



Concept Note

Master Training (ToT)

Issued by the
INSARAG Secretariat

(following the endorsement at the ISG 2022)

First Responder Training
Community
Responders

At a glance:

The INSARAG First Responder Training (FRT) was invented to strengthen resilience within First Responder Systems. The initial training set was designed 2008 for professional First Responders i.e., Police, Fire Fighters, Ambulance Service, USAR specialists and the like.

Due to the fact that many earthquake/disaster prone countries struggle with the needed resources for this FRT (Budget, trainers, professional equipment and training sites), the INSARAG secretariat requested the Training Working Group in 2020 to design a new FRT for non-professional First Responders from local level and communities.

The new FRT is a unique training course that requires only very limited resources but still is very effective to build up First Responder Teams and thereof be better prepared for crisis reaction on local level and within communities.

The new First Responder Training Community Responders can be picked up by local authorities to run own local or regional FRT courses.

A certificate with INSARAG/National Organization logo can be issued.

The new FRT

- Is a standardized training in accordance to the INSARAG Guidelines
- Can be localized for better understanding and training results
- Needs only limited budget and preparations
- Can be implemented as a master training (ToT) by just 1-3 professional trainers
- Does not need a full training site
- Can be done online (virtual) as well as person to person
- Needs only three days of duration
- Will strengthen resilience where it is needed most.



Advantages of the new FRT:

The content of the training is suitable for all local non-professional First Responders, no matter what age, gender, disaster experience or educational background as it is addressed in an easy to understand language – no specific technical knowledge is needed! In addition the sessions are build up in a logic way that helps the participants to understand the topics. For each session there is a summary note as memory aid.

Within three days the participants learn all the essential knowledge to act save and effective as a rescue team in “standard situations” after a quake/disaster for their family, friends, neighbours. They will be able to bridge the gap between disaster impact and arrival of the professional First Responders.

The FRT course is designed for classes of up to 20 participants, which can be trained by a maximum of three Master Trainers. In the test phase courses were successfully done with just even one trainer alone!

Participants will know what to do after a disaster impact. They will not have to wait for the professional teams to come, they will start to assess the situation, rescue people and do basic first aid. They are aware of their weaknesses as well as they know the scope of save and effective work they can do.

The needed resources (equipment, training side etc.) for this FRT are very low, some exercises can be done even in a class room, using tables to simulate debris structures. The participants learn to use typical tools that can be found everywhere such as crowbars, car jacks and the like.

The medical raining is based on WHO standards for basic first aid. Participants will be aware of the need for doctors and nurses, but will be able to safely rescue, stabilize and treat patients.



Master ToT Test in Jakarta 2023, Indonesia © P.Goxharaj

What are the differences between the “old FRT” and the new FRT Community Responders?

First of all there is a very important difference in the target group:

- The “old FRT” is from **professional USAR** trainers for **professional** First Responders, while the new FRT is from **professional** trainers for **non-professional** First Responders only!

The second important difference is the level of USAR expertise to be trained:

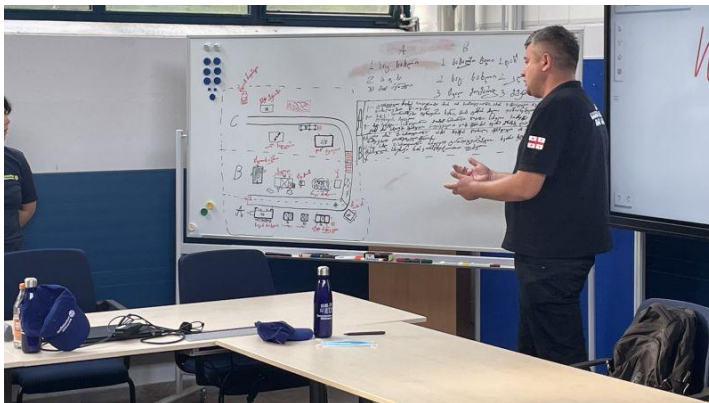
- The “old FRT” is based on USAR knowledge of minimum LIGHT Team standard, while the new FRT is focused only on a basic level of Search and Rescue!

Thereof INSARAG Member states are advised to follow the INSARAG methodology and use for the “old FRT” preferably experts from classified USAR Teams as trainers for the initial master trainer course (ToT).

