

# Civil Air Patrol Carroll Composite Squadron



## Emergency Services Introduction and Ground Team Member Level 3 (GTM-3) Familiarization and Preparatory Training Workbook

Member Info:

NAME: \_\_\_\_\_

CAPID: \_\_\_\_\_

SQUADRON: MD-0039 - Carroll Composite Squadron

NAME: \_\_\_\_\_

CAPID: \_\_\_\_\_

## **Welcome to the Carroll Composite Squadron Emergency Services Program.**

There is a significant amount of education and training required for the varied missions Civil Air Patrol supports, and more importantly the personnel needed to accomplish those missions.

All personnel supporting missions for Civil Air Patrol needs to be properly trained and qualified to do the mission and this starts with General Emergency Services training.

Ground Search and Rescue Operations is regulated by CAP Regulations CAPR 60-3. This document can be found on the CAP website.

There are a lot of prerequisites that need to be completed prior to being able to participate in a search and rescue exercise (SAREX) and most of these are explained in this document and can be completed independently at your own pace and on your own time.

This workbook will provide the CAP Member with everything they need to get started with emergency service.

There is also a Specialty Qualification Training Record (SQTR) Worksheet for GMT-3 to be used as a guideline. There are many other Jobs available.

All information is tracked in eservices and My Operations Qualification system. This information will then be put on your CAP-101 card.

Completing the tests at the end of each task and presenting them to an Emergency Services Set Evaluator can sign you off for this task. Most of these tasks are knowledge based tasks that can be done independently at home at any time and at your own pace. Anyone who is knowledgeable on these tasks can do the training, a skills evaluator is only required for the actual sign-off.

### **F & P:**

- Task O-0002 (Conduct individual refit)
- Task O-0003 (Prevent and treat hot weather injuries)
- Task O-0004 (Prevent and treat cold weather injuries)
- Task O-0101 (Identify natural hazards)
- Task O-0102 (Prevent and treat fatigue)
- Task O-0103 (Conduct field sanitation and hygiene)
- Task O-0601 (Conduct actions if lost)
- Task O-0902 (Exercise universal precautions)
- Task P-0102 (Conduct a phone alert)

### **Advanced:**

- Task O-0407 (Conduct attraction techniques)
- Task O-0408 (Identify aircraft search clues)
- Task O-0409 (Identify missing person search clues)

Two tasks require a performance and demonstration – Everyone involved needs to have a 24 hour pack completed. Pack contents are listed on Task O-0001 below. Also, all trainees need to demonstrate the use of a compass by completing a basic compass course and task. Once this is done and the 101 card show GTM-3 Trainee status they then can participate in a SAREX.

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## Evaluation O-0002 – Conduct Individual Refit

### Performance measures

1. What are the 4 R's, stated in order
  - a.
  - b.
  - c.
  - d.
  
2. After a sortie list three items you should REPLENISH.
  - a.
  - b.
  - c.
  
3. Name three items you may need to REPAIR after a sortie.
  - a.
  - b.
  - c.
  
4. Why should you REPACK your gear after each sortie?
  - a.
  
5. After you have replenished, repaired, and repacked you should \_\_\_\_\_, to ensure you are ready for the next sortie.
  
6. True or False: After the mission is complete, you should REPLENISH your gear by purchasing any replacements you need.
  
7. After a Mission, which one of the "4 R's" requires you to clean and dry all your gear? \_\_\_\_\_

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## Evaluation O-0003 – Prevent and Treat Hot Weather Injuries

Performance measures

The individual:

1. *Describes three ways to help prevent heat stress*

- a.
- b.
- c.

2. *Describes three signs of heat cramps*

- a.
- b.
- c.

3. *Describes three treatment steps for heat cramps*

- a.
- b.
- c.

4. *Describes three signs of heat exhaustion*

- a.
- b.
- c.

5. *Describes three treatment steps for heat exhaustion*

- a.
- b.
- c.

6. *Describes three signs of heat stroke*

- a.
- b.
- c.

7. *Describes three treatment steps for heat stroke*

- a.
- b.
- c.

