



## **Search and Rescue**

### **Internal Medicine 7981**

#### **Syllabus 2024**

##### **Instructors**

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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 given as synchronous lectures on Zoom. 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](http://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](http://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 at various wilderness locations. It is encouraged that you carpool to class.

## Required Materials (bring to every class unless advised otherwise)

Backpack large enough to carry all required material

Climbing/mountaineering harness

- [EN 12277:2015, UIAA certified](#)
- <10 years old
- In good condition
- Example: [Petzl Altitude](#)

Climbing/mountaineering helmet

- [EN 12492:2012, UIAA certified](#)
- <10 years old
- In good condition
- Example: [Black Diamond Half Dome](#)

3 locking carabiners (connector/karabiner)

- [EN 12275:2013, UIAA certified](#)
- In good condition
- Example: [Petzl Sm'D twist lock](#)

6mm accessory cord

- [EN 564:2014, UIAA certified](#)
- <10 years old
- In good condition
- 3 pieces
  - 3 feet long
  - 4 feet long
  - 12 feet long
- Example: [PMI accessory cord](#)

8mm accessory cord

- [EN 564:2014, UIAA certified](#)
- <10 years old
- In good condition
- 30' piece
- Example: [PMI accessory cord](#)

1" tubular webbing

- [EN 565:2017, UIAA certified](#)
- <10 years old

- In good condition
- 15' piece
- Example: [BlueWater 1" tubular webbing](#)

Guide plate belay device

- [EN 15151-2, UIAA certified](#)
- In good condition
- Example: [Petzl Reverso](#)

Leather work gloves

- Example: [Petzl CORDEX](#), ACE Hardware gloves

Global Positioning System (GPS) unit

- Example: Smartphone with [GAIA app](#) (free version is okay)

Baseplate compass

- Example: [Suunto A-10 Compass](#)

Headlamp with extra batteries (an additional headlamp and a 3rd light source are required for field day)

- Example: [Petzl TIKKA CORE](#)

Food and water sufficient for 4 hours of strenuous physical activity

Appropriate clothing and footwear for each session

- Hiking boots ([Example](#))
- Wool socks ([Example](#))
- Hiking pants ([Example](#))
- Wool/synthetic t-shirt ([Example](#))
- Baselayer top ([Example](#))
- Baselayer bottom ([Example](#))
- Waterproof jacket ([Example](#))
- Waterproof pants ([Example](#))
- Insulating jacket ([Example](#))
- Warm gloves ([Example](#))
- Beanie ([Example](#))
- Facemask/buff ([Example](#))
- Parka ([Example](#))
  - On warmer years, a parka is not needed

Writing utensil and paper for taking notes

Swimming suit, goggles, and towel for the pool session

## Schedule

<b>Date</b>	<b>Topic/Location</b>
April 15, Monday 4:00 pm - 8:00 pm	Introduction Location: <a href="#">DPS Hangar</a>
April 16, Tuesday 4:00 pm - 8:00 pm	Fitness in SAR Location: <a href="#">Mt. Olympus Trailhead</a>
April 17, Wednesday 4:00 pm - 8:00 pm	Water rescue Location: <a href="#">UU Natatorium</a>
April 18, Thursday 4:00 pm - 8:00 pm	Search techniques Location: <a href="#">Ferguson Canyon Trailhead</a>

April 19, Friday 4:00 pm - 8:00 pm	Search and rescue scenario Location: <a href="#">Ferguson Canyon Trailhead</a>
April 20, Saturday 8:00 am - 5:00 pm	Confined space rescue Location: <a href="#">Oak City Cave</a>
April 22, Monday 4:00 pm - 8:00 pm	Maritime search & incident command Location: <a href="#">Utah Lake State Park</a>
April 23, Tuesday 4:00 pm - 8:00 pm	Winter rescue Location: <a href="#">Guardsman Pass Road</a>
April 24, Wednesday 4:00 pm - 8:00 pm	Rope course Location: <a href="#">Lisa Falls Hiking Trailhead</a>
April 25, Thursday 4:00 pm - 8:00 pm	Rescue scenario Location: <a href="#">Rocky Mouth Trail Head</a>
April 26, Friday 4:00 pm - 10:00 pm	Practical assessment Location: <a href="#">Mt. Van Cott</a> (UU parking permit required, or use <a href="#">guest pay lot</a> )