



## **BASIC TRAINING :: ORIENTATION PACKET**

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Web Site		<a href="http://www.kcesar.org">www.kcesar.org</a>
Training Registration		206-521-1041
Recruiting Info		206-748-1300

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## **BASIC TRAINING :: AT A GLANCE**

### **Training Overview**

ESAR Basic Training begins in September and runs through April. Additional courses for advanced training, such as Snow Travel, Emergency Medical Technician, and Rope Rescue, are available throughout the year.

The ESAR Basic Training requires a minimum of five weekends and one weeknight. At least half of our successful trainees require one or more additional weekends to successfully complete the series. Four of the five weekends include overnight camping; the other weekend (Course C) is two eight-hour days of indoor classes. Courses B, I, and II are camping weekends that take place at Camp Brinkley, located north of Monroe. All of the courses must be taken in sequence (A, B, C, I, II, III). If you are unable to complete the basic training courses in one season, you may continue the next year.

Upon graduating from Basic Training, you will have several certifications, including CPR and First Aid. You will also receive instruction on helicopter safety and crime scene awareness. Some of these certifications can be renewed by going on missions, whereas others will need to be maintained through continuing education every two or three years. That said, the most important skill learned in ESAR Basic Training is teamwork.

Basic Training allows you to serve on missions that do not require technical climbing skills or snow/avalanche hazards. Advanced training is available for anyone who wishes to gain skills for missions involving technical climbing and snow.

### **Membership Requirements**

King County ESAR is proud to admit both youth and adult members. The minimum age requirement for this program (upon starting Course B) is either age fourteen and an eighth grade graduate, or age fifteen. There is no maximum age limit. All new members are subject to a background check by the King County Sheriff.

A training fee of \$100 covers the cost of a sighting compass (\$55 value), "Red Book" training manual, navigation kit (including protractor, Rite-in-the-Rain notebook, ruler and calculator), and certification in American Red Cross First Aid and CPR. The fee also covers your registration dues for the current calendar year and the next year, which allows you to complete the basic training course. This non-refundable fee should be paid by check as you arrive at Course B (please, no cash). Subsequent annual dues are \$7 per year.

There will be times during training and on missions where photographs or videos will be taken of ESAR members performing search and rescue activities. These photos or videos may be taken by other SAR volunteers, the news media, or the general public. By joining ESAR, it is implied that permission is given for these images to be distributed and used by whoever took them. This may include use in promotional materials, news reports and web pages on the Internet.

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## **BASIC TRAINING :: POLICIES**

### **Co-ed and Adult/Youth Teams in ESAR**

Explorer Search and Rescue believes that the adult and youth members of both genders are vital to the organization, and as such are treated as equals both during training and on subsequent missions or social outings. ESAR also recognizes the need to protect its members and to provide a safe, professional environment at all times.

During training at Camp Brinkley, teams will consist of same sex, similarly aged members, or will be large enough to provide accountability. Reasons for this policy include the following:

-- ESAR is affiliated with the Learning for Life division of the Boy Scouts, and ESAR's Basic Training takes place on Scout property (Camp Brinkley). Boy Scout policy prohibits mixed sex and adult/youth sleeping arrangements during Scouting activities.

-- Over the years, ESAR has found that in mixed aged teams one partner over-assists the other during Courses I and II. This is not always true, but it has predominated. The occurrence of over-assisting can be present in same-age teams but the incidence is not as high. When this is observed during the courses the teams are sent home and may return on a following weekend. When cases of over-assisting are missed, it results in ESAR having a team member who cannot provide their fair share during actual missions. For the same reason, while ESAR encourages families to go through training together, during Course I and II they will not be allowed to be teamed together. This includes brothers, sisters, and parents.

In some instances, a small mixed sex team may be created in order to facilitate training, such as on Course I or Course II. In these cases, appropriate supervision will be provided, and sleeping arrangements will be chaperoned. ESAR personnel will never be asked to participate in an environment that makes them uncomfortable.

In ESAR, an adult is any person 18 years of age or older.

