



Become a Rescue 3 International Instructor

A warm welcome to all Instructor Candidates and Folks with Instructor aspirations from Sierra Rescue!

First of all, thank you for your interest and passion for teaching and being a Rescue 3 International Instructor. It is an absolutely WONDERFUL world to be part of! This PDF document is aimed to inform you about the instructor training program with Rescue 3 International through Sierra Rescue, and to give you information about the format and methods behind our Instructor Training Program. Please read the information carefully and let us know if you have any questions that aren't answered here!

BASIC PREREQUISITES AND REQUIREMENTS:

Becoming a Rescue 3 International Instructor in Water and/ or Rope is a great challenge, but is worth the work and is very rewarding. There are a number of general prerequisites that must be met before a student will be allowed to register for an Instructor Class. The general requisites are as follows:

- Current EMT, Paramedic, Wilderness First Responder, or other pre-approved medical certification
- Recommendation letter from an active, independent Rescue 3 Instructor**
- Either complete a teaching methodology course or have validated teaching experience from a recognized training organization
- Complete the Medical Application for Instructor School
- Be in good physical condition and free of chronic medical conditions
- Have strong swimming ability (for instructors teaching water courses only)
- Submit a resume to Rescue 3's corporate office

**Letters of recommendation should come from an instructor who has witnessed you instructing rescue. Completing the requirements as a student is generally not enough basis for a letter of recommendation from most instructors. Check with your Instructor.

COURSE REQUIREMENTS:

Once you have completed the general prerequisites, there are requirements for each course depending on your interest before you register for the Instructor course. Here is a checklist of things you need to do **BEFORE REGISTERING**:

1) Order and complete your Professional Qualifications workbooks. These can be ordered through Sierra Rescue. You must complete all the "reasonable" elements in the pro-qual booklet before the Instructor class. This is also a good way to test your knowledge and skills.

2) Be sure that you have all your general prerequisites done (see above) and that Sierra Rescue has a copy of your letter of recommendation, EMT certificates, etc. If you have not completed ALL the prerequisites; but are ready to go otherwise, you may complete one or two of them AFTER the Instructor class. You will be "conditional" and not able to teach until all your prerequisites are met. We try to work with instructor candidates that are ready because of the scarcity of Instructor classes and our commitment to excellent Instructor candidates.

The course requirements for the instructor courses are as follows:

Water Instructor	Rope Instructor	Water & Rope Instructor
SRT-1	TRR-TL	SRT-1
SRT-1 Recert or WRT-1	TRR-TL Recert	SRT-1 Recert or WRT-1
SRT-A		TRR-TL
		SRT-A
		SRT-A Recert or TRR-TL Recert
Complete ProQual Workbook for Water	Complete ProQual Workbook for Rope	Completion of ProQual Workbooks for Rope and Water

You may enroll in the instructor class with a missing requirement but will not be allowed to teach until all course requirements are filled.

3) Understand the process for becoming an instructor and have a plan to achieve your goals. Please read the following carefully:

Many instructors graduate from the instructor course as “Conditional” instructors. This means that Sierra Rescue has identified deficiencies that must be corrected before the candidate will be signed off to instruct. This might be a missing requisite or a need for a teaching methodology class. Sierra Rescue will work with you to outline a plan so that you can complete your goals. Occasionally, unqualified candidates will be excused from the course. Please honestly assess your teaching abilities and hard skills before enrolling in the course.

Some instructors come out of the instructor course as an Agency Instructor. This means the Instructor candidate will be allowed to teach within their agency but not to the general public. To get this level of instructorship, the candidate will need to demonstrate competence in the skills they intend to teach, an ability to teach clearly and safely, and the ability to choose challenging and SAFE locations for your course(s).

Virtually no instructors come out of the instructor course signed off to teach independently or to the general public. Once instructors have some teaching experience with the Rescue 3 curriculum, they may be signed off as independent instructors by an Instructor Trainer and may offer their own classes. The timeline for becoming an independent instructor is handled between the IT and the candidate and can take many months to years.

