

Small Team Clinic

Welcome to the "Small Team Clinic" class at the PA Midstate Rescue Summit.

Small Team Rescue: Doing More With Less

This program focuses on performing effective rescues with:

- Limited personnel
- Minimal equipment
- High expectations

Modern rescue environments often require:

- Faster response
- Smaller teams
- Greater individual capability

Course Focus Areas

- Harness configuration & personal kits
- Maximizing individual rescuer capability
- Efficient small-team systems
- Tripod and hauling configurations
- Role compression & decision-making

Resources Included

Equipment, Positions, SME, and Commands

Rescue Playbook

Student Workbooks: Detailed guides to accompany your learning experience.

CTR ROE: Detailed “Rules of Engagement” for rope and confined space rescue

CTR Tactical Worksheet: Structured tool used to plan, communicate, and execute rescue operations through defined roles, tasks, and playbook-driven decision-making.

QR Codes: Access our Confined Space Rescue Student Manuals and Rope Rescue Operations and Technician Student Manuals.

Photo and Video Gallery: Links to our SmugMug gallery for viewing shared class media and uploading your own photos and videos.

Contact Information: Stay connected with instructors through provided contact links.

Motivation and Credit

We extend our gratitude to Ronin Rescue, AERT, GiRo Rescue Systems, Rope Geeks, Highnovate, RopeLab, Sterling Rope, Petzl, SPRAT and ITRA for their influence on our training philosophy. Their commitment to developing both personal and technical skills in rescue operations has been instrumental in shaping this program.

Prepare to challenge yourself, collaborate with your peers, and expand your rescue capabilities. We look forward to a dynamic and transformative training experience with you.

If you have any questions or need further information, please don't hesitate to reach out. Let's get started!

Small Team Philosophy

Every rescuer must be:

- Capable
- Equipped
- Adaptable

Key Principle

Your harness is your first toolbox.

Efficiency & Playbook Concepts

- Playbook approach
- SME briefing
- Defined systems
- Rescuer Based Kits

Equipment Considerations:

The equipment and kit configurations presented in this program reflect what has proven effective for our team based on our operational environment, resources, and experience. This should be viewed as a **baseline or starting point**, not a one-size-fits-all solution. Every team operates in different conditions—urban, industrial, rural, or wilderness—and your equipment choices should reflect those realities.

We encourage you to evaluate your own environment, staffing, and mission requirements, and **build or modify your kits accordingly**. In some situations, this may mean scaling up with additional equipment, while in others it may require a lighter, more streamlined approach. The goal is not to replicate our kit exactly, but to apply the **small team mindset** to create systems that are efficient, adaptable, and appropriate for your team.

Core Items on Harness

Typical small-team loadout includes:

- Descender (Clutch / ID / Sirius etc)
- ASAP
- Work positioning lanyard
- Ascenders (hand / chest)
- Carabiners (minimum working set)
- Prusiks / Slings
- Pulleys

Why It Matters

With a small team each with a proper harness kit:

- Only need to bring rope with you
- You can build anchors
- Create various systems
 - Dual Main
 - Main / Belay
 - More in depth (i.e. Skate Blocks)
- Package and move a patient
 - Vertically
 - Horizontally
- Solve complicated issues from your harness
 - Breaking into a tight line
 - Knot Passing

Individual Response Kit (IRK)

- Helmet w/Headlamp
- Class 3 Harness (AHJ preference)
 - Installed on Harness
 - Chest Ascender (AHJ preference)
 - [Petzl Interfast](#)
 - [CMC Clutch by Harken 11mm](#)
 - [Petzl ASAP Lock](#) with [ASAP'SORBER AXESS](#)
 - [Petzl Progress Adjust-Y Lanyard](#)
 - [CT Ascender Simple+](#)
 - [KONG Argon K Carabiner](#)
 - [Bluewater Titan Footloop](#)
 - [Petzl Grillon Plus 3m](#)
- CTR [Petzl Toolbag 3](#)
 - [Sterling 12mm Dyneema Sling](#)
 - 24" (2)
 - 48" (2)
 - [Petzl OK Triact Lock Carabiner](#) (6)
 - [Petzl RollClip A Non-Locking](#)
 - [CT Roll N Lock](#)
 - [Petzl Spin S1 Swivel Pulley](#)
 - [Sterling 8mm Sewn Prusik](#)
 - 16"
 - 22"
 - [Bluewater 7mm VT Prusik](#)
 - [Petzl PAW S Plate](#)

