

Basic Mountaineering Course (BMC)
Recertification
Personal Skills Check Off

SAR Member Name: _____ Evaluator Name: _____ Date: _____

1. Personal Equipment: Each person will demonstrate the use of their own equipment. Each person will properly Attach and remove their own equipment, including helmet, harness, snow shoes, and crampons. In addition, each person will have a winter 24-hour SAR Pack ready for travel. (See personal and team equipment list for requirements.)

2. Anchor Building:
 - a) Build an anchor with a vertical picket
 - b) Build an anchor with a horizontal picket
 - c) Build an anchor using a deadman
 - d) Build an anchor using a snow bollard
 - e) Build an anchor by equalizing two pickets
 - f) Build an anchor from two vertical pickets that are tied together in a straight line

3. Ice Axe Employment: Each person should be able to demonstrate the proper use of an ice axe while moving over varied terrain. All falls will be demonstrated with both left and right hand controlling the head of the ice axe.
 - a) Demonstrate correct holding.
 - b) Demonstrate proper switching over from hand to hand while walking switch-backs.
 - c) Forward fall (on stomach, head downhill).
 - d) Backward fall (on back, head downhill).
 - e) Forward fall (on back, head uphill).

4. Roped Travel: Each person shall be able to demonstrate proficiency in roped travel with one or two companions.
 - a) Demonstrate proper short-roped team travel.
 - b) Demonstrate the use of the "Kiwi Coil".
 - c) Catch a rope team member during an unexpected fall on a hillside.

5. Escape The Belay: Each person shall escape a belay on a weighted rope with one other person. (This will include transferring the loaded rope to an anchor and removing him/herself from the rope.)

6. Avalanche Transceiver Search: Each person will demonstrate the proper use of an avalanche transceiver by locating a single transceiver buried in a 100 x 100 square foot area in no more than five minutes.

Note: BMC certification is valid for three years. Recertification testing can be performed at the team level or during a BMC course. In years where the lack of snowpack does not allow testing, extensions may be granted on a case by case basis. Individuals may apply to the BMC instructors for approval.

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