

Oregon Mountain Rescue Council

To provide centralized representation on mountain rescue matters within Oregon, and to promote mountain safety

To: Search and Rescue Advisory Committee,
Oregon State Sheriff's Association
Lt. Scott Shelton, chair

From: Oregon Mountain Rescue Council
Jerry Heilman, chair

Date: July 24, 2013

RE: Recommendation for Type 1 Searcher Pack Test



Oregon Region
of the Mountain
Rescue Association



Corvallis Mountain
Rescue Unit
PO Box 116
Corvallis, OR 97339



Deschutes County
Mountain Rescue Unit
PO Box 5722
Bend, OR 97708



Eugene Mountain Rescue
PO Box 20
Eugene, OR 97440



Hood River Crag Rats
PO Box 1159
Hood River, OR 97031



Portland Mountain Rescue
PO Box 5391
Portland, OR 97228

The Oregon Mountain Rescue Council (OMRC) thanks the Oregon Search and Rescue Advisory Committee (SARAC) for their openness and willingness to entertain this pack test metric. This test is designed to meet the Core Competency Guidelines, for a Type 1 Searcher, “arduous” pack test.

When the recent OSSA Pack Test guidelines were distributed, there was a move amongst the OMRC member teams to craft a test more attuned to what OMRC teams see and experience in the field. OMRC wanted a standards-based test that our members would agree to, would see value in, and feel as though they had a role in creating.

In doing research, we found that the Federal Emergency Management Agency (FEMA) had already defined a physical fitness test for “Mountain Search and Rescue Team.” (FEMA 508-8 Typed Resource Definitions – Search and Rescue Resources, Page 25).

The OMRC member teams have approved adopting the following annual fitness standard based on FEMA’s work and are recommending this standard be used statewide by teams needing to qualify as Type 1 assets:

- 4 miles hiking
- 2000 feet cumulative elevation gain
- Backpack weight equal to 25% of body weight, up to 40 pounds
- Maximum time limit of 2 hours

The OMRC feels that adopting this standard will allow teams the flexibility to hold their tests at various locations, so long as the above metrics are met.

The OMRC welcomes feedback, questions, or comments as we work together in forming this new standard.