



## Rekommandation

### REC V 0003 – Training of Mountain Rescuers

October 20<sup>th</sup>, 2007

The Assembly of Delegates of the International Commission for Alpine Rescue, having regard to the goals of ICAR, whereas:

Well-qualified members are the foundation of an efficient and successful mountain rescue.

Has adopted the following recommendations:

1. The mountain rescue organizations establish for themselves requirement specifications as well as a training program according to this recommendation and according to the requirements of their area of activity.
2. The members of the mountain rescue organizations are highly competent in one or several of the following fields:
  - 2.1 Moving in alpine and/or impassable terrain,
  - 2.2 in alpine rescue technique,
  - 2.3 in hazard avoidance,
  - 2.4 in alpine air rescue,
  - 2.5 in first aid,
  - 2.6 in other special fields,
  - 2.7 leading of members in difficult and stressful situations.
3. The members shall meet the following requirements:
  - 3.1 The minimum age required by the mountain rescue organization must be met.
  - 3.2 The physical and mental requirements for the intended employment must be met.
  - 3.3 The mountaineering abilities required by the mountain rescue organization must be met.
  - 3.4 The necessary ability to work in a team must exist.
  - 3.5 The willingness to perform exceptionally and to take over responsibility must exist.
  - 3.6 The place of residence as well as the main domain of livelihood and recreation shall match the intended area of activity.

- 3.7 Additional, organization-specific requirements may have to be met.
4. The training includes, depending on the need in the area of activity,
- 4.1 Basic training summer rescue
  - 4.2 Basic training winter rescue
  - 4.3 Basic training first aid
  - 4.4 Basic training air rescue
  - 4.5 Further, function-specific modules; for example in the following fields (list not complete):
    - Enhanced training in first aid and basic life support
    - Enhanced training in air rescue
    - Long Line rescue
    - Cable car rescue
    - Improvised rescues
    - Search for missing persons
    - Ski run rescue
    - MERS
    - Hang-glider rescue
    - Crevasse rescue
    - Canyoning
    - Avalanche rescue
    - Cave rescue
    - Use of rescue dogs
    - Orientation in the terrain
    - Incident management and tactics
    - Personnel management
    - Languages
5. The duration and contents of the training shall be established by the mountain rescue organization so that their members meet the requirements of the organization and that their work quality can be guaranteed.
6. The success of the training shall be verified by using defined procedures.
7. The skills and the ability of the members shall be examined at regular intervals.
8. Regular continuing education must be provided.

The current members of ICAR that provide mountain rescue are required to implement these guidelines within two years of the passing of this recommendation by the Assembly of Delegates.

For new members, a grace period of two years from date of admission to ICAR is applied.

Passed in Pontresina on October 20<sup>th</sup>, 2007

The President

The Secretary

Toni Grab

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