



[SierraRescue.com](http://SierraRescue.com) ~ [info@sierrarescue.com](mailto:info@sierrarescue.com) ~ 530-902-6122

## Hello from Sierra Rescue!

Thanks so much for your interest in this Operations: Swiftwater Rescue First Responder Class. This course is a basic level water rescue course for emergency services designed to meet and exceed the *NFPA 1670 Standard on Operations & Training for Technical Search & Rescue Incidents* for water at the operations level.

This course is designed to provide students with both a theoretical and practical knowledge of the basics of swiftwater rescue. The class includes one day of classroom instruction and one day of practical field exercise. Students are trained in hazard recognition, equipment use, and basic shore and boat-based rescue techniques, as well as a wide variety of other skills. After completing this course, personnel will also be able to be in the support role for technician level rescuers in higher risk technical water rescues. Thank you for your interest!

## WHAT TO BRING!

For the water:

- **Drysuit or Full Wetsuit!** (Drysuits are always recommended because we spend so much time getting in and out of the water and the weather is always variable). Drysuits can be rented from:

Pacific River Supply (510-223-3675) will ship you the drysuit by UPS and you only pay for the days you use it. We **highly recommend this option** as we have NEVER had any problems with PRS drysuits!!

- **PFD:** Type 3 or Type 5 with whistle and knife (knife optional)
- **Helmet:** Lightweight swiftwater or climbing helmet.
- **Footwear:** Hard soled wetsuit booties or good shoes for walking in the river and on the banks with wool socks and/or wetsuit socks
- **Wetsuit gloves** ( optional)
- **Food and water:** Lunch, snacks and water for each day!
- **Extra warm clothes**

## **FULL IMMERSION!**

Please plan on very active days and homework at night. We integrate the classroom stuff throughout the course and you will be in the water the first afternoon. The class will be as much scenario and case study based as possible. We will emphasize self rescue, throw bag rescue, entrapments, thinking through a rescue, simple rope tricks and rescue techniques that have been tested and proven successful in real rescues.

Please feel free to let us know what is most important to you as we go through the training.

## **OVERALL BASIC OUTLINE:**

- Introductions and paperwork
- Introduction DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue
- Swimming: defensive, aggressive, barrel rolls, accessing eddies
- Throw bags: when, where, coils, belay, back-up, vector pull
- Contact rescues: defensive, counter panic passengers
- Live-Bait jackets; use, release, self-rescue techniques
- Shallow Water Crossings
- Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body Entrapment, Kayak Entrapment
- Strainer drills
- Canal Rescue / Flood rescue considerations
- Contact Rescues and Live Bait continued
- Raft handling and flip drills
- Search

The outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle in a few days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you or your agency may face.

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!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue