into the workplace.

## 3. Aims

Our Aims are:

- 3.1 To promote rope rescue training
- 3.2 To emphasise scene and casualty safety and develop a safety first attitude amongst all rescuers.
- 3.3 To encourage and develop risk analysis skills that result in effective command solutions
- 3.4 To develop and promote methods and protocols for efficient, safer rope rescue response
- 3.5 To encourage higher, more proficient levels of casualty care among rope rescue practitioners.
- 3.6 To foster the trial and testing of a wider range of rope rescue techniques and equipment
- 3.7 Stimulate ingenuity in terms of skill, practices and equipment to advance the best safe concept.
- 3.8 To allow teams to observe other teams at work and learn from them
- 3.9 To allow teams and operators from diverse areas to meet and exchange knowledge and information

## 4. The Challenge

- 4.1 The challenge will be run in two parts over two days. All teams will take part in the first part and are designated a 'Run Off' time.
- 4.2 Each team will be assessed, using common criteria, by a team of three assessors who will score the following areas:
- Incident Command and Control, (Command)
  - Physical Rescue and general techniques, (Technical)
  - Pre-Hospital care, (Medical)
- 4.3 Each evolution will involve elements of raising, lowering and technical rope work where a casualty is to be accessed, packaged and transported to the indicated level over some height difference. Teams are able to utilise the full range of approved equipment and materials to affect the rescue.
- 4.4 The first part will consist of two evolutions each being limited to thirty minutes. Each evolution will consist of one of techniques that involve one or more of the core rope rescue skills/techniques.
- 4.5 Teams are allocated thirty minutes to complete as much of the 'standard' evolution as is safely possible for them to do so.
- 4.6 Teams who have progressed through to the second part of the Challenge will take part in the 'Complex' evolution. You will need to use your substitute for this part of the challenge – yes all six members of your team. This scenario consists of core skills/techniques designed to stretch the abilities of the competing teams.
- 4.7 Teams will have sixty minutes to complete as much of the 'complex' evolution as is safely possible for them to do so.
- 4.8 Each team will be given a 'hot' debrief immediately following their 'run off'. It must be noted that the assessors' decision is final and all participants are asked to respect that decision.
- 4.9 A written critique regarding a team's performance will be forwarded to the team.
- 4.9 The UKRO uses live casualties. They are all medically trained and will have an input into the medical rescue assessment.
- N.B. A copy of the scoring sheets which are used by the UKRO assessors will be available to every team via the web.

## 5. Rules

5.1 No team will participate without the written authorisation from a Senior Manager of their Fire & Rescue Service.

5.2 Each team will consist of a crew of five plus a reserve (this includes the nominated medic).

5.3 Only PPE which is approved by the crew's FRS is permitted to be worn by team members including the medic. In the event of a Paramedic acting as medic, they must also wear full protective clothing with no exposed skin on arms or neck and a suitable helmet with face shield.

5.4 All participants must wear head, hand, and foot protection will be worn, eye protection will be worn when appropriate.

5.5 Each team will be assessed in three primary areas during their evolution

- Incident command and control,
- Technical rescue and general techniques,
- Pre-hospital care of the patient.

Plus, the urgency in which the whole evolution is undertaken will also be considered as part of the assessment.

5.6 Live casualties will be used in the Challenge, and will award marks on 'Casualty Handling'.

5.7 Basic packaging of the patient will be evaluated using the ABC and S protocols, with care and safety being of prime importance.

N.B. A = Airway Management

B = Breathing & Resuscitation

C = Circulation

S = Spinal Care.

5.8 Each evolution will have allocated to it three assessors who will be working under the direction of the Head Assessor. All scoring information will remain the property of the UKRO and shall remain confidential.

5.9 The decision of the Head Assessor concerning any assessment or conduct will be deemed to be final.

5.10 A nominated assessor will be appointed as a Safety Officer who will supervise each evolution with authority to halt any action deemed to be in breach of safe working practice. Such a breach shall not on the first occasion incur time penalties, however subsequent breaches will incur penalties.

- 5.11 Teams may use radio communications - in the form of either hand-held radio or helmet attachment, as long as they do not interfere with the host Service's radio frequencies. It will be the team leader's responsibility to supply an assessor with a radio, on the same frequency, in order that instructions to the team can be monitored.
- 5.12 The UKRO and the Host Service will supply a limited selection of rope equipment (see tool section). Teams may only bring their own personal equipment with them complete with relevant inspection records.
- 5.13 Teams will have to provide all their own personal safety and emergency medical equipment.
- 5.14 Teams will be required to carry their equipment in with them once the team is called for their scenario. Pre-rigging of equipment will be allowed.
- 5.15 Teams may loan equipment to other teams ensuring any safety features are fully understood by the recipient.
- 5.16 Teams will present themselves to the 'Team Registration' area forty minutes prior to their designated run off time.

N.B. Failure to do so may result in elimination of the Team.

- 5.17 There will be a briefing of all participants immediately following the Opening Ceremony on the Thursday evening prior to the event.