### **Inclement Weather**

ESAR's Basic Training is purposefully scheduled during the winter months to give trainees experience working in the worst conditions they could encounter on a mission. Training may involve snow, ice, wind, rain and other unpleasant situations. Trainees are expected to understand how to prevent hypothermia, to be aware of the conditions around them, and to take care of themselves and their team.

Training is rarely cancelled due to weather. However, in extraordinary cases, training may be cancelled at the discretion of the Director of Training. To ensure that trainees are made aware of a training cancellation, we will post this information on our training website ([www.kcesar.org](http://www.kcesar.org)), on our training voicemail (206-521-1041), and via e-mail. While we will make every attempt to personally contact potential attendees in this rare circumstance, we encourage all attendees to double-check these sources prior to leaving home. A cancelled training weekend may or may not be made up, depending on scheduling and staffing availability.



## **BASIC TRAINING :: COURSE OUTLINE**

### **COURSE A: Introduction to Explorer Search and Rescue (one weeknight, in town)**

This is an in-town weeknight informational meeting used to present ESAR objectives, organization and procedures. Discussions center on basic training course content, requirements for team member field qualification, and personal equipment needs.

### **COURSE B: Search Method Theory and Field Practice (two days, one night)**

Trainees are organized into teams for the weekend. Under the direction of Team-Leaders-in-Training, trainees receive instruction and practical experience in litter packing, subject evacuation and basic navigation skills (e.g., maps, compass, pacing). In addition, basic search theory and search types are introduced, familiarizing trainees with the three basic types of search and rescue missions (detailed evidence searches, lost person searches and injured person evacuations). The course is also designed to develop (a) search skills and teamwork among potential team members, (b) leadership skills of potential Team, Field and Operations Leaders and (c) support skills for Communication members.

Except for a couple of indoor class sessions, team members will spend the weekend outdoors. Participants will need to bring their full training pack, as detailed on the following pages of this packet. Trainees will be given a Navigation Kit (compass, ruler, protractor, pencil) when they check in at Course B and pay their registration fee. They will not return to their cars once the course has started.

### **COURSE C: First Aid, CPR, In Town Navigation Instruction and Practice (two days, in town)**

The first day of this in-town classroom session will cover First Aid and CPR. The second half-day will discuss the basic features of maps, the coordinate systems used in search and rescue, how to plot things on a map, and how to navigate using a map and compass together. This class is intended to prepare you for Course I. Class exercises are interactive; participants need to bring their entire Navigation Kit (compass, ruler, protractor, pencil, and calculator) to the classroom. If you already have First Aid or CPR certification, contact the Course C Medical Director for guidance.

### **COURSE I: Basics of Wilderness Navigation (two days, one night)**

Participants, in teams of two, are given a series of cross-country and descriptive navigation problems to solve. The training staff provides participants with close supervision and individualized instruction to maximize the opportunity to develop wilderness navigation skills. It may be necessary to repeat this course in order to be fully prepared for Course II.

### **COURSE II: Test of Wilderness Navigation Skills (two days, one night)**

Two person teams are given a series of cross-country and descriptive navigation problems that must be solved with a specified level of accuracy and within a given period of time. The course tests people's teamwork and navigation skills under physical and mental conditions comparable to the search environment. To be able to meet course requirements, participants may have to take this course multiple times.



## **BASIC TRAINING :: COURSE OUTLINE**

### **COURSE III: Simulated Search Operation (two days, one night)**

Small teams under the direction of a Team, Field and Operations Leaders, participate in a simulated rescue mission, with realistic search problems to resolve. Staff members play the roles of subjects, Sheriff's personnel and other rescue organizations.

The course is designed to develop and evaluate (a) search skills and teamwork among potential team members, (b) leadership skills of potential Team, Field and Operations Leaders, (c) experimental field techniques and (e) cooperation with other Search and Rescue organizations.

### **ORIENTATION: New Member Orientation (one weeknight, in town)**

This in-town evening class teaches newly graduated members how to respond to missions for ESAR. It covers paging codes, guidelines for driving to missions, common locations for Command Post, what to do when you arrive at Command Post, search mentality, what to do about media, debriefing after missions, what to do if you get an injury, lost or broken gear policies, and heading home. Members are also given the ESAR Field Handbook.

