**Crisis Response Training**

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**PURPOSE** = We are about acquiring the spiritual, mental, emotional, and physical endurance to stay in the fight for the advance of our Jesus’ Kingdom.

Dwell in the shelter of the Most High. (Psalm 91:1) Never let an emergency move you away from our Deliverer.

FAITH, ENDURANCE, CREATIVITY, RESOURCEFULNESS, INITIATIVE, DISCERNMENT, DECISIVENESS, CAUTIOUSNESS and ATTENTIVENESS: These character qualities will come in handy for the training. In preparation, check out a dictionary and thesaurus for definitions, synonyms, and antonyms. Then discuss.

Think of those in your life who evidence these qualities. Meditating on the foregoing character qualities, and on Scripture that builds faith, you will deepen your learning during Crisis Response Training.

Time before or after the training devoted to reading good books on leadership is a wise investment. I suggest biographies and/or autobiographies of Abraham Lincoln, Ernest Shackleton, and Charles “Swede” Momsen. Sgt. Maj. Bilodeau also suggests Spiritual Leadership by J. Oswald Sanders. The goal is to learn leadership skills for crisis from anyone who has exhibited the character qualities listed above.

If you are going through the training with one or more other ALERT Cadet families, for the sake of honor and formality (which promotes a proper seriousness for the training) you are encouraged to implement the following as a minimum for protocols: sons call fathers, other than their own, by their officer titles and last names, and fathers call sons, other than their own, by their rank and last names.

**OBJECTIVE =** Provide training, testing (written exams and practical exercises to demonstrate proficiency), and ALERT Cadet certification for the following components of Crisis Response Training:

NOTE: The first three items below should be studied first, item four needs to be digested throughout the training (maybe breaking it into numerous group devotionals with discussion), and item five is to be practiced every day for the rest of your life, starting now.

**Critical Thinking and Why We Train** – This is a purpose statement for why we train: providing physical and mental muscle memory.

**Relationship with Dad** – This is key to our approach in becoming strong to overcome.

**Debriefing Questions** – Choose the questions that work for you after a training session in discussing what has been learned and what yet needs to be learned.

**Orientation and Briefing** – These notes may seem somewhat random, as they are extracted from an outline that has been used to lead devotions at LTC camps. You are encouraged to go through the notes over the course of your training because they add a spiritual dimension to crisis response and suggest analogies and parallels to daily living in Jesus.

**Situational Awareness** – This draft of Sgt. Timothy Turnbull’s Specialist Project will be replaced when the final form is produced. In the meantime, it is nevertheless a vital training document, which makes all of the remaining items of greater value. (Don’t be discouraged by the challenges of this document. In two years of step-by-step implementation, you will have the keen consciousness that is suggested in these pages. Start with practicing whatever you can remember to practice whenever you remember. By this simple step of obedience to the promptings you will reinforce in your Reticular Activating System that you want to be aware. Your mind will do the rest. Practice, practice, practice.)

**Gear** – This document attempts to cover a variety of situations for training: one continuous training week (like at an LTC camp), smaller portions of time spread out, being at or near home, camping remote from home, and participating with a group of ALERT Cadet families. It does not address food needs other than energy snacks. Please pay attention to all of the notes in this document.

**Incident Command System –** In responding to a scenario as a team you will need to efficiently create a simple Incident Command: who is doing what?

These materials will be most helpful when you as a volunteer arrive on site at a major disaster. To whom do you report? How can you help? Where do you go for supplies? Will you be fed?

Understanding incident command will guide you to the right persons for answers to these and other questions you will have.

**Incident Command System Test** – As with all the written testing, after taking the test, go over it together to reinforce correct training.

**Incident Command System Test Answers** – If you desire to challenge what we in leadership have determined to be the best answers, you are encouraged to contact me.

**Wilderness First Aid Manual** – This is the bulk of the training. You see that it is broken down into sections for instruction and practice. Study each section thoroughly before practicing and go back and review after practicing. Assign sons to prepare for leading at least some of the instruction and practice.

There is no written test developed for first aid. It would be good to memorize the anacronyms and recite what they represent. Even better, also write out the words/phrases, as another sense is used to help store what is being learned. In addition, discuss what the acronyms represent.

Some great initial practice (without physical scenarios) is to provide a list of symptoms and discuss various diagnoses that might be justified by the facts presented. The verbal responders can ask questions to elicit more facts before formulating their responses. Remember that you are not only training to provide first-responder care, you are also acquiring the skill to elicit information that will be essential to pass on to trained professionals.

