

## GRIMP Day, International Technical Rescue Competition - Abstract

GRIMP Day is an International Technical Rescue Competition, held annually in Namur Belgium. As many as thirty six teams tackle up to ten technical rope rescue scenarios over two days. In the last couple of years, competitions have also been held in Taiwan and new for 2018, Chongqing, China. GRIMP Day began in 2006 in Namur, Belgium as a one day challenge to bring together the rope rescue community in Europe to share ideas, compete, and build the camaraderie. In 2013 the first teams from outside of Europe joined the competition, including Metro Vancouver Fire.

Metro Vancouver Fire GRIMP Team is made up of professional firefighters and paramedics from the Vancouver area. We have competed at GRIMP Day since 2013. This year we will also compete in Chongqing as well as having a representative at the Taiwan competition.

Over the last six years of competition, we have learned a lot about competing, rope systems, team development, skills, techniques, what works and what does not work so well. What is abundantly clear is the role of competition in driving innovation and refining techniques. GRIMP is a stress test, it will reveal any weakness in your systems and your preparation. Our experiences at GRIMP have not only humbled us, but made us better riggers, rescuers, leaders, and instructors. Countless hours of practice, development, and competition have lead to proven systems and techniques that we can pass along and share.

This presentation will highlight what we believe are the most significant and effective improvements in rigging and team management that we have had success with, including:

1. Rescue Team Management
  - a. Team Organization and Span of control
  - b. Briefing priorities
  - c. Importance of Leadership to the effectiveness of the team
2. Training Methodology
3. Rigging Systems
  - a. Twin Tensioned Rope Systems
  - b. Twin Track, Double English Reeve Highline
  - c. Twin Track Sloping Highline
  - d. Twin Track Skate Block and Tight Line Skate Block
4. Stretcher Rigging
  - a. Bridles with both vertical and horizontal capability
  - b. Mobility of attendant
  - c. Piking vertical stretcher for edge transitions
5. Rescuer Utilization & Mobility
  - a. Two suspended rescuer edge transitions
  - b. Climbing rescuer versus riding rescuer

By combining these elements in training and deployment, a small five person rescue team is able to accomplish challenging rescues in a safe and efficient manner. The sharing and development of rescue knowledge is the real legacy of GRIMP Day.

Kevin Ristau

Kevin Ristau is a professional firefighter with the City of Surrey Fire Service in British Columbia, Canada. Twenty two years of service, currently serving as a Captain and Instructor with the Technical Rescue Team. Surrey Fire Service TRT provides High Angle, Trench, Confined Space, and Flatwater rescue response.

Member of Coquitlam Search and Rescue where he is a Rope Rescue Team Leader, as well as a Swiftwater Rescue Technician and a Helicopter External Transport (longline) technician.

Past instructor with the Justice Institute of British Columbia in both Hazardous Materials Response and Rope Rescue.

Rope and Confined Space Rescue instructor with Ronin Safety & Recue Inc.

Metro Vancouver Fire GRIMP Team Leader 2013, 2015, 2016, and 2018 (China). GRIMP Controller - 2014.

## Intro

### What is Grimp Day?

History

Format

Video

Scenarios

Judging & Scoring

### Our Involvement

2013 – Along with Brazil, one of the first two teams from outside of Europe and the first team from North America. 19<sup>th</sup> place finish.

2014 – 18<sup>th</sup> place finish

2015 – 5<sup>th</sup> place finish

2016 – 9<sup>th</sup> place finish

2017 – xx place finish

2018 – xx place finish

### Lessons Learned

F@#\* the Physics

Rigging principles

Obvious two points of contact

All highlines & suspension systems are two lines

Backup straps for competition purposes

Discussion of what constitutes an infallible point and what must be backed up

Speed

Team Organization

Two team system, subordinate leaders

Communications

Safety checks

### Carry forwards

Some of what we have learned has made teaching and knowledge retention easier for students

Strong rigging experience amongst our instructors, high degree of confidence.

Question everything, always room for improvement

### Conclusion

Rewards of competition

Benefits of challenging yourself, your team, and your systems.

Grimp is a stress test, it will reveal any weakness in your systems, your team, and yourself.