First Aid Kit (FAK)

- [Leatherman Raptor Multi-Tool](#)
- Tourniquet ([SOF-T](#) or [CAT](#) or [SnakeStaff Systems](#))
- Chest Seal
- Emergency Trauma Dressing
- Rolled gauze

Position	Role/Responsibility	Equipment
Lead	• Command and control (may not be the overall Incident Commander) • Safety (unless a dedicated Safety Officer is assigned) • Establish communications • Liaison for other Teams/Divisions	• Command board • Portable radios • May require harness/fall restraint depending on geography
Rescuer 1	• Deploy Quick Intervention Kit (QUIK) to access patient(s) • Patient triage and stabilization • Identify and communicate additional needs • Begin patient packaging	• Harness kit • First Aid Kit (FAK) • Victim harness • Quick Intervention Kit (QUIK) • Additional hazard-specific kits as needed
Rescuer 2	• Ready appropriate patient packaging device • Ready appropriate medical equipment based on Rescuer 1 report • Raised/lowered on system to assist Rescuer 1 with patient packaging if necessary • Attend patient during movement if necessary	• Harness kit • Patient packaging device as needed • Patient comfort kit (PACK) • Additional medical equipment as needed
Rigging	• Select/build anchor(s) • Deploy system bags • Connect ropes to Rescuer 2 and/or patient packaging device • Build mechanical advantage for raise • Manage lower/raise operations	• System bags • Additional anchorage as needed • May require harness/fall restraint depending on geography
Edge	• Identify type of edge transition and associated equipment needs • Assist Rescuer 1/2 with edge transitions • IC may delegate commands to the Edge position when necessary • Assist with lower/raise operation	• Harness/fall restraint • Edge protection • AHD if necessary

Briefing Format (SME)	
SITUATION	Patient Environment Hazards
MISSION	End State Phases
EXECUTION	Assignments

Commands	
STOP	1 Whistle Blast
RAISE	2 Whistle Blasts
LOWER	3 Whistle Blasts
TENSION	Tension by Hand
SLACK	Make Soft / Slack the Line
REPEAT COMMAND BACK (ensures it was heard correctly)	

The 1 – 2 (Single Operator Dual Main)

The 1-2 is a dual main system operated by a single rescuer, who manages both descent control devices simultaneously to ensure redundancy and efficiency. A tailer supports the operation by maintaining proper rope flow, ensuring ropes are clear, and assisting with non-fouled rope management as they approach the devices.

Overview

Connectors

DNA Carabiners (x2)
Oval Carabiners (x4)

Anchor Plate

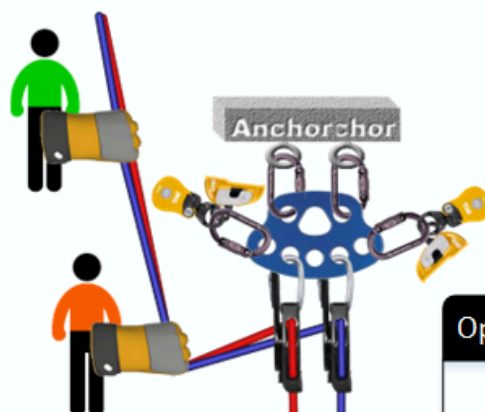
1 – 3 Hole or Larger Anchor Plate

Descent Control Devices

2 – 11mm Clutches

Rope

2 – 11mm x 300'



Option Gear

DCDs

Petzl Maestro
Petzl ID / RIG
Skylotec Sirius / Spark

DNA Replacement

Extra Carabiners
Sewn Prusik / Sling

Option Play



MAP

MAP w/Unified Butterflies to
litter, standard kit for tender.

Rigging for Raise

Build 2 – 3:1 using equipment on anchor plate

OP: Build 2 – 3:1 systems utilizing rescuers kit

Team Positions

Lead Command	
Rescuer 1	Rigging
Quick Pt Contact	Rig System / Lead Haul Team
Rescuer 2	Edge
Pt Packaging / Litter Tender	Assist Rigging

System Benefits

- Ensures full redundancy throughout the load path, from the anchors to the rescue package.
- Allows for efficient operation with a single operator controlling both devices while maintaining safety.
- The tailer provides additional oversight, ensuring smooth rope flow and preventing fouling, which enhances operational reliability.

System Based Pickoff

Rescuer is lowered on a dual main system with a unified Master Attachment Point (MAP) which ensures true load-sharing between the dual main lines. The rescuer connects to the victim using a combination of a safety/backup device and a positioning device to safely and comfortably transfer the victim to the rescue system.