NB. It is mandatory that all team leaders or their designated deputies attend this briefing

- 5.18 The Organisers and the host Fire & Rescue Service will not be responsible for any damage or loss of any equipment as a result of participating in this event.
- 5.19 Staff compensation, Insurance etc. for the protection of the team members shall be sole responsibility of the participants in the event. The host organisation shall supply 3rd party liability insurance.

## 6. Code of Conduct

- 6.1 All participants are reminded that they are not only representatives of their own Service, but also the firefighting profession as a whole and are requested to conduct themselves accordingly.
- 6.2 Both the Opening and Closing Ceremonies are formal functions and Teams are expected to present themselves in their Service's 'shirt sleeve order'. Caps are not to be worn,
- 6.3 Participants are expected to be smartly dressed whilst at the Challenge venue, it is preferred that working rig be worn to tour the site, however this can be relaxed to casual wear, so long as it is smart and approved by the team manager.
- 6.4 Full protective clothing will be worn in the pit and service area, this maybe relaxed during 'make up' at the discretion of the senior assessor and when weather conditions demand.
- 6.5 It is accepted that the evenings events perform an important part of the socialising aspect of the Challenge, but participants are again reminded to behave in a manner befitting their Service and have due regard to non-service persons who may share the same facilities.
- 6.6 As required by common good manners, participants are kindly requested to use language with discretion whilst in public and in uniform.
- 6.7 Fair play and good sportsmanship is respected and valued. It is expected from all participants and their teams during their scenarios and as spectators to other teams.
- 6.8 Participants are not to canvass any assessor(s) or official(s).
- 6.9 Team Leaders will be held accountable for their respective teams.

## 7. Tools and Equipment

All rescue equipment supplied by teams must meet all EN or international standards. Any equipment outside these specifications (e.g. lightweight personal mechanical advantage systems, "home made" gear, etc) must be presented for scrutinising. Use of an unapproved device/equipment not meeting the specifications will result in disqualification of the team from the event.

### Equipment List

Equipment Supplied by South Wales Fire & Rescue Service

#### 7.1 Stretchers:

Bells Mountain Stretcher c/w carriage strops and riding strops

#### 7.2 Ropes:

50m marlow static 11mm x 8

50m marlow dynamic 11mm x 1

#### 7.3 Softwear:

Assorted Tape slings x 10

Prussik cord x 2

Dog n tails x 2

Lanyards x 4

Rescue strop

Various edge protection

#### 7.4 Hardware:

Grillions x 5

Assorted wire strops x 8

Steel Crabs x 50

Mallions x 4

Petzl ID' x 8

ASAP's x 2

Grigri x 2

Pro Alp's x 2

Pulleys x 6

Large rigging plate x 3

Panda paws x 2

Small rigging plates x 2

Shunts x 2

Rockers x 2

Cootanay carridge x 1

Jammers x 2

540 Belay device x 2

## 8. Health and Safety

- 8.1 A risk assessment will be conducted prior to each evolution by an assessor to ensure the safety of both participants and spectators. Dynamic risk assessment will occur throughout the evolution, not only by the team involved but also by the assessors.
- 8.2 Any unsafe or potentially unsafe practice will be stopped immediately and put right (see Rule 5.10).
- 8.3 All activities within the Challenge site fall under the control of designated staff who have been tasked by the UKRO to maintain high standards of health and safety principals. Teams must play their part in upholding those standards.
- 8.4 No Team will be allowed to commence their task without direct approval of the relevant Pit Co-ordinator, subject in all cases, to the following:
- All Team members are properly attired in approved personal protective equipment.
  - All non-proprietary equipment is accompanied by the relevant documentation.
  - The assessor has 'cleared' the scenario.
- 8.5 An official acting on behalf of the UKRO, who observes a potential or existing danger, will immediately halt the assessment by a long whistle blast. Any activity carried out after the blowing of the whistle, other than to ensure safety, will be penalised at the discretion of the Senior Assessor present.
- 8.6 A member of a participating team who notices an existing or potential danger must call a halt to any activity by shouting 'Still'. Any activity carried out after the calling of 'Still', except to make safe, will be penalised at the discretion of the Senior Assessor present.
- 8.7 All scenario activities will halt immediately at the audible signal (Acme Thunderer Whistle) indicating the end of the allocated time. The event assessor(s) can, however, order a team to complete a specific action in progress that may endanger the safety of any participant, assessor or other personnel.
- 8.8 If any item of the casualty's PPE is accidentally removed by a team member, it must be replaced before work can recommence. Failure to do so may result in loss of points or possible disqualification.
- 8.9 An operator suspected of being under the influence of alcohol or drugs during the event will be disqualified from the event on the spot.
- 8.10 No team member will be permitted to commence moving, rigging lowering or raising without the casualty being protected and other team members in direct proximity having their full PPE including hand protection when required.

## 9. Assessing and Scoring

9.1 Each team will be evaluated in the following areas by a panel of three assessors and all are of equal importance in the overall marking scheme;

- Incident Command and Control, (**Command**)
- Physical Rescue and General Techniques, (**Technical**)
- Pre-Hospital care, (**Medical**)

9.2 The rope rescue rig area will have allocated three assessors, who will be under the direction of one of the Challenge coordinators. All scoring information will remain the property of the Organisation and shall remain confidential.