Teaching rescue takes training, practice, good judgment, and lots of experience. The Instructor Class is a first step in the direction of being an exceptional instructor!

FINALLY! If you meet all of the criteria outlined above and have filled all requirements, you are ready to register for the Instructor Training Course! Please contact Sierra Rescue at 800.208.2723.

The information below is for candidates who have completed the above pre-requisites. If you have completed all of the requisites above, congratulations, and read on! If you have not yet completed the above requirements, you are welcome to read on for your information, but you will not be allowed to register for the instructor class until you have fulfilled the above requirements.

WHAT TO EXPECT IN THE INSTRUCTOR COURSE

The instructor training course is designed to challenge you as an instructor. This is not the right class for folks who are still learning the skills, so please come prepared with instructor-level proficiency in the skills you would like to be teaching. Plan on very active days and homework/ course prep at night. You will be teaching many skills so make sure you are prepared to present, understand and give and receive constructive feedback to and from your classmates! Here is a general outline of what to expect:

COURSE OUTLINE

DAY 1: WATER and (ROPE) SKILLS TESTING:

- Advanced swimming: Swimming an obstacle course with attention to features
- Throw bag skills; Must be able to successfully throw bag at 50 feet and execute a coiled rope toss at 40 feet.
- Demonstrate ability to navigate rapid on river board
- Successful demonstration of safe live-bait rescue techniques
- Paddleboat handling and demonstration of self rescue, rescue of swimmer and boat flip skills.
- Execute an entrapment rescue with a stabilization and a snag line
- Set up an effective tension diagonal as a group without talking
- Be able to chase and rescue a panicked student
- Set up a quick 3:1 mechanical advantage system to tension a rope

ADVANCED ROPE SKILLS TESTING FOR ROPE CANDIDATES:

- Will involve multiple stations in a vertical environment
- Rappel and Belay effectively/ pass a knot on rappel
- Ascend a Rope and pass a knot
- Construct a raising and lowering system with a litter and attendant. Pass a knot under load on the lower and on the raise.
- Construct a high-line with a mid-point drop
- Patient packaging

DAY 2-5: TEACHING SEGMENTS: EVALUATION CRITERIA FOLLOWS

From Day 2-5, you will be presenting a combination of short lecture components; about 20 minutes on each topic and field exercises: 20-60 minutes.

You will need to assess and select the site you will use and how you will run the drill. You will all be teaching to your individual agencies if you pass the Instructor class and therefore it will make the most sense to address your lecture and field exercises to the audience you will teach.

EXAMPLES OF SOME TOPICS YOU MAY BE ASSIGNED:

- PREPLANNING
- BASIC AND ADVANCED SWIMMING TECHNIQUES
- RIVERBOARD HANDLING
- HIGHLINE BOAT ON A TETHER WITH A MIDPOINT DROP
- SCENE SIZE UP
- SHALLOW WATER CROSSINGS
- MECHANICAL ADVANTAGE (SIMPLE AND COMPOUND)
- PREVENTION
- THROW BAGS
- FORCES ON ROPES
- VECTOR PULL WITH MUENTER HITCH BELAY
- HYDROLOGY
- FOOT ENTRAPMENT RESCUE
- ANCHOR SYSTEMS
- BODY ENTRAPMENT
- WRAPPED BOATS
- ASCENDING AND DESCENDING TECHNIQUES
- PROPER BELAY TECHNIQUES
- LIVE BAIT RESCUES AND JACKETS
- BASIC PADDLE BOAT HANDLING
- MECHANICAL ADVANTAGE
- ON SCENE ASSESSMENT
- CONTACT RESCUES
- SET UP A STRAINER SWIM
- SHALLOW WATER CROSSINGS

A GOOD WAY TO PREPARE:

A key to being really well prepared is to make a list of **KEY POINTS** for each segment. When you do your outline, make a list of key safety components of running the exercise and the absolute "musts" that you want people to understand when they are done with that segment. Here is an example, not of an outline, but of some of what I consider "key points " in shallow water crossings:

SHALLOW WATER CROSSINGS: One of your BEST methods for "ACCESS" or "CROSSING".

