

ROYAL CANADIAN AIR FORCE · 442 SQN

HOPE IS NOT A STRATEGY

Preparedness Under Pressure

SERGEANT KATHERINE STRONG

SAR Technician · 442 Transport and Rescue Squadron · CFB Comox



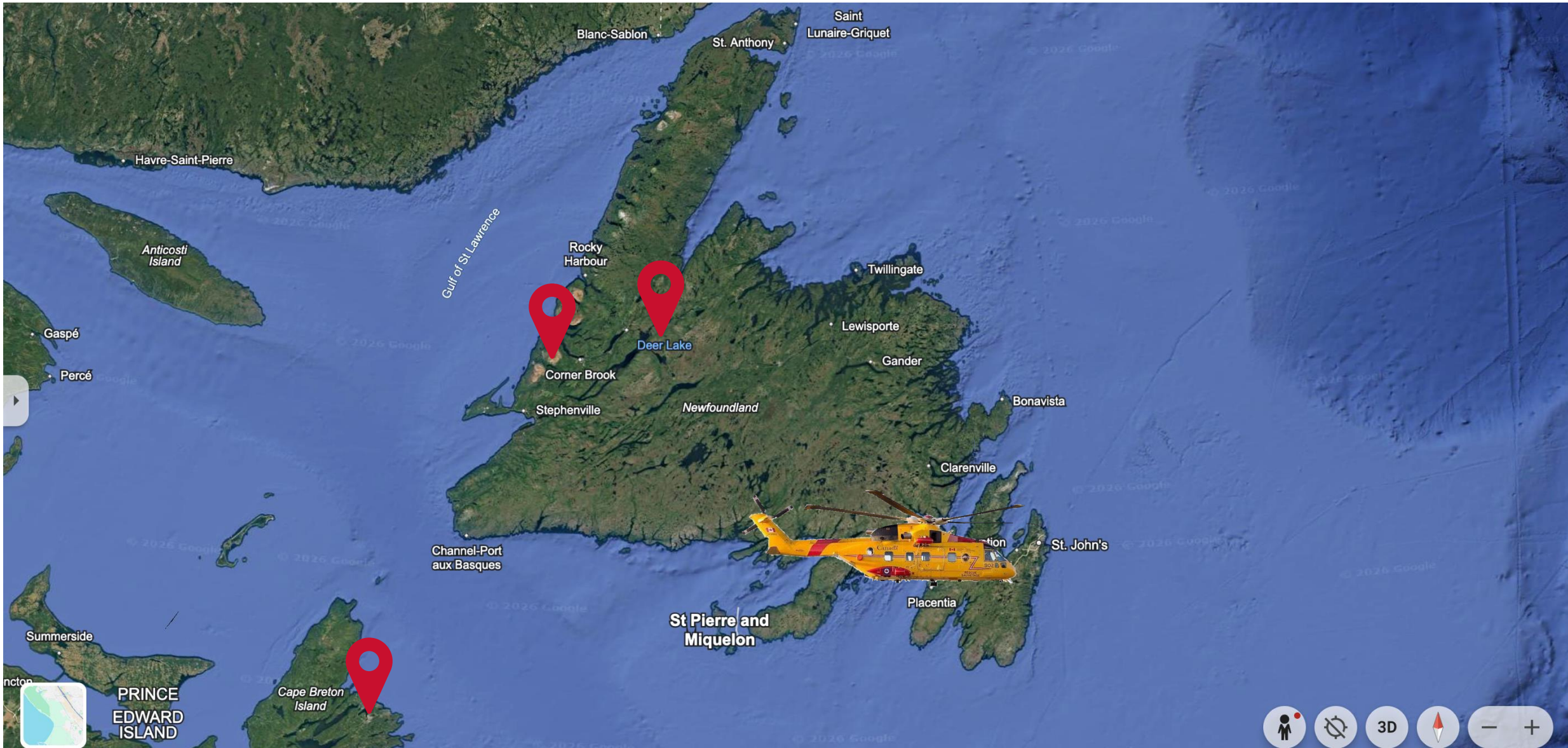


09 AUGUST 2024
PASSENGERS

CESSNA 337H

DEER LAKE, NL → SYDNEY, NS

1 PILOT, 3