9.3 Copies of all the assessment sheets in use each year will be provided to each team prior to the event, (Appendix B).

9.4 Basic packaging of the casualty will be evaluated using the ABC and S Protocols, with care and safety being of prime importance.

**N.B.** A = Airway Management, B = Breathing & Resuscitation, C = Circulation, S = Spinal Care.

9.5 Points awarded per sub-section will be totalled and each sub-section added together to give an overall score for that particular category.

9.6 The total points awarded in each category will be added together towards an overall award for that scenario.

9.7 The time penalties system will be;

- Any perceived breach will cause the rescue and the clock to be halted, with no activities by any team member.
- If the explanation/action by the team can be explained satisfactorily to the assessor the clock will start again and the scenario finish time will be altered to allow the team the full period of working.
- If the assessor deems that the explanation is not satisfactory the time the explanation took will be deducted from the overall scenario time and the team will be required to modify their plan.
- Any further breaches will potentially lead to disqualification.

9.8 The above system will ensure that any miss-perception of team's actions by assessors will not result in un-necessary penalties.

9.10 On completion of all of the 1<sup>st</sup> phase scenarios, the top three scoring teams will take part in the 2<sup>nd</sup> phase 'Play-off' scenarios.

9.11 Every Team will be afforded a 'Hot Debrief' immediately following their performance.

9.12 It must be noted that the Assessors' decision is final and all participants are asked to respect that decision.

9.13 Assessors have the authority to suspend any scenario when, in the assessor's opinion, his/her commands (or those of another assessor) have been blatantly ignored or misrepresented.

**9.14 In the event of any dispute with an assessor's decision concerning any assessment or breach of conduct, the appropriate challenge coordinator will arbitrate**

9.15 In the interests of good order and the promotion of a professional appearance of all teams a code of conduct has been prepared. Disregarding the Code of Conduct by any participant or team can, at the discretion of the Lead Assessor, lead to the disqualification of the respective team and/or the suspension of the team from the Challenge.

## 10. Awards

At each National UKRO Challenge, recognition is given for the performances of the team and team's members in the form of awards. The effort and dedication that has been put in by participants for this Challenge over many months culminates in a formal award ceremony at a prestigious venue, where the following achievements are acknowledged.

### **Best Team**

2nd Best Team

3rd Best Team

### **Best Incident Commander**

### **Best Medic**

### **Best Technical Team**

The team placings will be decided by the overall scoring of the 2<sup>nd</sup> phase scenarios, any tied scoring will be reviewed by the relevant assessors and overseen by one of the challenge coordinators.

The 'best incident commander', 'best medic' and 'best technical team' categories will be decided by the assessors of the respective categories based on the marks given in the two best aggregated performances from either phases and in their subjective view on individuals overall performance.

## 11. Documentation

11 .1 Enclosed you will find the following forms:

- Team Registration Form
- Authorisation To Compete
- Insurance Indemnity

These must be completed and returned, together with the full entrance fee, to the following address:

UKRO  
Hollie Tell  
CFOA HQ  
9-11 Pebble Close  
Tamworth  
B77 4RD

11.2 The entrance fee must be received before your team can be accepted as a participant in the National Extrication Challenge.

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## Team Registration Form (Rope Rescue)

I have attached the full Entry Fee of £600 (six hundred pounds) (*All cheques are payable to 'UKRO'*)

Cheque No \_\_\_\_\_ Date \_\_\_\_\_

Name of Fire and Rescue Service \_\_\_\_\_

Liaison Officer \_\_\_\_\_

Tel No \_\_\_\_\_ Fax No \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Team Name \_\_\_\_\_

Team Address \_\_\_\_\_

Names of FIVE team members

_____	_____
_____	_____
_____	_____

Name of Reserve \_\_\_\_\_

To be completed by the Team Manager

*On behalf the above team from \_\_\_\_\_ Fire and Rescue*

*Service, I confirm that we have read and understand the rules governing this Challenge (including recent amendments with regard to equipment/provision of PPE under Rules 5.3, 5.4 and 5.13) and undertake to abide by the requirements laid out above.*

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Authorisation to Compete

I hereby confirm that this team from \_\_\_\_\_  
Fire and Rescue Service is authorised to take part in this year's UKRO Rescue  
Challenges.

Signed \_\_\_\_\_

Name \_\_\_\_\_

Position\* \_\_\_\_\_

Fire & Rescue Service \_\_\_\_\_

Date: \_\_\_\_\_

*\*The UKRO requires that this person must have the authority to approve the above, preferably the Chief Fire Officer, Chief Executive Officer or their Deputy.*

# Insurance Indemnity

I hereby confirm that for the purposes of insurance, the above team is deemed to be  
on official duties whilst attending the UKRO Rescue Challenges.

Signed \_\_\_\_\_

Name \_\_\_\_\_

Position\* \_\_\_\_\_

Fire & Rescue Service \_\_\_\_\_

Date: \_\_\_\_\_

*\*The UKRO requires that this person must have the authority to approve the above, preferably the Chief Fire Officer, Chief Executive Officer or their Deputy.*