Overview

System

Dual Main Rope System (11mm x 300')

Rescuer Connection

Figure 8 on bight from each of the Dual Main Lines with Oval Carabiners (x2)

Victim Connection

MAP: Unified Butterfly in arms reach of rescuer

Backup (Safety) Connection

1 – 3m Petzl Grillon

Primary (Positioning) Connection

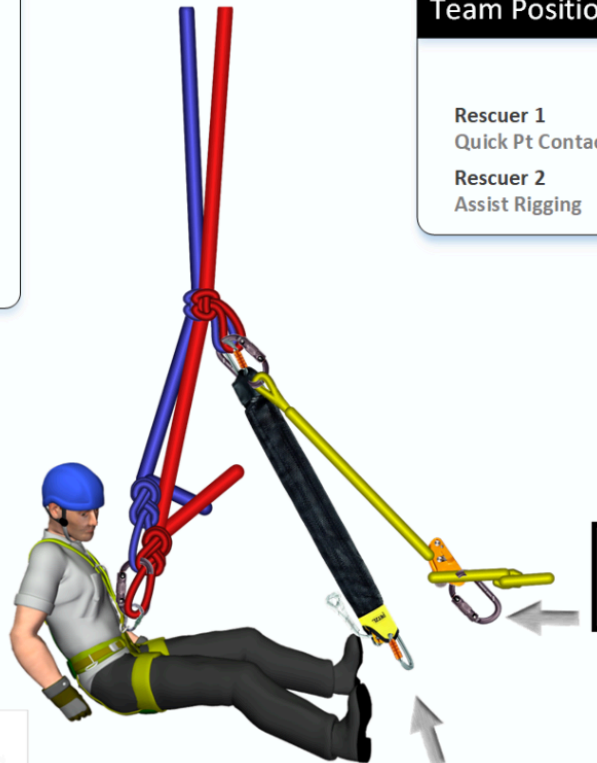
1 – 2m Petzl JAG

Optional Connections

Pickoff Strap
Harken Wingman
AZTEKs
Harness Lanyard
Quickdraw

Team Positions

	Lead
	Command
Rescuer 1	Rigging
Quick Pt Contact	Rig Systems
Rescuer 2	Edge
Assist Rigging	Assist Rescuer 1



Victim
Backup Connection

Victim
Primary Connection



When to Use

Ideal for scenarios requiring precise victim handling and positioning, such as when the victim's condition necessitates additional care.

Suitable for rescues where redundancy and load-sharing are critical, such as high-angle or vertical environments.

System Benefits

- Ensures true load-sharing between the dual main lines for redundancy and balance.
- Provides precise victim positioning for optimal safety and comfort during the pickoff.
- Keeps the rescuer's connections to the system separate from the victim's, ensuring clear and manageable rigging.
- Maintains rescuer proximity to the victim (18"-2') for effective communication and assistance.



Batwing (Tripod Reeve)

Ideal for confined space rescues requiring vertical entry and retrieval.
Suitable when a tripod or similar high directional anchor is available.
Effective in scenarios requiring rapid raising and lowering of the load.



Overview

Descenders
MAESTRO S
(x 2 for OP)

