

Winter SAR Skills Personal Skills Check off

SAR Member Name _____

Date _____

Evaluator Name _____

Personal Equipment: Each person should be able to properly don demonstrate the use of, and remove their own equipment, including helmet, harness, snow shoes, and crampons. In addition, each person should have a winter 24-Hour SAR Pack ready for travel. (See list following this page.)

Ice Axe Employment: Each person should be able to demonstrate the proper use of an ice axe while moving over varied terrain. **All falls will be demonstrated with both strong hand and weak hand.**

- Demonstrate correct holding
- Demonstrate proper switching over from hand while walking switch backs
- Forward fall (on stomach, head downhill)
- Backward fall (on back, head downhill)
- Forward fall (on stomach, head uphill)
- Demonstrate Glissading (sitting and standing)

Belay: Each person shall be able to demonstrate the proper use of belay.

- Demonstrate construction of a personal snow anchor suitable for belay using an ice axe and a snow picket.
- Demonstrate belay of a climbing partner, to include arresting a fall.

Roped Travel: Each person shall be able to demonstrate proficiency in roped travel with one or two companions:

- Demonstrate proper short-rope team travel
- Demonstrate the use of the “Kiwi Coil”.

Shelter: Depending on the availability of snow at the test site, each person should be able to either describe or construct an emergency snow shelter.

- Prepare an emergency snow shelter and spend the night in it
- Prepare a hot evening meal.

Avalanche Transceiver: Each person will demonstrate the proper use of an avalanche transceiver by locating a single transceiver buried in a 100 x 100 square foot area in no more than **five minutes**.