### **WASHINGTON ADMINISTRATIVE CODE (WACs): Uniform Training Requirements (two days)**

All volunteer search and rescue personnel are required by Washington law to have training in several specific areas to be field qualified. The WAC required training, not already covered in the ESAR Basic Training, consists of Basic Helicopter Safety and Operations, Crime Scene Recognition and Awareness, New Emergency Worker Information, and Incident Command System 100 and 700 (online course). First Aid\CPR and Exposure Control are also part of the WACs but are covered in the ESAR Basic Training. Helicopter, Crime Scene, and First Aid\CPR expire every 2-3 years and must be refreshed to stay field-qualified. All these courses are offered at the County sponsored SAR Academy, which is held twice a year.

## **BASIC TRAINING :: REGISTRATION**

For all training weekends, trainees will be expected to register by calling our Training Registration Line (206-521-1041). This is a message line that will give you details about the upcoming training (including information in case of cancellation due to weather). After the message, please leave your name and indicate which training course you will be attending, as many training weekends have multiple Basic Training courses occurring concurrently. For example, "My name is Jennifer Smith, and I will be attending the Course B weekend on October 3<sup>rd</sup> and 4<sup>th</sup>."

Registering for training weekends is very important. Please do not show up at a training weekend without registering first. Registration allows ESAR's training staff to prepare adequately for the amount of trainees each weekend. And as with real missions, we want to make sure you make it to training safely. If you have called to register and do not show up at training that weekend, we will make every effort to locate you.



## BASIC TRAINING :: DIRECTIONS TO BRINKLEY

The “Right” Directions to Camp Brinkley – All turns after Monroe are to the Right.

<b>Coordinates of Turn</b>	<b>Directions</b>	<b>Distance</b>
47.85840N -121.96548W	Turn North from Highway US-2 in Monroe to Woods Creek Rd. The turn is between the Shell station and Taco Time, and takes you between Safeway and Albertsons. This turn is one block West of the traffic light and across the street from the large smokestack.	Go 1.6 miles
47.86949N -121.93970W	At the fork go Right/SE onto Yeager Rd.	Go 1.8 miles
47.88128N -121.91655W	Reconnect with and continue North on Woods Creek Rd. This is an almost straight/slight Right (do not make the hard right onto Bollenbaugh Hill Rd). Follow the road as it winds its way North. Eventually you will pass a grain silo on your left/West. Keep going another 1.9 miles to the next turn.	Go 7.3 miles
47.96554N -121.92463W	Turn Right/North onto S. Lake Roesiger Rd. You will soon reach a fork.	Go 0.2 miles
47.96805N -121.92422W	Stay Right/East at the fork and continue on S. Lake Roesiger Rd. This will take you around the East side of the lake and you will pass the fire station along the way.	Go 2.3 miles
47.98943N -121.90433W	At the General Store/76 gas station turn Right/SE on Monroe Camp Rd. Watch your speed--the road is narrow with blind corners and is dangerous when snowy/icy.	Go 1.1 miles
47.97971N -121.88664W	At the Cascade Reservation sign and fork, stay Right/South. Go down the road and up the other side. Watch for huge potholes.	Go 0.25 miles
47.97643N -121.88713W	After the Camp Brinkley sign turn Right/West into parking area.	Arrival!

Camp Brinkley is located at 25600-B Monroe Log Camp Rd Snohomish, WA 98290

To view Google Map of the route: [www.tiny.cc/ESAR](http://www.tiny.cc/ESAR)

To view photos of each turn: [www.tiny.cc/ESAR970](http://www.tiny.cc/ESAR970)

Allow one hour to get to Camp Brinkley from Bellevue, or longer if there is snow or ice. Oftentimes, the roads have not yet been plowed during the early morning hours when trainees are en route to Camp Brinkley.



**BASIC TRAINING :: MAP OF ROUTE**





## BASIC TRAINING :: EQUIPMENT

### Obtaining Equipment

You will almost certainly need to acquire some equipment to complete Basic Training. If you have previous hiking and/or camping experience, you will already have most of the required gear. Throughout the various courses, training staff will try to assist you in judging what equipment you will need to purchase, and when you will need each item.