SAFETY OF INSTRUCTION:

Safe run out for swim if folks fall (ie. not above a strainer)

Review "feet up" if fall and that you become a "swimmer" if you gain any downstream momentum.

Never enter the water ANY place you can't swim out safely!

ALWAYS wade BELOW hazard and access entrapped person from DOWNSTREAM or to the SIDE of entrapment when wading.

KEY POINTS:

Weight and height discriminatory: taller and heavier= ability to wade in deeper and faster current
Use dynamics of group to advantage.

METHOD:

One person with pole or paddle

Line abreast

Line astern

Triangle

Wedge

DEBRIEF: What works best for what circumstance? Point out river or channel bottom material makes a big difference!

FUN AND INTENSE!

The Instructor class will be extremely intense and hopefully a lot of fun. Please come with an open mind and a realization that you will be fully immersed in the process. There will be homework every night and studying to do. We will all be able to test and challenge ourselves and learn from each other.

WHAT HAPPENS ONCE I BECOME AN INSTRUCTOR AND WHAT ARE MY COMMITMENTS TO MAINTAIN GOOD STATUS?

Purchasing Student Packets to teach courses:

When you become a Rescue 3 International Instructor, you are committing yourself and your Department to USE Rescue 3 International student packets for your related trainings. These student packets include the manual, access to all educational materials, certifications, documentation, internet portals for records, insurance, skill sheets, wallet cards, and usually either a patch or a whistle. These student packets range in price depending on the type of course. For example, A 3 day Swiftwater and Flood Rescue Technician course packet is \$140 for the first certification, and \$70 every 3 years to recertify the course. A full price list is available upon request.

Teach at least one class per year, and continue to improve your skills:

You will be expected to teach at least one course per year, and continue to show a record of improving your Technician skills, as well as your skills as an Instructor. Every year, we provide Instructor Development opportunities, and you are also welcome to pursue your own by taking other courses, or just getting out and rafting, or climbing, or whatever you can do to get better at the skills.

Occasional Audit and Updates:

As your Regional Director, I take it upon myself to be sure that you get curriculum updates, and that the quality of your program stays exceptionally high. Occasionally, I will travel to either audit one of your course days, or just to have an opportunity to chat, and get feedback from you. There is NO cost for this to you.

WHAT DO I GET FOR PAYING FOR THE STUDENT PACKETS?

Besides the educational materials themselves, and being able to offer a third party certification; you will get access to the best curriculums available worldwide! You will be updated by Julie, at her expense, and will have access to resources to make your courses better. Rescue 3 International has a steering committee that is continually updating the curriculums to the safest and best practices worldwide. These include NFPA, FEMA, NIMS, ASTM and other relevant standards to the technical skills that we teach.

PLEASE NOTE: It is important that you recognize the mutual commitment that is made. Rescue 3 is committed to making sure you have what you need for the best, most up to date training possible. In return, you commit to purchasing Rescue 3 materials for ALL your related trainings. It is not an option to take the Rescue 3 materials and develop an in-house program. We do NOT certify Instructors to return to their Departments and use that designation to train in house without Rescue 3 materials. Please do not pursue the Rescue 3 Instructor path unless you, or your Department, are willing to purchase the materials. It is the only thing that allows us to provide you with the absolute best and safest practices worldwide. We keep up on all of it so that you don't have to.

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for your interest in this class and we look forward to seeing you on the river soon!

THANK YOU AND WE LOOK FORWARD TO SPENDING TIME WITH YOU!



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