Pulleys
Single Swivels x 4

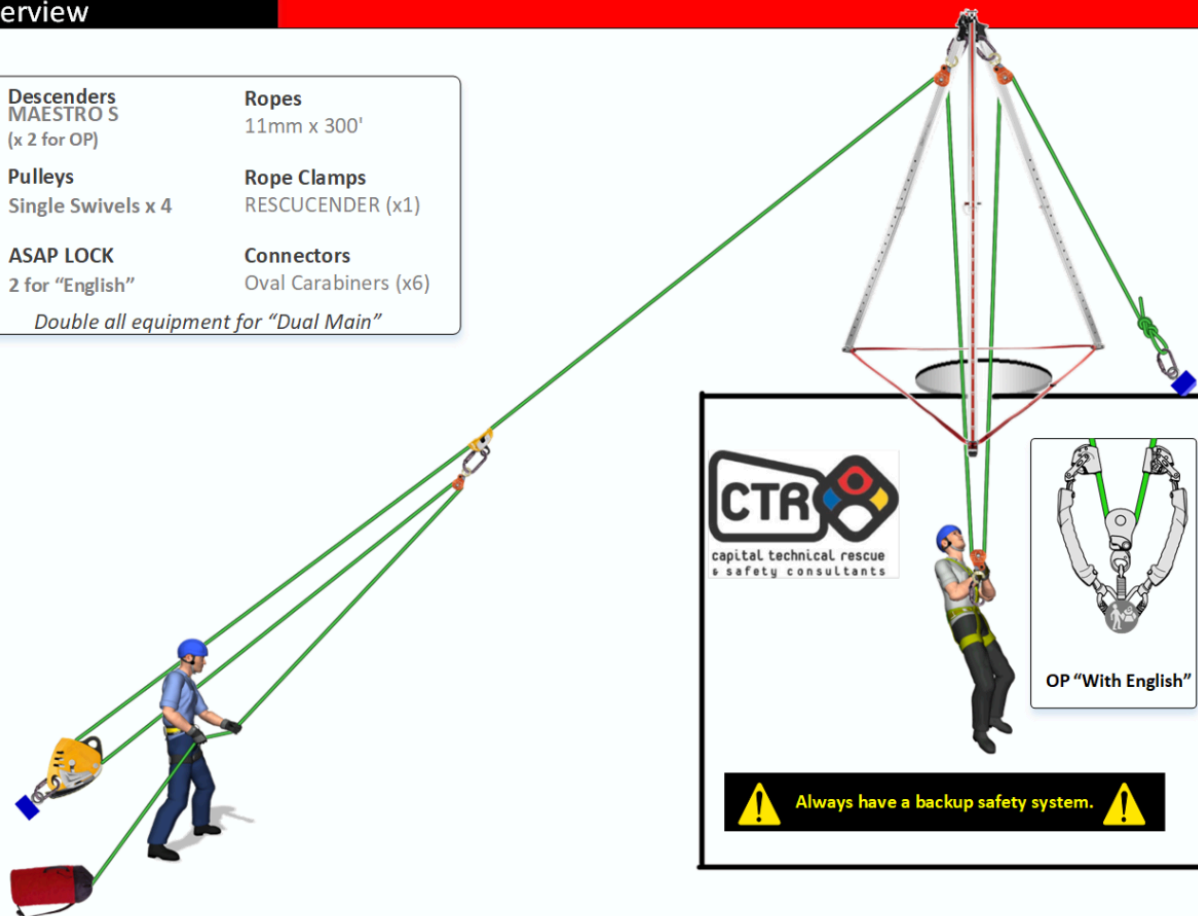
ASAP LOCK
2 for "English"

Double all equipment for "Dual Main"

Ropes
11mm x 300'

Rope Clamps
RESCUCENDER (x1)

Connectors
Oval Carabiners (x6)



System Info

Advantages

Efficient for vertical rescues requiring both raising and lowering.
Reduces edge transition challenges.
Simple setup / common team equipment.
Raising / Lowering can be done away from edge.
Can be rigged as Dual Main (TTRS)

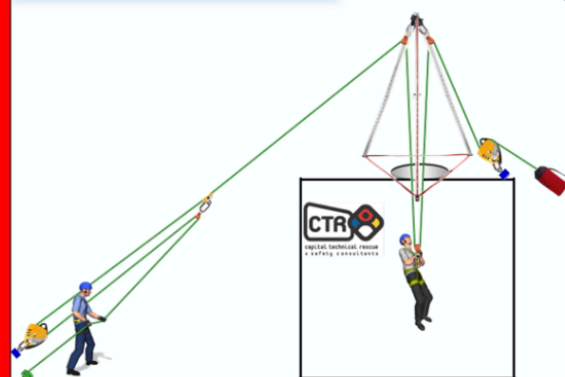
Disadvantages

Requires tripod / high point.
Can be gear intensive depending on team.

Team Positions

Lead Command	
Rescuer 1	Rigging
Quick Pt Contact	Rig Batwing / Up
Rescuer 2	Edge
Pt Packaging	Assist Rigging / Down

Option Play (OP)



"Dueling Maestros"

Allows for hauling on one side and lowering on the opposite.

"With English"

The ASAP LOCK and ASAP'SORBER AXESS can back up a system failure from either side.