The more important testing is your response to scenarios that you create to simulate crisis. Your success with a response will be determined by how well you assess the situation. Along with this, triaging is important for developing the critical thinking to set priorities.

Intersperse scenarios throughout the course of training that simulate crisis situations: hypothermia, hyperthermia, dehydration, fracture, compound fracture, artery bleed of an extremity, head wound, choking, shock, spinal injury, stroke, cardiac arrest, etc. Obviously, you will not be able to safely treat some injuries but will only report what you would do.

The more you practice the better you will retain the skills. Be creative. An intravenous line inside a pool noodle makes for awesome practice in applying a turniquet. Of course, you will need to make fake blood for realism! You can also use a pool noodle with a hole or slice to practice packing a wound. (We have ALERT Cadet sergeants who are eager to pass on their skills for creating realistic crisis.)

Using moulage to create a head wound or a chest puncture is extra credit for the art form. It is unlikely that you will have to ask your young men twice to make the most of costuming for crisis.

**Knots/Lashing/Stretcher –** There are many applications for knots and lashing. The main purpose for this document is being able to provide transport to professional help. You want a stretcher that is safe (will not cause further injury) and comfortable.

Stretchers can be made of plastic, tarps, and other materials. However, for long-distance or high terrain transport when you do not have a ready-made transport, this document demonstrates a stretcher that is easier on those doing the carrying, and you only need to have brought with you tubular webbing and/or paracord.

You are welcome to make the basic stretcher more extravagant for more comfort (and more stabilization if there is suspicion of a spinal injury), like criss-crossing tubular webbing instead of paracord to make the net. Practice until the stretcher doesn’t come apart when carrying a 150-pound person.

**Initial Response to Crisis** – Read through this document many times throughout the training until you are using the questions routinely. You may want to maintain a notepad with key questions already written down. In the alternative, carry this document with you and maybe highlight what you will focus on.

**Search and Rescue** – Of necessity, this material is quite detailed. It speaks of the precision by which you must search. Otherwise, you are possibly wasting your time. Very few trained professionals have the skill to perform at the level that this document promotes. In order to acquire proficiency in grid searches you will need to gather enough people to practice what is being presented.

**Search and Rescue Test**

**Search and Rescue Test Answers**

**Lost Person Search Strategy** – There are only a very small number of people in the world who are focused on this approach to people searches. It could be said that life-saving searches are more mental than physical. If you have the mind for this material, you could become the next Swede Momsen. You would be well qualified to be the Incident Commander of a search for a lost person.

**Two-way Radio** – This Specialty (by Sgt. Andrew Bilodeau) well provides the practical knowledge for you to effectively communicate with two-way radios. Practice enough to use the radio routinely. At least once, write out the NATO Phonetic Alphabet. Then repeat it orally until you do it without mistake. Finally, use the alphabet to recite a series of Vehicle Identification Numbers.

**Two-way Radio Communication Chart** – This is an awesome aid.

**Two-way Radio Test**

**Two-way Radio Test Answers**

**Map and Compass** – Not only is the mastering of this material essential to searches in remote locations but it could prevent you from being a lost person. Once you understand the concepts, it is easy enough to create a practice course.

**Map and Compass Test**

**Map and Compass Test Answers**

**Sawyer Safety** – This material is included in crisis response training because your response might be cleaning up after a natural disaster. Younger sons are not expected to use a chainsaw. Therefore, we have provided instructions and testing for swampers and brush pullers.

**Sawyer Course – Intro Presentation** – What you need to know is contained in “Sawyer Safety,” but this Power Point uses a varied approach and contains some interesting history of chainsaws. You are not required to use these materials.

**Sawyer Test**

**Sawyer Test Answers**

**Swamper Test** – Consider having everyone take the “Sawyer Test” and if a younger son does not do well, he might be encouraged by taking this test or the “Brush Puller Test.”

**Swamper Test Answers**

**Brush Puller Test**

**Brush Puller Test Answers**

Please report to me when you think you have completed the training to earn the CRT Award. While it is not a requirement, my experience from LTC camps suggests that you have not done justice to the training if you have not spent close to 100 hours on devotions, study, practice, and scenarios.

If you have questions and/or concerns please do not hesitate to contact me at dougdagarin@gmail.com or 413-575-4560.

Lt. Col. Doug Dagarin

Executive Officer