

STANDARD OPERATING PROCEDURES

Extended Operations

Revision date: 01 November 2002

1. Purpose

This SOP addresses the event of ASR crew involved in extended rescue missions. Typically this will involve ASR crew traveling a distance from Cape Town and due to the type of mission, not being able to travel back home. This will involve ASR crew having to sleep over at a location near to the mission area. The environment could be a temporary base, consisting of a tented camp or building not designed for accommodating people.

The initial response for an extended mission will require that you are able to stay on scene for at least 3 days. Thereafter support logistics will be activated and additional supplies provided. Family will need to know how to make contact with the support logistics in order to send additional personal equipment.

1 Personal Care and Hygiene

It is important that crew take good care in terms of hygiene. The following should be considered:

- Drinking water may be contaminated. Only water that is approved by medical / engineering teams should be used.
- Malaria tablets and creams should be taken if in an affected area
- Protection against Cholera should be considered
- Where possible members should shower once a day with soap and wash hair with shampoo
- The continuous wearing of wetsuits generates sores and is unhygienic. Wetsuits must be washed once a day in soap and rinsed with water
- Do not eat food if you do not know how it was cooked
- Cuts and scratches must be treated as soon as possible
- Good foot-ware is essential

2 Personal Equipment

Weight of equipment impacts on the effectiveness of the helicopters operational capability. Careful consideration must be given to personal equipment.

Make use of a backpack type bag or military “balsak” to carry the following:

STANDARD OPERATING PROCEDURES
 Extended Operations

Personal Kit
Tracksuit or overall
Fleece lined top
Beanie
Foul weather gear
2 Pairs underwear
2 Pairs socks
2 -T-Shirts
1-Shorts
Towel
Pair of running shoes 1 pair of boots
Toilet Kit
Medication
Sleeping Bag – no pillow
waterproof plastic ground sheet or bag
Torch & batteries
LeatherMan
Radio
Crockery and cutlery and cup (metal only)
Black plastic bag
Ear Protection
Wetsuit / Drysuit
Gloves
Passport
Money

STANDARD OPERATING PROCEDURES

Extended Operations

3 Team Equipment

As many marine radios as possible plus chargers
Basic equipment. i.e. harnesses and safety kit
Wetsuits, fins, masks
Rubber duck (folded no motor) if appropriate
Rope
Oryx Safety Rigging
Smoke Flares
Light Sticks
Helicopter Strops
Medical Kits (as many as are available)
Iridium Sat Phone

4 Family Contact and communications (still to be developed)