Formal Briefing			Hazard		Control		Drawing	
SITUATION Patient Environment Hazards			Confined Space		☐			
			Entrapment		☐			
			Falling Objects		☐			
			Fall Risk		☐			
			Explosion		☐			
MISSION End State?			Atmosphere		☐			
EXECUTION Phases Assignments			Mechanical		☐			
ADMISTRATION Logistics			Other		☐			
CONTROL Communications			Other		☐			
Other			Other		☐			
Role			Assignment					
Team Leader			PPE		☐			
Rescuer 1			Lighting		☐			
Rescuer 2			LOTO		☐			
Rigging			SCBA/SAR		☐			
Edge			Other		☐			
IMMEDIATE ACTION			Commands					
STOP - SECURE			STOP				1 Whistle Blast	
			Up					
			DOWN					
			TENSION					
			SLACK					
TRIAGE			1 Rope - 2 ropes color(s)					
ASSESS			Victim arrival victim					
RESOURCES			Teamleader/ co					
RECOVER			MA					
			Pulleys (1) single (2) double					
			Back-up DCD / OPPO winch					
			Lowering system/ Descender					
			AHD					
			Winch Manual Electric MOTOR					
			Anchors					

Continue Your Training: Building Capability Beyond Today

The techniques and concepts introduced in this program are part of a broader approach to technical rescue—one that emphasizes efficiency, decision-making, and real-world performance.

At Capital Technical Rescue, our training programs are designed to go beyond individual skills and focus on how teams operate under pressure.

Efficient Rescue Operations: Building Your Rescue Playbook

This program expands on the concepts introduced today by helping teams develop a structured, repeatable approach to rescue operations.

Key components include:

- Creating a **rescue playbook** with pre-defined systems and strategies
- Developing **personal and positional kits** that support rapid deployment
- Using the **SME (Situation, Mission, Execution)** framework to improve communication
- Establishing **performance benchmarks and time-to-task expectations**

The goal is to reduce hesitation and uncertainty so teams can move quickly from:

“What should we do?” → “Run the play.”

This program is ideal for departments looking to improve:

- Operational consistency
 - Team coordination
 - Speed and clarity in decision-making
-

Rescues Gone Wrong: Lessons from the Field

This program focuses on learning from real-world incidents where rescue operations did not go as planned.

Through case studies and facilitated discussion, we examine:

- Breakdowns in communication

- Delays in critical decision-making
- Overly complex or inappropriate systems
- Gaps between training and real-world execution

More importantly, we identify:

- **What could have been done differently**
- **How small changes in mindset or preparation impact outcomes**
- **How to build systems that are more resilient under stress**

This program reinforces a key principle:

Success in rescue is often determined **before the system is built**—in planning, communication, and decision-making.

Custom Training for Your Team

CTR offers customized programs tailored to your department's:

- Staffing model
- Equipment cache
- Response environment
- Operational priorities

Available programs include:

- Confined Space Rescue (Operations to Technician)
- Rope Rescue (Operations to Advanced Technician)
- Small Team / Minimal Staffing Rescue
- Tower and Industrial Rescue
- Standby Rescue Team Development
- Instructor Development & Evaluator Prep

The principles of doing more with less and maximizing individual capability are core themes in both the *Efficient Rescue Operations* and *Rescues Gone Wrong* programs.

Next Steps

Scan the QR codes below to:

- Access student manuals and resources
- View course offerings and schedules
- Connect with CTR to discuss training opportunities

CTR Student Resources

Confined Space Rescue Technician		NFPA CSR Technician ITRA Levels 1 - 3
Rope Rescue Operations		NFPA Rope Rescue Operations ITRA Levels 1 & 2
Rope Rescue Technician		NFPA Rope Rescue Technician ITRA Level 3 Technician
CTR Rules of Engagement		Operational Guidelines for Rescue Teams
CTR Tactical Worksheet		Tactical Planning & Execution Tool

Photo Gallery

Viewing:



<https://tinyurl.com/stcmidstate26>

Share Your Photos:



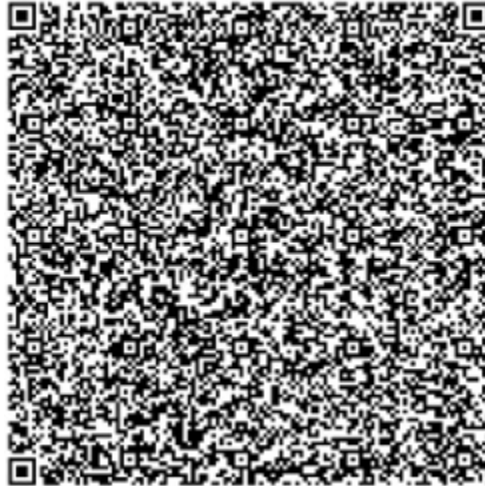
<https://tinyurl.com/stcmidstateup>

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- New equipment and system innovations



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