

JOINING CENTRAL WASHINGTON MOUNTAIN RESCUE

If you are interested in joining Central Washington Mountain Rescue (CWMR), we are always looking for new members. However, your commitment to CWMR must be sincere, since the investment we will make in you for your training, education, and support is going to be significant. Also, other members will be counting upon you and what you've learned when the call-out for a rescue mission comes. Therefore, before submitting an application for membership, please read the following.

Before becoming a member of CWMR, you must:

- Undergo and pass a criminal background check by the Yakima County Sheriff's Office.
- Attend the Yakima County Sheriff's Search and Rescue Academy. The Academy meets once each month for 12 months, and begins every quarter.
- Be willing to participate in ongoing training and educational opportunities. CWMR provides hundreds of hours of training opportunities every year. The expected participation levels are outlined in the attached membership guidelines.
- Have or obtain certain personal climbing gear required for participation in CWMR activities. Also included at the end of the application is a personal equipment list.
- Be available for missions.

We appreciate your interest in joining CWMR. Please read the following membership guidelines and the equipment list at the end of the application thoroughly. If you have any concerns or require additional clarification, you may contact us by email at JoinCWMR@cwmr.org and we will answer any questions regarding CWMR that you may have.

Then fill out the membership application and mail it to:

ATTN: Membership Committee
Central Washington Mountain Rescue
P.O. Box 2663
Yakima, Washington 98907

Or bring it with you to one of our meetings in person. Please call ahead or send us an email to let us know you are coming so that we can meet you at the gate to let you in. You can email us at JoinCWMR@cwmr.org

We meet the third Tuesday of every month at 7:00 pm at the Yakima County Sheriff's complex:

1822 South 1st Street
Yakima, Washington

Thank you again for your interest in joining CWMR. We look forward to hearing from you.

Regards,
Central Washington Mountain Rescue

MEMBERSHIP GUIDELINES

I. PURPOSE

This guideline defines the membership in CWMR as either Active or Inactive, as well as six (6) different levels of member participation. They are: (1) Rescue, (2) Rescue Support, (3) Technical Support, (4) Honorary, (5) Contributing/Sustaining, and (6) Deceased. Each member is encouraged to maintain Active status. No member should be promoted to a higher level classification without meeting their current level requirements for training and equipment. It is the Membership Committee's opinion that training for the next level should not occur after the promotion except as ongoing. All applicants and current members will be reviewed by the Membership Committee before making a recommendation to the Board for either placement or advancement. The Board will then make a decision by vote. Exceptions can be made by the Board on a case by case basis.

II. ACTIVE MEMBERSHIP

Active members are members who annually participate in missions, trainings, public education, fund raising, equipment/truck maintenance, or any other function contributing to the good of the unit. They may or may not hold office, vote, or be on the Board. They must meet the following minimum participation requirements (exceptions can be made on a case by case basis):

1. Participate in one (1) of the following trainings in a calendar year: Spring or Fall Rigging, Crevasse Rescue Training, or Winter Training.
2. Participate in four (4) separate events in education/instruction, fund raising, equipment/truck maintenance, public speaking, missions, Board sanctioned trainings other than the four major trainings listed in Item #1 above, or other Board sanctioned events.
3. Attend four (4) unit meetings per calendar year, preferably one (1) meeting per quarter.
4. Participate in one (1) unit training climb per calendar year.

III. INACTIVE MEMBERSHIP

An inactive member is anyone who does not meet the Active Membership requirements. Inactive members will remain on the roster for one (1) full year, at which time a review will be done by the Board and Membership Committee for activation or deactivation. At any time a member of CWMR can request to be either Inactive or Active.

IV. MEMBERSHIP LEVELS

All applicants and current members will be reviewed annually by the Board and a recommendation for placement into a CWMR membership level will be made.

A. RESCUE

Must maintain current Active Membership as defined, must have an active DEM/R number, must lead or assist in at least one (1) of the following: Spring Rigging, Fall Rigging, Winter Training, or Crevasse Rescue Training. To be considered Rescue level, the member must meet the following and have the required equipment per Appendix B:

1. One (1) full year of active participation at the Rescue Support level.
2. Meet ALL the Rescue requirements per Appendix A.
3. Meet all the Rescue level guidelines established by MRA, YSAR, and CWMR (see Appendix A).

B. RESCUE SUPPORT

These members assist Rescue level members in the field and may not have field tested experience. They must be in Active status and meet the minimum participation requirements as defined. They must

maintain active DEM/R numbers. They must be familiar with the same requirements as the Rescue level members, but may not have field tested Rescue level experience (see Appendix A). They must be capable of assisting ground search and rescue operations to the level of competency required by CWMR.

