

High Angle Medical Rescue

STUDENT COURSE GUIDE



HAMR 2.0

May 19-23, 2025

Red River Rescue Compound | Stanton, KY

About RedSTAR

RedSTAR is the volunteer wilderness special operations unit of Kentucky's Powell County Ambulance Service, covering the Red River Gorge. Comprised of professional EMTs, Paramedics, Nurses, and Physicians who donate their time and skills, RedSTAR supplies wilderness-capable medical providers to embed with area search and rescue teams during their operations. RedSTAR, Inc. provides these services as a not-for-profit contractor to Powell County Fiscal Court and maintains MOU's with several other agencies for operational support.

Organized in **2015** by veterans of Kentucky's SAR and EMS communities, we continue to grow year by year. In **2019**, RedSTAR conducted the first helicopter hoist rescue in Kentucky history with the 238th Dustoff unit. In **2021**, our members conducted the first high angle insertion of the 123rd Special Tactics Squadron's search K9 on a Kentucky deployment. In **2022**, RedSTAR began providing ALS crews to the Kentucky State Police Air Rescue Program, and conducted numerous wilderness medical hoists during the Eastern Kentucky Floods. Our members have been instrumental in designing the IBSC WP-C exam, and defining the qualifications, educational requirements, and scope of practice for Kentucky's Advanced Practice Wilderness Paramedics.

We provide high quality wilderness medical and rescue training to a range of local, state, federal, and military clients. Your course tuition helps support and sustain our volunteer operations!



@redstarmedical



@red_star_medical



RedSTARMedical.org



About This Course

We believe that every technical rescue incident is an EMS call with complicating factors. Technical rescue should be patient-centered, medically directed, and meet standards of care.

This course is intended to achieve that goal by bridging the performance expectations of a rope rescue technician with delivery of organized, evidence-based healthcare.

Areas of emphasis in the technical rescue domain include use of lightweight equipment, the ability to improvise

rescue systems with limited equipment, and sound fundamental rope rescue skills. Areas of emphasis in the medical domain include general principles of care, therapeutic patient packaging, airway management, temperature regulation, pharmacological therapies, and low-resource assessment in challenging environments.

Course Location

The classroom portion of this course (Monday-Tuesday) will occur at **Middlefork Volunteer Fire Department in Stanton, KY.**

The hands-on portion of this course (Tuesday- Friday) will occur at **Red River Rescue training center, also in Stanton, KY.** Both locations are easily found on Google Maps.

Please note: *Red River Rescue is a commercial business, located next to the home of owner Jeremy Urekew and Kristen Gousse (pictured right). The training center is entirely outdoors, but Jeremy and Kristin graciously open their private home to students for the use of running water, bathrooms, and wifi. Coolers will be provided for storage of personal food and drink.*

The hands-on training location features a tall amphitheater cliff, with a steep walk-up from bottom side to top that requires use of a hand line.

Required Gear

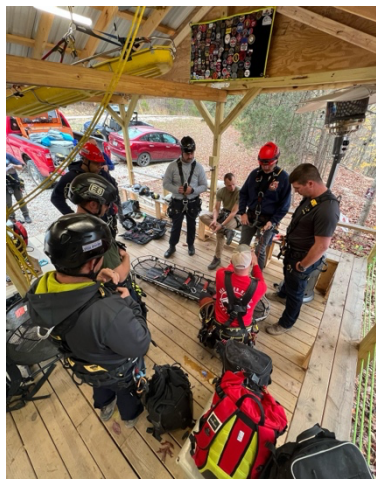
To successfully complete this course, you must bring with you:

- Climbing harness, with a Class III (full body) design being preferable. Class II (seat design) is acceptable if capable of accepting a torso addition.
- Rope gloves
- Eye protection (e.g. safety glasses)
- Nitrile exam gloves in your size
- Rescue or climbing helmet
- Headlamp capable of being worn with helmet, and spare batteries
- Non-slick, closed-toe boots or approach shoes
- Clothing layers appropriate for extended time in chilly weather and moderate precipitation
- Water, and a portable hydration capability
- Food for snacking throughout the day, clearly labeled with your name

Suggested Gear

These items are recommended for your comfort and ability to participate more fully:

- Personal comfort items such as chapstick, sunglasses, etc.
- Sunscreen
- Bug spray (Permethrin or Picaridin for clothes, DEET or Picaridin for skin)
- OTC painkillers/anti-inflammatories
- Two-way radio with VTAC channels
- Action camera (e.g. GoPro)
- Power brick for charging personal devices
- Any personal rescue gear you wish to use, subject to course schedule and inspection/approval by course instructors.



A Special Note About the Course Schedule:

Though area restaurants are open for breakfast/coffee and dinner, you should prepare to have lunch on site at the training location. Though the home of Jeremy and Kristin will be open for use of the kitchen, their home is not designed as a commercial venue and access to microwave, oven, etc. will be inherently limited.

Devices such as camp stoves and backpacking coffee makers are suggested, to make best use of the lunch period. Though many restaurants and gas stations are geographically close, the two-lane back roads of the area mean that travel time to them may be 20-30 minutes each way.

The course will end at approximately noon on Friday, May 23rd. We encourage you to enjoy a bit of the Red River Gorge that afternoon!

Local Food, Grocery & Supply Options

Below are just a few of the nearby amenities that we recommend. The area is full of unique restaurants and shops! We recommend checking the websites/Facebook pages of the restaurants listed here to confirm operating hours:

La Cabana- Classic Mexican cuisine with bar & live music.