We recommend you do not rush out and buy a brand new set of gear for this training. Not only does it take a lot of experimentation to determine which gear is right for you, but ESAR training is notorious for ruining new Gore-Tex rain gear and other expensive equipment. While you will receive more guidance at Course A, it is generally a good idea to start collecting necessary items before Course B.

Aside from the list of stores at the end of this packet, it is possible to obtain gear on the cheap from sources such as garage sales, thrift stores (such as Goodwill, Value Village, St. Vincent de Paul), and Craigslist. Army/Navy Surplus and thrift stores are great sources of warm, heavy-duty clothing and accessories. Second Ascent in Ballard has a wide selection of new and used hiking and mountaineering gear. You may also try the sporting-goods section of stores such as Sears, Target, and Fred Meyer. Specialty recreation stores, such as REI, Feathered Friends and Marmot rent gear at reasonable rates, and they may also have bulletin boards with ads for used gear for sale by fellow customers. You may also borrow gear from friends or family.

### Zone Method of Packing

A well-organized pack can make the difference between drudgery and enjoyment during the time spent on the trail. A few simple principles that are often overlooked can make a difference. Technically speaking, the body has a center of gravity located directly over the ankles. When standing normally there is very little forward lean of the body. However, when a pack is placed on the back the body leans forward to bring the pack's center of gravity directly over the ankles. Consequently it is good to keep the pack's center of gravity as close to your back as to prevent unnecessary forward lean. As a result, Camp Trails recommends the following methods to load a pack:

#### ZONE A

This area is closest to the back and should carry heavier items, like a stove, tent hardware, water bottles, etc. There is also benefit in placing the densest weight high in the pack, as it will be more directly over the center of gravity.

#### ZONE B

This middle area should be packed with medium density objects.

#### ZONE C

The area farthest away from the body's center of gravity should be filled with the lightest equipment.