ROYAL CANADIAN AIR FORCE · 442 SQN

HOPE IS NOT A STRATEGY

Preparedness Under Pressure

SERGEANT KATHERINE STRONG

SAR Technician · 442 Transport and Rescue Squadron · CFB Comox



— TODAY

What we'll cover.



01

Search and Rescue (SAR)

02

Training

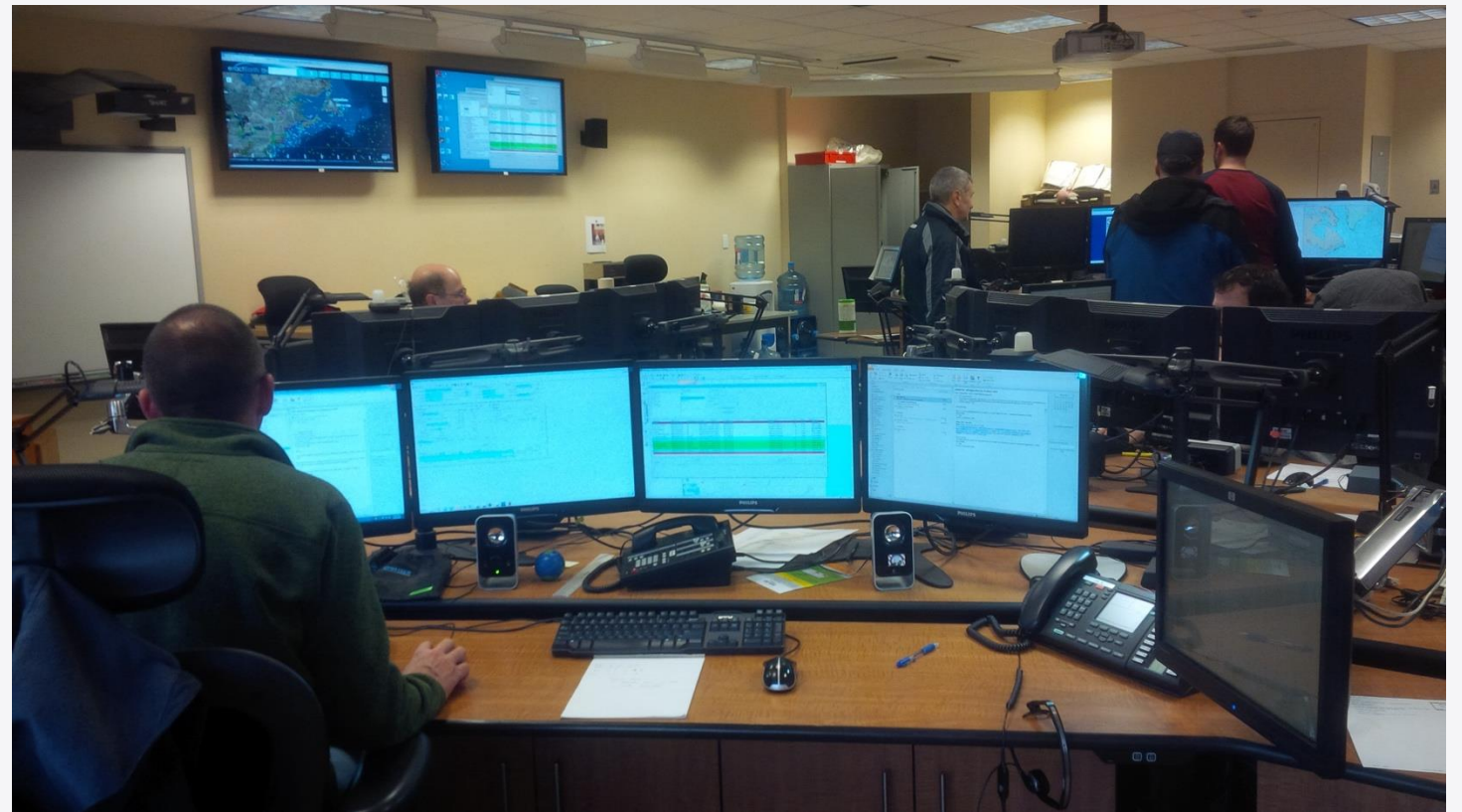
The network.

