



SOR *Training Center* **“SEARCH AND RESCUE”**

TRAINING PROGRAM

Every day First Responders find themselves in situations where they may need to help locate persons who are missing due to illness, accidents or getting lost in rural areas while hunting or hiking. Trained Search and Rescue First Responder's help conduct rescue operations in a methodical and time proven system based on the National Association for Search and Rescue (NASAR) Standards. The *SOR Training Center* has developed this physically intensive forty-eight (48) hour program for First Response professionals who need these proven techniques to be successful in the SAR field. Information presented in the program includes:

- **Overview of Search and Rescue Operations**
- **Physiology and Fitness**
- **Search Management and Organization**
- **Tracking Operations**
- **Safety in SAR Environments**
- **Survival and Improvisation**
- **Legal and Ethical Aspects of Search and Rescue**
- **Land Navigation**
- **SAR Ready Pack and Personal Equipment**
- **SAR Resources and Technology**
- **Search Background and Related Issues**
- **Search and Rescue Systems**
- **SAR Clothing**
- **Travel Skills: Foot Travel for SAR Personnel**
- **Search Operations**
- **Rescue Operation**
- **Rapid Repelling Equipment and Techniques**

Students must contact the SOR Training Center for a list of required materials that must be furnished by the student. Additionally, each student should be prepared both mentally and physically to endure environmental extremes common to search and rescue operations.

Tuition is \$150.00

**2334 N Moore Avenue, Building “B”, Moore, OK 73160
405/793-0869 or 405/793-0870**

SEARCH AND RESCUE OVERNIGHT EQUIPMENT LIST

List of minimum required personal equipment for SOR Training Center Search and Rescue overnight exercise. All items on list must be present during pack check. Students may carry additional equipment to provide personal comfort during search, however, all items must be attached to or be in pack.

1. Back pack large enough to carry required items
2. Two sources of water and water purification system
3. Two flash lights/extra batteries and bulbs
4. One complete change of clothing designed for encountered weather
5. Personal hygiene and first aid kit
6. Shelter-tarp or tent
7. Bug spray
8. Lip balm
9. Rain gear
10. Whistle
11. Tracking stick 42-inches long
12. Sun-block
13. Water proof matches and/or fire starter kit
14. Pen and paper
15. Orienteering compass
16. Wrist watch
17. Flagging tape
18. Eye protection
19. Knife
20. Emergency space blanket
21. Sleeping bag
22. Food for twenty-four (24) hours
23. Tissue paper and/or baby wipes
24. Fifty (50) feet of nylon cord or rope
25. Way to communicate (cell phone)
26. Twenty-two (22) feet of one (1) inch nylon tubing
27. Two locking steel carabineers
28. Six (6) foot tape measure
29. Nine (9) feet of eleven (11) millimeter rope