C. TECHNICAL SUPPORT

These members have special skills and knowledge to support missions, Rescue and Rescue Support members, unit business, and trainings. They may have completed YSAR Search and Rescue Academy and/or the Basic Mountaineering Course, as well as other training. As such they may have an active DEM or R number. They may or may not participate in missions and unit trainings. To move to the Rescue Support level, they must meet all the State and County Search and Rescue requirements per Appendix A. They may participate in all unit activities allowed at this level and may hold office and have voting privileges. They may or may not meet the minimum participation requirements as defined. They may or may not be subject to the annual membership review done by the Membership Committee and the Board.

D. HONORARY MEMBERS

These are members who are considered either Active or Inactive and have provided exceptional service to CWMR. They could be currently Active but no longer “field active”. They may hold office and have voting privileges. They may or may not have active DEM or R numbers. These individuals are exempt from the annual membership review. Once Honorary membership is bestowed, it shall remain permanent unless egregious behavior or other such circumstances should warrant otherwise.

E. CONTRIBUTING/SUSTAINING MEMBERS

Contributing /Sustaining Members are individuals, companies, or organizations who annually provide financial contributions. They may or may not have assigned Rescue numbers and usually will not participate in unit trainings or missions. They may attend unit meetings. They may have no voting or office holding privileges. These members are considered for the most part Inactive and will not be subject to the annual membership review.

F. DECEASED

Members who have died while in Active status within CWMR.

APPENDIX A

Rescue level members according to “MRA” standards must also meet the following:
PERSONNEL GUIDELINES (Policy 105, 6-20-99 revised) 105C

A. Search Procedures, including:

- 1) Initial request for assistance, determining urgency of response, and Initiating call-out.
- 2) Call-out procedures.
- 3) Incident Command System and local search management procedures.
- 4) Search planning and strategy, including probability analysis.
- 5) Search tactics and operations, including confinement, trail blocks, attraction, hasty search, line search, grid search.
- 6) Tracking.
- 7) Wilderness navigation and travel.
- 8) Night search.
- 9) Radio communications.
- 10) ELT search.
- 11) Use of GPS (6-20-99)
- 12) Wilderness survival and survival techniques for the local area.
- 13) Helicopter use and safety

B. Technical Rock Rescue Procedures, including:

- 1) Knowledge of rescue equipment.
- 2) Rescue planning and preparations.
- 3) Knots, ropes, webbing, rope and webbing characteristics and handling.
- 4) Anchors.
- 5) Belaying.
- 6) Ascending and descending a rope.
- 7) Rock climbing (able to lead fourth class climb).
- 8) Patient packaging and litter rigging.
- 9) Rigging and operating raising and lowering systems.

- 10) Highline rigging and operating.
- 11) Low-angle or scree evacuation.
- 12) Improvised rescue techniques.
- 13) Helicopter use and safety

C. Snow and Ice Rescue Techniques, including:

- 1) Knowledge of winter search and rescue equipment and its use.
- 2) Travel over snow and ice, and in any winter conditions found in service area.
- 3) Self-arrests.
- 4) Roped team travel.
- 5) Glissading.
- 6) Snow and ice anchors and belays.
- 7) Steep snow climbing with crampons and ice ax.
- 8) Patient packaging under winter conditions.
- 9) Litter rigging, raising and lowering on steep snow.
- 10) Avalanche safety and rescue.
- 11) Glacier travel and crevasse rescue.
- 12) Winter survival.
- 13) Helicopter use and safety.

Other training as required by CWMR as well as YSAR.

1. Required equipment per list on appendix B.
2. Food and water to sustain the member for 72 hours
3. Able to organize, conduct and lead wilderness Search and rescue missions.
4. Completion of NIMS and ICS courses.
5. Current first aid and CPR certificates.
6. Blood borne pathogens.
7. Completion of YSAR Academy
8. Completion of the Basic Mountaineering Course.
9. Crime scene investigation.

Central Washington Mountain Rescue Membership Application

P.O. Box 2663, Yakima, WA 98907

Name: _____ Date of application: _____

Address: _____

Mailing address: _____

Phone numbers: Home: _____ Work: _____

Cell: _____ Pager: _____

Email(s): _____

Brief medical history including allergies and current required medications:

In case of emergency, notify: _____

Phone: _____ Address: _____

Relation: _____

Alternate emergency contact, name and phone: _____

Have you completed the Yakima County Search & Rescue Academy? _____ If so, when and where: _____

Have you completed a recognized Basic Mountaineering Course? _____ If so, when and where? _____

Have you completed a Basic Helicopter Safety Course within the last 2 years? _____
If so, when and where? _____

Training and experience (Attach sheets as needed)