<https://www.lacabanaofslade.com/>

Miguel's- world famous pizza, with extensive options. Vegetarian/vegan friendly. Climbing shop on site.

<https://www.miguelpizza.com/>

Skybridge Station- classic American fare, with bar including regional craft beer & live music.

<https://skybridgestation.weebly.com>

Hop's- modern American menu, with extensive beer selection & live music.

<https://hopsatrg.weebly.com>

Daniel Boone Coffee Shop- classic coffee shop/café fare, plus basic camping supplies.

<https://www.danielboonecoffeeshop.com>

Red Point BBQ: Unique barbecue and local farm-to-table fare, popular with climbers.

<https://www.redpointbbq.com/>

Slade Shell- Moderately above-average gas station fare and basic camping supplies.

12187 Campton Rd, Stanton, KY 40380

Stanton Kroger- open 7 am to 11 pm. Approximately 20 minutes from training venue.

Course Schedule (subject to change as needs dictate)

Monday	Topic	Hours	Location
0900-0930	Welcome & Intro	0.5	Middlefork VFD
0930-1000	Philosophy of Medical Rescue	0.5	Middlefork VFD
1000-1030	Arrival on Scene/Medicine Over The Edge	0.5	Middlefork VFD
1030-1100	Priorities of Rescue and Care	0.5	Middlefork VFD
1100-1200	Low Resource Assessment & Monitoring	1	Middlefork VFD
1200-1300	Lunch		
1300-1400	Care Planning & Equipment Staging	1	Middlefork VFD
1400-1500	Medicating The Raise	1	Middlefork VFD
1500-1600	Suspension Syndrome	1	Middlefork VFD
Tuesday			
0900-1030	Airway Management Lab	1.5	Middlefork VFD
1030-1200	Packaging Lab	1.5	Middlefork VFD
1200-1300	Lunch		
1300-1400	Anchor Systems	1	Red River Rescue
1400-1500	DMDB Systems	1	Red River Rescue
1500-1600	TTRS Systems	1	Red River Rescue
1600-1730	Artificial High Directionals	1.5	Red River Rescue
Wednesday			
0900-1000	Litter Rigging	1	Red River Rescue
1000-1100	Sked Rigging	1	Red River Rescue
1100-1200	Mechanical Advantage/Winch Lab	1	Red River Rescue
1200-1230	Lunch		Red River Rescue
1230-1300	Equipment Review	0.5	Red River Rescue
1300-1900	Scenario Lanes (2 hr rotations)	6	Red River Rescue
	Lane 1		
	Lane 2		
	Lane 3		
Thursday			
0900-1000	Lightweight Rigging	1	Red River Rescue
1000-1100	Owning the Basket	1	Red River Rescue
1100-1230	Ascending/Descending Lab	1.5	Red River Rescue
1230-1300	Lunch		Red River Rescue
1300-1900	Scenario Lanes (2 hour rotations)	6	Red River Rescue
	Lane 4		
	Lane 5		
	Lane 6		
Friday			
0900-1030	Low/Steep Angle Systems	1.5	Red River Rescue
1030-1100	Course Wrap Up	1	Red River Rescue
	Total	35	

Agreement and Waiver / Liability Release:

As a participant in the High Angle Medical Rescue (HAMR) training course, I hereby release and indemnify Red River Rescue, RedSTAR, Inc., and Powell County Fiscal Court (Releasees), the officers, agents, or employees as well as any other instructors invited by those entities from any and all liability, claims, cost and causes of action arising out of or related to any property damage or personal injury (including death) that may be sustained by me, while participating in such activity, or while on any premises owned, leased, or used by Releasees. I acknowledge that the training course I have registered for involves physically strenuous and inherently dangerous activities in which I am capable of fully participating. I know of no physical or mental condition that would preclude my full participation in the training.

I certify that the information on this registration form is correct. I agree to abide by the rules, policies, and regulations of Red River Rescue, RedSTAR, Inc and the HAMR course. I understand that falsifying information or violating rules, policies, or regulations may result in me being denied admission to the course and/or loss of course credit.

I understand that Red River Rescue, RedSTAR, Inc. and Powell County Fiscal Court is not authorized to provide travel, medical, or health insurance, and I verify that I or my agency maintain appropriate and necessary coverage of these. I understand that I or my agency will be responsible for any medical expenses that I may incur as a result of any injury or illness resulting from my participation in this program.

I understand that the nature of the tasks I may perform while involved in this training may require a high degree of physical fitness, agility, and dexterity, and that this may include rigorous exercises which require physical fitness, strength, and stamina. I am fully aware of the risks and hazards associated with high angle rescue training, including but not limited to burns, cuts, abrasions, heat illness, cold stress, hypothermia, heart attack, falls and other related injuries, and I choose to voluntarily participate in the activity with full knowledge that said activity may be hazardous to me and my property.

In signing this release, I acknowledge that I have read and understand the Release: and that I am at least 18 years of age. I am a fully competent adult and, if applicable, a member of a legally organized fire department, rescue squad, rescue related business or organization.

By participating in this course, I hereby give Red River Rescue, RedSTAR, Inc. and Powell County Fiscal Court permission to reproduce and publish my name and/or photographic likeness.

By typing my name in the Signature field, I am signing and accepting this agreement and waiver.

Printed Name

Signature

Date