For the FRT Community Responders the INSARAG secretariat recommends to use USAR experts from the national roster that could be supported/assisted by intl. experts such as consultants/neighbouring Country USAR Teams for the initial ToT.

The main difference is the needed localization for the new FRT as it is customized for the participants/region, without the correct localization the course is not reaching its goal: Building up and strengthen resilience!

The syllabus in the FRT package must be completed but can be customized to the needs of the participants, extended some sessions or shorten others!



2022: FRT ToT for Georgia Emergency Services in Germany © P.Goxharaj

Localisation as the key element for a successful training

It is essential for the implementation of the First Responder Trainings that the participants understand the content easily. Therefore the material – which is already generic written – should be accompanied by pictures and examples from the country/region!

This is one of the workloads for the master trainers. Depending on the level of quake risk, the average types of disasters, local building styles and codes, the master trainers have to customize the standardized presentations. Participants should be familiar with topics and the practical work sessions and exercises.

In the development of the course various tests were made: virtual training, mixed courses (Theory virtual due to pandemic, months later face to face refresher and practical exercise). Participating members were from Georgia, Cyprus Indonesia and Iraq, some professional trainers, some office personal or volunteers. All tests showed clearly that only by localization a successful learning result for all participants is granted.

As the new FRT is adult education it is important to address the sessions in that way that give participants the perfect learning result. So most of the sessions, either pure theory or practical should have as many “hands on” parts as possible!

In addition the participants should not be confronted with pictures that are confusing i.e., typical western disaster situation (big city) while the course is held in a rural region in central Africa. Also the practical exercises should fit perfectly. Therefore the main theoretical exercise (city/village assessment) must be designed in detail and either be done by “simple drawings” or a google maps image.

Depending on the typical shop situation on site, equipment may vary from training to training. Also the medical part of the sessions might be different (linen blankets ripped instead of sterile bandages etc.).



Practical exercises in China (2009, real site) / Germany (2019, Training site) © THW

Content and Duration of the FRT Course package

The package consists of two courses:

- The FRT Community First Responder Master Trainer ToT (4 days)
- The FRT Community Responders Course for end user (3 – 3.5 days).

Roughly said, the schedule below shows that the only difference is the length, i.e., while on day 1 the Master ToT will start already in the morning, a participants course would start in the afternoon (having the morning for travel of participants).

The course is a “tool box”, easy to configure, customize and localize for any region and participant group. It has a focus on Search and rescue after earthquakes, but can be adopted for any other disaster such as storms, landslides etc..

Day 1 Morning	Day 1 Afternoon	Day 2 (all day)	Day 3 Morning	Day 3 Afternoon	Day 4 (all day)
• Three Sessions only for Master Trainer	• Disaster Information • Search	• Rescue works • Lifting	• Rescue Works • Mangement	• Medical Aid • First Aid	• Exercise briefing • 3-4 hours FEX

The tool box system enables easy customization, some sessions can be longer, some shorter. Also the depth of knowledge can be intensified or lower addressed, depending on the needs of the participants.

It is just 3 – 3.5 days, but the participants will be already a Rescue team!

For INSARAG member states, GO's and NGO's the FRT Community Responder is a perfect tool to strengthen resilience where it is needed most!



Memory poster from FRT Iraq © THW Germany

Exercise as “Exam” for the training:

The FRT Community Responders package includes three exercises:

- Assessing the disaster region (ASR2)
- A theoretical (table top TTX) exercise about rescue management and logistics
- A practical field exercise (FEX) to demonstrate skills.

After completing the FRT course the participants are aware of all risks and all possible actions they can initiate in a safe and effective way. But also they are aware of the need for assessing the sides and sectors, make plans for the incoming teams and they know which information is crucial for those teams.

Thereof the FRT not only builds up resilience but also helps the professional rescue teams as they can rely on the collated information as it was collecting according to INSARAG Guidelines.

All three exercises are essential part of the FRT course!

The exercises will help participants to understand the need of the big picture after a disaster and how to work together in an safe and efficient way.

The FRT Community Responder is for non-professional, so safety is an aspect, but this is what the participants need to learn: They don't have the gear of the professional rescuers, but they are aware of risks for their own health as well as how to avoid danger.

The final FEX runs minimum three hours and simulates all five functions of a USAR team in mission: Search, Rescue, Logistics, Medical and Management!

