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Training offer: ITRA Rope Rescue

The international standard for rope rescue training

PETZL technical partner

ITRA Rope Rescue is a rope rescue course for services and rescue teams: fire services, mountain rescue, uniformed services and company rescue teams. You learn to rescue people on ropes, as a team and with a casualty in a stretcher, on low-angle terrain, in vertical terrain and on Tyroleans.

ITRA has a growing number of members worldwide and operates in more and more countries. In some of them, rescue services have adopted ITRA as the standard for their training.

The course ends with an exam by an independent ITRA assessor. You get the qualification only if you pass the exam, not just for attending the course.

Who is it for

The course is for those who have to rescue others where you cannot get without a rope. Above all for State and Volunteer Fire Service firefighters (PSP and OSP), GOPR and TOPR mountain rescuers and company rescue teams. It is also useful for IRATA rope access technicians who want to be able to do more than rescue a partner from their own team, and for anyone who wants to develop in rope rescue. At L1 you need no rope experience.

- fire services
- mountain rescue
- company rescue teams
- industry and energy
- uniformed services
- rope access technicians

What is ITRA

ITRA (International Technical Rescue Association) is an international non-profit organisation founded in 2018 by rescue instructors. It sets common requirements for rescuers in several disciplines, including rope rescue, swiftwater rescue and confined space rescue. As a result, an ITRA certificate at a given level means the same requirements in every country.

ITRA separates attending a course from being qualified. At the exam an independent ITRA assessor checks every element of the programme for your level. The assessor may not come from your company or unit. The qualification is entered in the ITRA database and is valid for 3 years.

The ITRA certificate is an international qualification. It is not a Polish state exam. We describe the rules of rope rescue in the Polish National Firefighting and Rescue System on the KSRG rules page.

Not all courses are equal

ITRA sets the programme and what a rescuer must show at the exam for each level. What the course itself looks like depends on the school and the instructor. An ITRA course is not Coca-Cola, which is meant to taste the same everywhere. Although apparently even Coke tastes a little different in every country... :)

A driving licence shows this best. The test is the same for everyone, yet it depends on the instructor whether after the course you drive confidently around town or just have a pass. ITRA is the same. The certificate confirms a passed exam. How you cope in a real rescue depends on who taught you and how.

We treat ITRA Rope Rescue as a rescue course, after which you are expected to save people. It is not an IRATA

course with more and more complicated techniques and Tyroleans added. An English reeve looks great, but you will most likely never use it in a real rescue. There you need to save a human life efficiently and professionally.

Our instructors are serving rescuers and firefighters. We keep training ourselves, in Poland but mostly abroad, and we compete in rope rescue and rope technique competitions in Poland, the Czech Republic, Sweden, the USA, France, Belgium, Slovenia and Switzerland. We also take part in international exercises and rescue missions in various countries. Some of us started the Bezpieczny Kazbek (Safe Kazbek) project, a seasonal standby of Polish rescuers on Mount Kazbek in Georgia.

We stick to a simple rule:

Anyone who thinks they no longer need training because they know everything should not be training others.

ITRA Rope Rescue levels

L1

Responder. You work in a team with a casualty in a stretcher on low-angle terrain: a slope, a bank or an embankment. You learn the basics of your own rope work and of team rescue on low-angle terrain. You need no rope experience.

L2

Technician. You work in a team in vertical terrain: you lower and raise a casualty in a stretcher, build more complex systems and handle yourself better on the rope. ITRA requires an L1 or equivalent qualification.

L3

Advanced. You are responsible for a casualty in a stretcher moving horizontally or diagonally through the air, without support. You supervise complex techniques, assess the situation and respond to changes during the operation. ITRA requires L1 and L2 or equivalent qualifications.

Starting from scratch and want to work in vertical terrain straight away? You can do L1 and L2 together in one L1 + L2 course.

Your path in ITRA

1. **L1 course and exam** with no rope experience
2. **L2 course and exam** with an L1 qualification
3. **Or L1 + L2 straight away** in one course with an exam
4. **L3 course and exam** with L1 and L2 qualifications
5. **Renewal** every 3 years, with an exam at your level

What you will learn

At L1 you learn the basics that every rope rescue relies on:

- knots and rescue equipment, pre-operation equipment checks
- single-point and multi-point anchors
- abseiling, ascending and self-rescue on the rope
- simple haul systems
- independent belay and safety checks
- rope and edge protection
- lowering and raising a casualty on low-angle terrain
- stretcher preparation, casualty packaging and the stretcher attendant's work
- communication: radio, whistle and hand signals
- suspension trauma and other hazards to the casualty

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At L2 you move into vertical terrain: lowering and raising a stretcher vertically, passing knots when abseiling, ascending and in systems, changing over from lowering to raising and back, artificial high directionals, simple Tyroleans, reaching and evacuating a casualty, getting a stretcher over an edge, anchors on vehicles and in the ground, releasable knots, improvised harnesses and complex haul systems. You also learn the physics of rescue: forces, angles and fall factor, and how to analyse a system and its weak points.

