

## Training on Khawzawl District Quick Response Team

At Khawzawl, Khawzawl District

w.e.f. – 7<sup>th</sup> – 11<sup>th</sup> September, 2020

<b>Date</b>	<b>Morning</b>	<b>After Noon</b>
7 <sup>th</sup> Sept. 2020 Monday	Inauguration of Training	<ol style="list-style-type: none"><li>1. Introduction of Search &amp; Rescue (Community Base &amp; Alpine Style)</li><li>2. Introduction of Equipments</li><li>3. Class on Rescue Knots &amp; Coil</li></ol>
8 <sup>th</sup> Sept. 2020 Tuesday	<ol style="list-style-type: none"><li>1. Revision of Rescue knots &amp; coil</li><li>2. Community Base Rescue technique</li></ol>	<ol style="list-style-type: none"><li>1. Surface Rappelling &amp; Jumaring</li><li>2. Over Hang Rappelling &amp; Jumaring</li></ol>
9 <sup>th</sup> Sept. 2020 Wednesday	<b>Cliff Rescue</b> <ol style="list-style-type: none"><li>1. One Man Rescue (Pic-up &amp; Pick a back)</li></ol>	<b>Alpine style rescue</b> <ol style="list-style-type: none"><li>1. Upward two man Rescue</li></ol>
10 <sup>th</sup> Sept.2020 Thursday	<b>Hauling &amp; Rigging System</b> <ol style="list-style-type: none"><li>1. Z- Pulley &amp; C-Pulley</li></ol>	<b>Traversing</b> <ol style="list-style-type: none"><li>1. English Reef Line &amp; Pit Rescue</li></ol>
11 <sup>th</sup> Sept. 2020 Friday	<b>Revision</b> <b>Final Rescue mock drill</b>	<b>End of training</b>
	<b>Note :</b> <ol style="list-style-type: none"><li>1. Training programme hi a tul anga tih danglam theih a ni ang.</li><li>2. Hun remchang ah training chung hian Mock Drill neih a ni ang.</li></ol>	