## BASIC TRAINING :: EQUIPMENT

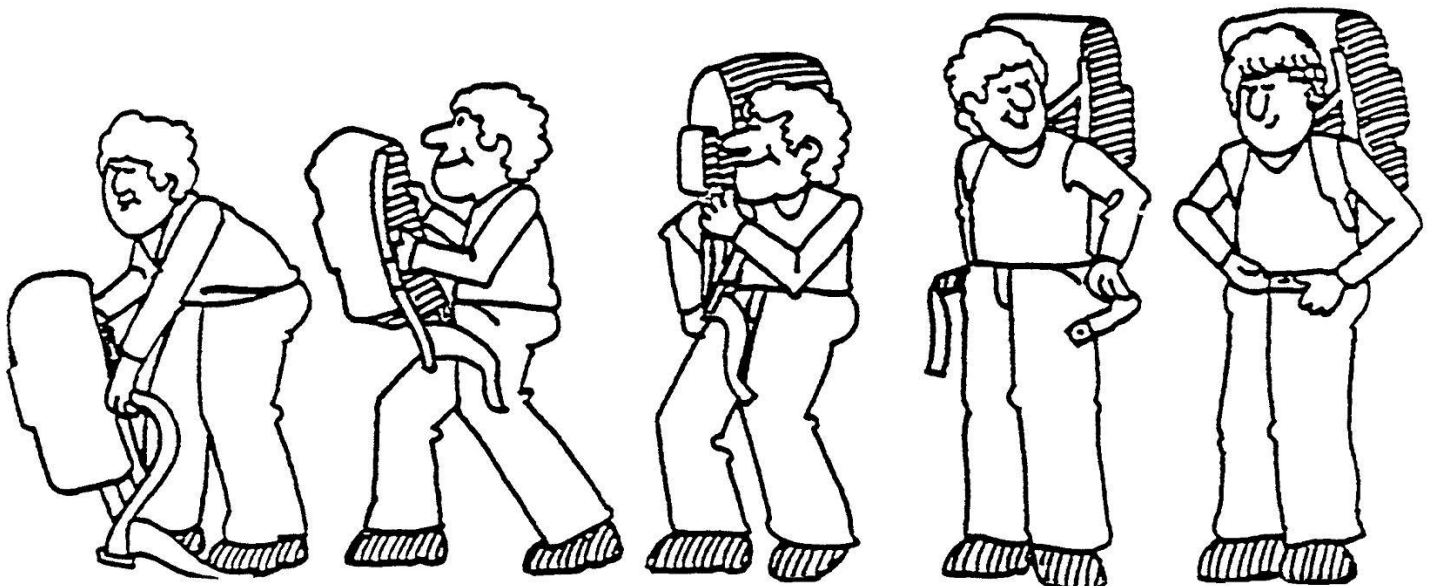
### Getting Into A Heavy Load

Most backpackers have developed a method of putting on a pack. However Camp Trails has a few recommendations, which have proven to be easy and safe for both pack and packer. Before following the suggestions outlined, start with a realistic weight by loading the pack as if you were going on a hike.

1. Stand by the pack with the load side turned away. If you are right-handed, point your right foot toward the pack.
2. Stepping backward with your left foot and crouching slightly to slant your right thigh, drag or lift the pack to rest on your thigh.
3. Steadying the pack with the left shoulder strap, and holding the upper part of the right shoulder strap, put your right arm under the shoulder strap. Reach downward with your right hand to grasp the lower right corner of the pack. Twist your upper body to the right and pull the right shoulder strap into place.
4. Lifting the pack with your right hand, swing your right elbow back to slide the pack around on your back. While the pack is held high and far to the left, put your left arm through the shoulder strap and pull the strap into place.
5. Buckle the hip belt in place and adjust the shoulder straps to hold the pack high on your back. Tighten the hip belt to relieve the pressure on the shoulder straps.

To remove the pack, reverse the procedure shown. Just remember; never let the loaded pack drop on one leg as damage may occur. With practice a loaded pack can be put on or taken off with ease and without injury or damage to packer or the pack.

Content from Camp Trails [<http://camptrails.com/>]





## BASIC TRAINING :: EQUIPMENT

### **BACKPACK WITH (INTERNAL OR EXTERNAL) FRAME**

- > Line with a heavy-duty trash bag
- > Keep to less than 1/3 your body weight

### **COMPASS AND NAVIGATION KIT**

- > Compass with sighting mirror provided in training fee
  - > Protractor, Ruler, calculator, waterproof notepad, provided in training fee
- Pencils (mechanical or old-fashioned)

### **ESSENTIALS**

- Headlamp
- Spare Batteries and Bulb
- Backup Light Source
- Eye Protection (safety glasses or ski goggles)
- Leather work gloves
- Pocket Knife (no sheath knives)

- First Aid Kit (see next page)
- Emergency Kit (see next page)
- Whistle
- Toilet Paper (double-wrap in plastic)
- Plastic Grid Ribbon
- Watch (with alarm)
- Extra one-gallon plastic bags

### **CLOTHING: WORN OR CARRIED, NO COTTON!**

- > Base Layer
- Underwear
- Long Underwear
- Shorts
- Shirt
- > Insulating Layer
- Long-sleeved shirt or sweater
- Pants
- Extra shirt/sweater
- Fleece or wool Jacket

- > Shell Layer/Raingear
- Rain coat with hood
- Rain pants
- > Head, Hands and Feet
- Hat or Balaclava (bring two)
- Thin Liner Gloves
- Thick, warm gloves/mittens
- Socks (2 pairs)
- Gaiters
- Hiking Boots (not trail shoes)

### **SHELTER: NO TENTS ALLOWED!**

- Sleeping Bag (triple-wrap in plastic)
- Insulated Sleeping Pad
- Tarp (9'x12')
- Ground Tarp (6'x8')
- 50' of Nylon Parachute Cord
- Tent Stakes

### **FOOD/WATER/COOKING**

- Two Quarts of Water
- Iodine tablets or water filter
- One Breakfast
- Two easy "no-cook" lunches
- One Dinner
- Plenty of Snacks
- Warm Drink mix
- Cooking Pot
- Spoon
- Cup
- Stove and Fuel



## BASIC TRAINING :: EQUIPMENT

### First Aid Kit

This is a suggested minimum number of supplies you should carry. Depending on the time of year, terrain to be covered, length of trip/search, group size, known or suspected patient injuries and level of your training, you may carry additional equipment and/or supplies.