At L3 you add Tyroleans with stretcher height adjustment, advanced artificial high directionals, picking off a casualty suspended on a rope or in a harness, evacuating a stretcher from a wall, rope-to-rope transfers, skate block, micro haul systems, releasable anchors, climbing towers and trees, and night operations. At this level we spend a lot of time on team supervision and operation planning.

You practise everything in scenarios that resemble real operations: as a team, with a casualty and under time pressure.

How the course runs

Training days

Theory and rope work in our hall in Warsaw and at outdoor sites, following the ITRA Rope Rescue programme for your level. Including the exam, the whole course takes: L1 4 days, L2 and L3 5 days each, L1 + L2 6 days.

Last day

The exam. You will be assessed by an independent ITRA assessor.

The exam step by step

1. **Theory.** You complete an online test of the knowledge required at your level.
2. **Practical.** The assessor checks every element of the programme: your rope work, how you build systems and how you work in the team with the casualty.
3. **Result.** Once you pass, ITRA enters your qualification in its database.
4. **Certificate.** ITRA sends you an electronic certificate by e-mail. It is valid for 3 years. The exam and exam fees are included in the course price.

We run the course to the ITRA guidelines in force on the day of training. It is worth reading them on the ITRA website before the course.

Renewal every 3 years

The ITRA qualification is valid for 3 years. After that you confirm it by retaking the exam at your level. Returning trainees get a 15% discount with us.

ITRA or IRATA

IRATA teaches rope access work and rescuing a partner from your own team. ITRA Rope Rescue teaches rescuing casualties: a team operation with a stretcher on low-angle terrain, in vertical terrain and on Tyroleans. The two complement each other well. We also run the IRATA course.

Requirements

- minimum age 18,
- good physical fitness: at the exam you carry equipment, ascend and abseil with equipment and carry a loaded stretcher with your team,
- no medical contraindications to work at height and no panic fear of heights; tell the instructor about any health problems before the course,
- for L2 and L3: qualifications from the lower levels or equivalent, as required by ITRA.

You do not need to be a serving rescuer or hold the Polish qualified first aid certificate (KPP). In our view both make the material easier to understand and certainly help you be a professional rescuer. After all, this is

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a rescue course.

Why train with us

Training hall and outdoor sites

We train at our Training Centre at ul. Kosmatki 12 and at outdoor sites around Warsaw.

Exam included

The exam with an independent ITRA assessor and the exam fees are included in the course price.

L1 + L2 in one course

From zero to vertical rescue in 6 days, including the exam.

Instructors who work in the field

We provide safety cover for hazardous projects and train firefighters, rescuers and uniformed services.

After ITRA Rope Rescue you can take the next step with us. On the ITRA Confined Space Rescue course you learn confined space rescue, and on the Arizona Vortex course you learn to build artificial high directionals.

Venue and training at your location

As standard we train in our hall in Warsaw and at outdoor sites. We also have several other training sites in Poland, including in the Małopolska region. We can also run the training at your site or in other terrain, and outside Poland if you need it. The site and terrain must meet the requirements of the programme; we confirm that they are suitable before the training is agreed.
We run training away from our centre in Poland for groups of at least 8 participants. For such a group we do not charge for the instructors' travel and stay or for transporting our equipment.

ITRA Rope Rescue – course details

L1 RESPONDER	**3 days + 1 exam day (4 days in total), PLN 3,900 per person**
L2 TECHNICIAN	**4 days + 1 exam day (5 days in total), PLN 4,500 per person**
L3 ADVANCED	**4 days + 1 exam day (5 days in total), PLN 4,500 per person**
L1 + L2	**5 days + 1 exam day (6 days in total), PLN 5,900 per person**
DISCOUNTS	Several people on the same date: 2 people 5%, 3 people 8%, 4 or more people 11%; serving members of the uniformed services, GOPR and TOPR mountain rescuers: 15%; paramedics, nurses and doctors: 15%; returning trainees: 15%; early booking: 10% (60 days before the course) or 15% (90 days). Discounts and promotions cannot be combined; only the largest one applies.
TRAINING VENUE	**WYSOKOŚCIÓWKA.org Training Centre, ul. Kosmatki 12, 03-982 Warsaw, Poland**

Dates and sign-up: www.wysokosciowka.org/en/courses/itra-rr/

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