

# San Bernardino County Sheriff's Specialized Enforcement Division SWAT Basic Rope Operations Course (9 hour)

Effective:

## SWAT Basic Rope Operations

### GOALS AND OBJECTIVES

The purpose of this course is to train peace officers the necessary skills and knowledge to be able to deploy during tactical operations requiring descent on ropes. This course will cover a multitude of areas in which the individual must have a high level of competency and be able to demonstrate the skills learned during the course. The focus of the areas to be instructed on are covered by POST SWAT guidelines for SWAT Basic Rope Operations which are as follows. Instructors for the course will facilitate this learning through classroom and practical application of the core competencies. In addition there will be testing to address the core competencies. Those that complete the course in addition to an approved SWAT school, would be able to conduct SWAT basic rope operations during SWAT incidents.

- I. Welcome
- II. Safety Issues
- III. Tactical Rope Operational Concepts
- IV. Knots and Anchors
- V. Rope Operations Practical Application
- VI. Rope Operations Testing

#### I. LEARNING NEED

Basic Rope Operations personnel must know and practice all procedures for safety during training and operations.

#### LEARNING OBJECTIVES

- A. State the four fundamental rules of firearms safety
  1. Treat all firearms as if they are loaded
  2. Always keep the firearms pointed in the safest possible direction
  3. Always keep finger off the trigger until ready to fire the firearm
  4. Be sure of the target and what's beyond it before firing the firearm
- B. Explain basic safety guidelines to be followed at a training range through TSO briefing.
  1. When entering the training range
    - a. Range safety brief

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- b. Listen carefully for range commands
    - c. Request clarification if a command is not clear
    - c. Wear approved protective equipment
  - 2. During training evolutions
    - a. Listen carefully for range commands
    - b. Request clarification if a command is not clear
    - c. Keep weapons pointed in a safe direction
    - d. Talk only when instructor speaks directly to student
    - e. Never proceed into rope operational zones except when commanded to do so
    - f. Ensure students wear retention lanyards or are secured to a rope when within a body length of a fall hazard
    - g. Follow all instructor or TSO commands
- C. Explain basic safety guidelines to be followed during operations
  - 1. Medical Emergencies
    - a. Trauma kit and medical equipment location on ranges
    - b. Emergency phone location on ranges

**II. LEARNING NEED**

Basic Rope Operations personnel must have a basic understanding regarding the workings, the capabilities, and limitations of tactical rope access assets, and understand proper implementation into tactical operations in order to conduct rope operations safely and effectively.

**LEARNING OBJECTIVES**

- A. Describe basic rappel equipment:
  - 1. Harness
    - a. Inspection
    - b. Operation
    - c. Proper wear
    - d. Special Consideration
  - 2. Carabiner
    - a. Inspection
    - b. Proper use
    - c. Special considerations

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3. Descent Device (Figure 8)
  - a. Inspection
  - b. Operation
  - c. Special Consideration
  
4. Rappel Gloves
  - a. Inspection
  - b. Operation
  - c. Special Consideration

**III. LEARNING NEED**

Basic Rope Operations personnel must understand basic knots and anchors required for safe operation and emergency egress during tactical incidents.

**LEARNING OBJECTIVES**

- A. Anchor knots
  1. Webbing
    - a. Water knot
    - b. Frost knot
    - c. Basket hitch
    - d. Wrap 3 pull 2
  2. Rope
    - a. Tensionless hitch
    - b. Figure 8 follow through
  
- B. Rappel Knots
  1. Tie in knots
    - a. Figure 8
    - b. Figure 8 on a bite
    - c. Figure 8 follow through
  2. Descent knots
    - a. Munter Hitch
    - b. Figure 8 descender
    - c. Figure 8 lock off

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**IV. LEARNING NEED**

Basic rope operations personnel must demonstrate basic rope operational fundamentals through practical application and demonstrate an understanding of tactical rope operations.

**LEARNING OBJECTIVES**

**A. Rappel Operations**

1. Ground level rappel
  - a. Student will be provided instruction on proper descent and breaking procedures during rappel while standing on the ground.
  - b. The student will demonstrate their ability to safely descend down a rope, stop their descent, lock off their descent device, and unlock their descent device
  - c. The student will demonstrate their ability to act as a ground belay for personnel as they descend the rope.
  
2. Single story rappel
  - a. Student will demonstrate their ability safely descend a rope during a single-story rappel using a figure 8 descent device and a munter hitch
  - b. Student will demonstrate their ability to stop their descent.
  - c. Student will demonstrate their ability to lock off their descent device.
  - d. Student will demonstrate their ability to safely unlock their descent device
  - e. Student will demonstrate their ability to disconnect from the rope once on the ground.
  - f. Student will demonstrate their ability to safely belay a rappeler from the ground.
  
3. Three story rappel
  - a. Student will demonstrate their ability safely descend a rope during a single-story rappel using a figure 8 descent device and a munter hitch
  - b. Student will demonstrate their ability to stop their descent.
  - c. Student will demonstrate their ability to lock off their descent device.

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- d. Student will demonstrate their ability to safely unlock their descent device
- e. Student will demonstrate their ability to disconnect from the rope once on the ground.
- f. Student will demonstrate their ability to safely belay a rappeler from the ground

V. HOURLY REQUIREMENTS

Students shall be provided with a minimum number of instructional hours on Rope Operations

<u>Description</u>	<u>Hours</u>
Agency Specific Hours	<u>9</u>
Total Instructional Hours	<u>9</u>