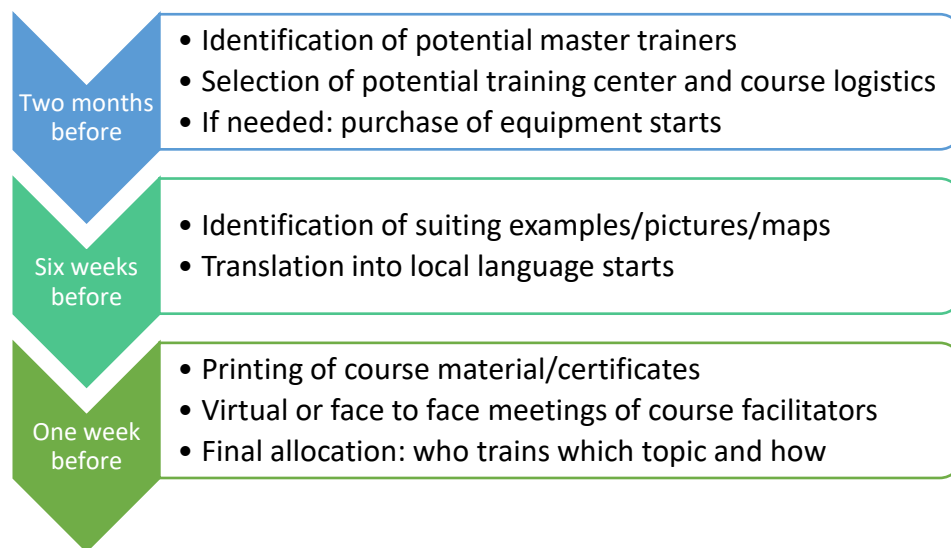


Final exercise FRT for Iraq in Germany © THW Germany

Preparing a FRT Community Responders Master Trainer ToT

Countries and INSARAG member states interested in implementing the FRT for Community Responders in their Disaster Management System can easily start with the FRT package that is available on the INSARAG website. However, they can also ask the INSARAG Secretariat for potential (experienced) trainers as a support for the initial ToT course.

In all cases it is important that the organizers are aware of the “pre-course work” i.e., the localization of the course material that will need some time in advance:



It is important to follow the FRT methodology:

First an initial ToT for the national master trainers to be the core cell for the ToT courses for the local FRT trainers that will finally do the local end user courses!

Further topics to consider in the planning phase:

Trainers expertise

As the master trainers will be asked many questions by the participants, the level of knowledge is important. Thereof the initial trainer group should be a tri-partite mixture:

- An experienced technical rescuer
- An experienced search specialist
- An experienced paramedic or doctor

It is also important that the trainers have coordination and management knowledge, that is why they should be in a similar team function, such as group leader search and the like.

Needed Equipment for the exercise

“As local as possible” is the correct term: Only those tools should be used that are available “on spot” and fit to the local building standard! This can even mean that the equipment might vary from region to region. However the typical tools will be :

Rescue works: Metal and wood saw, Hammer and chisel, Metal bars/poles, crowbars, ropes

For lifting: Car jacks

Medical: if suitable sterile bandages/first aid kit, alternative: First Aid Kit from car or simple bed linen (cotton)

Safety: if typical/available for the region: construction worker helmet and gloves

Number of Participants

It is recommended to have not more than 20 persons for a master training, especially as the participants of the ToT have to do group works and these groups should be small for effective discussion/work results. As there are just three trainers in the course the maximum number of groups should be limited to three to ensure that each group is coached!

Planning the practical exercises

The master trainers must be able to prepare the trainees for developing their own exercises. Thereof all three exercises of the FRT (Assessment, Table Top [TTX] and Field Exercise[FEX]) must be conducted by the participants of the ToT. These exercises have to be customized for the later target group/regions.

The assessment exercise (ASR2) needs typical disaster related building pictures, here all types of disasters and buildings are needed as trainees should be able to support participants in the recognition of potential work sites.

The TTX should have various tactical decision making as well as some logistical aspects. The overall duration should not be longer than 90 minutes. Main learning targets are: understanding the overall risks in an ongoing situation, management (on low level), planning ahead and save operations.

The FEX must be customized to the various on spot situations: sometimes there might be a training site available, sometimes just a plain ground. However, the participants must prove their skills practically, so master trainers have to work out master plans for all the situations. Thereof it might be necessary to plan extra hours, for example to visit sites and have discussions there about possible solutions for the FEX.



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