- | | |
|---------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Back Country Skiing: _____ | <input type="checkbox"/> Crevasse rescue: _____ |
| <input type="checkbox"/> Backpacking: _____ | <input type="checkbox"/> Winter survival: _____ |
| <input type="checkbox"/> Rock Climbing(class 4+): _____ | <input type="checkbox"/> Communication: _____ |
| <input type="checkbox"/> Ice & Snow climbing _____ | <input type="checkbox"/> Helicopter operations: _____ |
| <input type="checkbox"/> Rope Handling: _____ | <input type="checkbox"/> Land Navigation _____ |
| <input type="checkbox"/> Belaying/rope handling: _____ | <input type="checkbox"/> Water Rescue: _____ |

Central Washington Mountain Rescue Membership Application

Training and experience (Continues - Attach sheets as needed)

- Rescue Organizations: _____

- Other (e.g. Auto Mechanics, sewing, carpentry, amateur radio, public speaking, photography, bookkeeping, fund raising, medical, secretarial, - Please list any you think might apply):

Climbing Experience: On attached sheet(s) please provide information on your climbing history/abilities.

Medical Support Skills: Do you have current cards for the following:

_____ Basic First Aid _____ CPR _____ Blood borne pathogen

Do you have a valid Washington State Drivers License? _____

Do you have minimum Washington State Auto Policy insurance? _____

Physical condition:

Mountain Rescue missions can be quite physically challenging. We know that you have at some time been in good condition in order to have accomplished the activities on your resume. We expect you to keep in condition while a member. We all have to use the honor system in regard to conditioning because we all get sick or become injured and have to make self evaluations of our abilities following these times. We then either decline or take a more limited role during missions. Please remember that the safety of our patients, or team, or our selves depends on each person's physical condition. If you have any physical or medical condition(s) that you think might impair your ability to serve with us, please note it (them) below:

Availability for Missions:

We can not always be available for missions due to priorities at home or work. We do, however, expect members to be available for a few missions each year. It is advisable to approach your family and your employer at this time and find out what his or her feelings and policies are regarding unplanned absence. Please feel free to discuss this with the CWMR leadership if you feel that there may be conflicts. A letter from the Sheriff's Office can sometimes be helpful.

STATE AND COUNTY REQUIREMENTS:

Certain conditions including a police background check are required by the Washington Administrative Code and county regulations for participation in missions. These will be discussed with you prior to admission by CWMR.

Signature of applicant _____

Date _____

Note: See attached listing of required equipment.

CWMR Required Equipment List

Please check the box if you currently have the following gear:

- Helmet
- Ice Axe
- Crampons
- Harness - waist
- Harness - chest or 14' of 1" webbing
- Connector strap for harness (2' of 1" webbing)
- 2-3 double sling(s) (12' untied)
- 1-2 standard sling(s) (5' untied)
- Purcell Prusik set (30' of 7 mm Perlon)
- Carabiners - regular locking (at least two)
- Carabiners – ovals (at least two)
- Carabiners – larger pear type (one)
- Belay/rappel device (inline style such as ATC or Trango pyramid)
- Personal prusik loops - 1 pair (6-7mm Perlon)
- Pulley - personal rescue pulley (preferably 2 - 1 standard, 1 PMP)
- Goggles for helo work
- Ear Protection
- Sleeping bag and pad
- Mug & eating utensil
- Cook stove/fuel (may share)
- Small pot (1 quart)
- Gloves -leather – for rope handling
- Gloves -leather - mitten/winter - shells/insulation/liners
- Socks/liners/spare
- Balaclava/wool hat
- Thermax or equivalent base layer, shirt and pants
- Shirt - pile/wool
- Sweater - pile/wool
- Pants - pile/wool
- Jacket – pile/polarguard type
- Gators
- Boots - mountaineering - crampon compatible
- Shell jacket - rainproof, waterproof, breathable
- Shell bottoms - rainproof, waterproof, breathable
- Snow shoes
- Compass
- Flashlight or headlamp & batteries - extra batteries & bulb
- Knife
- Matches
- Fire Starter
- Extra Clothing
- Extra Food (Minimum of 3 day supply)
- Water, 2 liter minimum
- Personal First aid kit
- Sunglasses & sunburn preventative, insect repellent
- Emergency shelter or bivy sack/ tarp
- Signaling devices - 2 devices are a minimum - whistle, mirror

Suggested Equipment

- Accessory cord 10m (or 30' of Perlon 8 mm)
- Picket (preferably 2')
- Ski poles
- Snow shovel - metal suggested
- Shorts
- Sun hat
- GPS
- Altimeter
- Avalanche transceiver
- Family Radio
- Tent
- Rock shoes
- Binoculars