Joint Rescue Coordination Centre (JRCC)

Federal

Canadian Armed Force

Canadian Coast Guard



Provincial / Territorial

Ground Search and Rescue (GSAR)

Wildfire Crews

Park Wardens

RCMP

Civilian Air SAR Association (CASARA)

Municipal

Fire

Police

Ambulance

Canadian Armed Forces SAR.

To respond to aeronautical and maritime distress calls.



HERCULES

CC-130 H



KINGFISHER

CC-295



CORMORANT

CH-149



GRIFFON

CH-146

— ON BOARD

Helo Standard SAR crew.

Five people. One aircraft..

2 Pilots

1 Flight Engineer

2 SAR Techs



— ON BOARD

Plane Standard SAR crew.

- 2** Pilots
- 1** Tactical Officer
- 1** Sensor Operator
- 2** SAR Techs



ROYAL CANADIAN AIR FORCE · SEARCH & RESCUE

What is a SAR Tech?





SGT. KATHERINE STRONG · 442 SQN

— CAPABILITY

Air.

PARACHUTING

Water · Night · Confined area · Full-equipment jumps.

HELICOPTER HOISTING

Land · Water · Boats.



— CAPABILITY

Land.

MOUNTAIN RESCUE

Summer and winter operations.

SURVIVAL

Arctic survival · Shelter building · Fire craft.

EQUIPMENT

Chainsaws · Extrication tools · Snowmobiles · ATVs.



— CAPABILITY

Sea.



RESCUE DIVING

Open-water dive qualifications kept current year-round.

WATER & BOAT HOISTS

Open ocean · Fishing vessels ·
Ferries · Cruise ships.



— CAPABILITY

Medical.

PRIMARY CARE PARAMEDIC ++

Cardiovascular · Respiratory · Trauma · Environmental.

LONG-TERM CARE

Pain management · Catheterization · Extended patient care.



We're trained on dozens of skills.

**Without practice,
they're just words in a book.**

We train.

Every day. All year.



Four principles.

Principle 1 of 4.

01 **We train in worse conditions than we want to work in.**





— HOW WE TRAIN

Four principles.

Principle 2 of 4.

- 01** We train in worse conditions than we want to work in.
- 02** We add pressure deliberately.



Four principles.

Principle 3 of 4.

- 01** We train in worse conditions than we want to work in.
- 02** We add pressure deliberately.
- 03** We train as a team, not as individuals.



Four principles.

Principle 4 of 4.

- 01** We train in worse conditions than we want to work in.
- 02** We add pressure deliberately.
- 03** We train as a team, not as individuals.
- 04** We repeat until it's automatic.



The link.

What makes it work for us is what makes it work anywhere.

01

Training

reduces hesitation.

02

Repetition

builds speed and accuracy.

03

Stress exposure

prevents overload.

04

Team training

eliminates confusion.

Documents don't save lives. Practiced people do.



09 AUGUST 2024

· THREE SURVIVORS TRANSPORTED


· ONE RECOVERY

We don't rise to the occasion.

**We fall to the level
of our training.**



THANK YOU.

 YouTube [mattfrom103](#)

SGT. KATHERINE STRONG · 442 TRANSPORT AND RESCUE SQUADRON · CFB COMOX