First Aid Kits should be carried in waterproof containers. Some people place individual items in Zip-Loc bags.

Band-Aids	12
Sterile Gauze Pads, 4"x4"	4
Roller/Kling Gauze, 4" wide	2 rolls
Triangular Bandages	2
Moleskin/Adhesive padding	1 package
Athletic Tape, 2" wide	1 roll
Safety Pins	4 large
Elastic Bandage	1 large
Aspirin/Tylenol/Advil	12 caplets in sealed container
Antacid (Tums/Rolaids)	1 roll or blister pack
Plastic Bag, 1 gallon	1
Latex/Nitrile Gloves	2 pairs
Antibacterial Soap	1 oz. bottle
Alcohol wipes	6 packets

Personal Medications

Optional Items:

CPR Mask  
Tweezers  
Needle  
First Aid Reference Book  
First Aid Report Forms  
Personal Medical Information Sheet

### Emergency Kit

Waterproof Matches	10, wrapped in plastic
Candle Stub or Fire Starter	1
Spare Trash Compactor Bag	2
Sunglasses	1 pair



## **BASIC TRAINING :: FINDING GEAR**

### **OUTDOOR EQUIPMENT STORES**

#### Big 5 Sporting Goods

Ballard	1101 NW Leary Way	206-706-7531
Bellevue	4055 Factoria Blvd SE	425-747-5230
Burien	125 SW 148th	206-246-2707
Federal Way	1916 S 320th	253-941-9991
Issaquah	1810 12th Ave NW	425-837-8185
Kent	24216 104th Ave SE	253-852-2524
Kirkland	12520 120th Ave NE	425-821-4366
Lynnwood	18600-A 33rd Ave W	425-771-8066
Redmond	14890 NE 24th St	425-881-1461
Renton	508 S 3rd St	425-271-6900
Shoreline	1133 N 205th St	206-546-4443
University District	4315 University Way NE	206-547-2445
West Seattle	2500 SW Barton	206-932-2212
Feathered Friends	119 Yale Ave N, Seattle	206-292-2210
Marmot Mountain Works	827 Bellevue Way NE, Bellevue	425-453-1515
Great Northern Outdoor Clothing	421 South Fork Rd, North Bend	425-888-2300
The North Face	1023 1st Ave S, Seattle	206-622-4111
Outdoor Research Retail Store	2203 1st Ave S, Seattle	206-971-1496
Pro Ski		
North Bend	108 W North Bend Way, North Bend	425-888-6397
Seattle	8954 Aurora Ave N, Seattle	206-525-4425
Recreational Equipment Co-op (REI)		
Issaquah	735 NW Gilman Blvd	425-313-1660
Lynnwood	3000 184th St SW #952	425-640-6200
Redmond	7500 166th Ave NE	425-882-1158
Seattle	222 Yale Ave N	206-223-1944
Southcenter/Tukwila	240 Andover Park W	206-248-1938
Sports Authority		
Bellevue	15600 NE 8th St	425-747-6112
Lynnwood	19800 44th Ave W	425-712-0900

### **ARMY/NAVY SURPLUS STORES**

Capitol Hill Camping & Surplus	910 E Pike St, Seattle	206-325-3566
Ed's Surplus and Marine	5911 196th St SW, Lynnwood	425-778-1441
Federal Army & Navy Surplus	2112 1st Ave, Seattle	206-443-1818
Nate's Surplus Army/Navy	6169 4th Ave S, Seattle	206-767-4950
Sir Plus Army/Navy	17524 131st Ave NE, Woodinville	425-483-1761
Surplus Too Army/Navy	85 S Lander, Seattle	206-447-0117

### **USED OUTDOOR EQUIPMENT STORES**

Second Ascent	5209 Ballard Ave NW, Seattle	206-545-8810
Play It Again Sports		
Lynnwood	19513 Hwy 99	425-670-1184
Renton	17622 108th SE	425-227-8777
Seattle	1304 Stewart St	206-264-9255
Woodinville	13210 NE 175th	425-481-8676