

1 Day Course Lessons:

- Lesson 1 Equipment: Harness, helmet, and other necessary rescue gear
- Lesson 2 Environment: Leave no trace and wildlife discussion.
- Lesson 3 Onsite safety: Current hazards and safety protocols.
- Lesson 4 The Implications of Rescue: Discussion
- Lesson 5 Equipment: Being prepared for a rescue
- Lesson 6 Rope Rescue Components: Knots and Hitches
- Lesson 7 Rock Rescue Demonstration: Steps in Rope Rescue
- Lesson 8 Blocking the Belay: To free the hands
- Lesson 9 TransfeRring the Load: From belayer to anchor
- Lesson 10 Assessing the Situation: Attend the victim?
- Lesson 11 Raising: Setting up a basic Z pulley haul system
- Lesson 12 Lowering: Setting up to lower and injured climber
- Lesson 13 Counterbalance Rappel: How to descend and retrieve an injured climber
- Lesson 14 Tandem Rappeling: How to rappel with an injured climber
- Lesson 15 Reversing the Belay: How to reverse a self-locking plate ie Reverso®
- Lesson 16 Rope Ascending and Descending: Use of different systems

**Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns."