



SierraRescue.com ~ info@sierrarescue.com ~ 530-902-6122

Hello from Sierra Rescue!

Thanks so much for your registering in the River Rescue Certification - Government Class. The RRC-GOV curriculum is specifically designed for Fisheries and Research workers, occupational workers in a water environment, and professional rescuers who need the best swiftwater training available!

The course is not NFPA compliant, but trains to the same standards taught in the NFPA Compliant Course. The course is very active in the water and is suitable for rescuers with no water rescue experience. The course also offers experienced rescuers the opportunity to develop their skills and push their personal limits on and off the water with realistic rescue scenarios, self-rescue challenges, and lots of hands-on interactive rescues and experiences. Thank you for your interest!

WHAT TO BRING!

- **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
- **Waders:** (optional) Please bring if you use these in the field for your occupation.
- **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.

OBJECTIVES:

- Develop awareness of hazards for easier prevention of accidents.
- To better prepare crews for safe water and hydrology sampling and surveys.
- To familiarize crews with hazards such as: strainers, undercut rocks, hydraulics, hypothermia and high water.
- To learn self-rescue techniques, safe wading practices, and use of throw bags.
- Activities will be oriented towards developing good judgment and criteria for safety, as well as developing skills in moving water.
- Develop skills for dealing with pinned rafts, kayaks, drift boats, etc.
- Develop rescue skills for entrapped people/ strainers/ etc.
- Work with waders, and safe wader practices, as well as full wader drills
- Integrate first aid skills with rescues in the riparian environment.

OVERALL BASIC OUTLINE:

- Introductions and paperwork
- Introduction DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue
- Hydrology and Forces of Water
- Hazard Identification
- Evaluation Criteria /Know before you go
- Identifying Hazards Criteria for Safety on the Water: Identifying skill levels and safe working conditions.
- Safety Talk and Buddy System
- 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
- Wader Safety and Self Rescue
- Shallow Water Crossings
- Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body Entrapment
- Strainer drills
- Canal Rescue / Flood rescue considerations
- Contact Rescues and Live Bait continued
- Evacuation protocols and communication
- Search

- Knots, Hitches, Anchors
- Basic rope and anchoring skills for raising and lowering in the
 - low to mid-angle environment
- Learn safe knots and hitches; and how to choose and make a strong anchor
- Develop more comfort in and a better understanding of how to work safely around steep banks and cliffs
- Ropes and Mechanical Advantage
- Develop self rescue skills, as well as rope assists for a stranded team member
- Learn how to rappell down a rope and ascend back up a rope
- Strengths of ropes
- Hazard Identification; what causes rope systems to fail
- Criterias for Safety on the Slope: Identifying skill levels and safe working conditions
- How to make an anchor and lower an object or person with a muenster hitch
- Low to medium angle rappelling with a muenster hitch and ascending with a prussik
- Zip Lines/Hand Lines and their uses
- Scenarios
- Debrief written homework, test, paperwork completion
- Fill in the gaps

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 registering in this class and we look forward to seeing you on the river soon!

Julie Munger & Abigail Polsby
 Owners, Sierra Rescue