# 18 Attend Rescue Prevention Training

## How to Get a Manager Check-Off

Attend a Rescue Prevention Training

## Procedure Details

The ideal situation is to prevent a rescue scenario from being necessary. Below are a few guidelines for rescue prevention and/or recognition that are covered at a Rescue Prevention Training:

* Front load the day’s activities with a tone of safety and control.
  + Choice philosophy, good demonstrations
  + Supportive language
  + Let everyone know all their options at all times
  + Believe in the participants
  + Whatever they decide is good and will be honored
  + Let them decide what they want to do, and what they want to happen
  + When the participant says they’re done, let them down
* While hooking up the belay system to the participant…
  + Learn and use the participant’s name
  + Teach and encourage them to use your name
  + Watch climber’s hands – are they active?
  + Is the climber looking back at the team on the ground?
  + Is the climber asking a lot of questions?
* Once the climb is underway watch for “A dog named Elvis carrying a flag”
  + Dog: continuous , hard breathing in an uncontrolled manner – panting, hyperventilating
  + Elvis: shaking legs – a physical response to fear.
  + Red flag: the climber might be overheating if they turn red.
  + White flag: the climber might be feeling faint, losing blood flow if they turn white.
  + Blue flag: the climber might be holding their breath if they turn blue.