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## Evaluation O-0004 – Prevent and Treat Cold Weather Injuries

### Performance measures

1. *Describes three ways to help prevent cold injuries*
  - a.
  - b.
  - c.
2. *Explains the layer principle*
  - a.
3. *Describes two signs of early frostbite*
  - a.
  - b.
4. *Describes the treatment for early frostbite*
  - a.
5. *Describes the sign of late frostbite*
  - a.
6. *Describes two treatment steps for late frostbite*
  - a.
  - b.
7. *Explains that you never massage a frostbitten body part*
  - a.
8. *Describes two signs of early hypothermia*
  - a.
  - b.
9. *Describes three treatment steps for early hypothermia*
  - a.
  - b.
  - c.
10. *Describes two signs of late hypothermia*
  - a.
  - b.
11. *Describes three treatment steps for late hypothermia*
  - a.
  - b.
  - c.





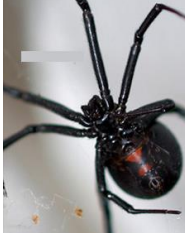


NAME: \_\_\_\_\_

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### Evaluation O-0101 – Identify Hazards

Performance measures

1. Correctly identifies 6 of the seven pictures
2. For at least 6 of the pictures, identifies two ways of avoiding each hazard

	Name: How to Avoid: a.  b.
	Name: How to Avoid: a.  b.
	Name: How to Avoid: a.  b.
	Name: How to Avoid: a.  b.
	Name: How to Avoid: a.  b.
	Name: How to Avoid: a.  b.
	Name: How to Avoid: a.  b.

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## **Evaluation O-0102 – Prevent and Treat Fatigue**

Performance measures

1. *Identifies four fatigue symptoms*

- a.
- b.
- c.
- d.

2. *Identifies three ways to relieve fatigue*

- a.
- b.
- c.

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## Evaluation O-0103 - Conduct Field Sanitization and Hygiene

Performance measures

Takes proper care of feet:

1. Name three things you should check before movement
  - a.
  - b.
  - c.
  
2. Name four things you should do during Movement
  - a.
  - b.
  - c.
  - d.
  
3. Name two things you should do to take care of blisters.
  - a.
  - b.
  
4. When unpurified water is not available, what should you do before drinking?
  - a.
  - b.
  
5. Provide three attributes of a properly dug cat hole
  - a.
  - b.
  - c.
  
6. Where should you dispose of trash
  - a.
  
7. You should wash all your eating implements with:
  - a.
  - b.
  
8. Name two important steps of personal hygiene:
  - a.
  - b.



NAME: \_\_\_\_\_

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## Evaluation O-0601 - Conduct Actions if Lost

Performance measures

The individual:

1. *Identifies and describes the SURVIVAL or STOP procedure steps.*

a. SURVIVAL

i. S=

ii. U=

iii. R=

iv. V=

v. I=

vi. V=

vii. A=

viii. L=

b. STOP

i. S=

ii. T=

iii. O=

iv. P=

2. *Define Positive Mental Attitude (PMA) and demonstrates understanding the importance of it.*

a.

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## **Evaluation O-0902 – Exercise Universal Precautions**

### Performance measures

1. *Why is it important to first assess the scene before reacting to a situation?*
  - a.
  
2. *Under what conditions should you wear rubber gloves, and face shield and goggles or other eye protection?*
  - a.
  
3. *Describe the technique used to remove rubber gloves without exposing yourself to potential pathogenic materials.*
  - a.
  
4. *Describe why changing gloves between patients is necessary.*
  - a.

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## Evaluation P-0102 – Conduct a Phone Alert

### Performance measures

1. Name 6 items you should ask questions about when you receive and alert
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  
2. True or False: It is not important to write down information transferred to you in an Alert.
  
3. True or False: Each person is responsible to call personnel directly below him/her on the alert roster.
  
4. Name two items you must do when passing an alert.
  - a.
  - b.
  
5. True or False: You do not have to worry about contacting anyone below your direct call list even when one of your direct contacts has people they need to contact. Someone else will take care of anyone who is missed.
  
6. True or False: You must report up the roster when you have completed your assignment.

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## **Evaluation O-0407 – Conduct Attraction Techniques**

### Performance measures

1. Identifies three-day attraction techniques and describes their use.
  - a. Method:
    - i. Use:
  - b. Method:
    - i. Use:
  - c. Method:
    - i. Use:
  
2. Identifies three night attraction techniques and describes their use.
  - a. Method:
    - i. Use:
  - b. Method:
    - i. Use:
  - c. Method:
    - i. Use:

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**Evaluation O-0408 – Identify Aircraft Search Clues**

Performance measures

1. Identifies eight specific aircraft search clues from the above list
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
  - h.

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CAPID: \_\_\_\_\_

**Evaluation O-0409– Identify Missing Person Search Clues**

Performance measures

1. Identifies eight missing person search clues
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
  - h.