



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

Hello from Sierra Rescue!

Thanks so much for your interest in the River Rescue Certification **Kayak Specific (RRC-K)** Course. This dynamic curriculum is specifically designed for experienced whitewater kayakers and safety kayakers who want to learn to be safer boaters and know how to respond to a rescue situation while kayaking! This course is ideally suited for kayakers with some experience on the river, but don't need to have any rescue experience. If you have never taken a river rescue course before, the River Rescue Certification (RRC-K) is a perfect first step to being a better and smarter kayaker. This kayaking rescue course will help build a strong foundation of prevention, river awareness, good judgment and kayak specific rescue skills such as understanding pinned kayakers and what it is like approaching a rescue from a kayakers perspective. We guarantee you'll have a blast in the course and it will change the way you think about kayaking!

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**
- **Any personal rescue gear that you currently have: Throw Bag, etc. This is for you to have an opportunity to practice with your own gear.**
- **Kayak and paddle:** If you are used to paddling a playboat, this is fine, but a larger volume river runner or creek boat is better for rescue.

- **Sprayskirt**
- **Pulleys, prussic, webbing (optional):** Again, please bring the gear you use on the river.

FULL IMMERSION!

Please plan on very active days and homework at night. We integrate the classroom materials throughout the course and you will be in the water a lot during the class. We will make the course as much scenario and case study based as possible. We will emphasize:

Improving individuals awareness of safety skills in the advanced river environment
 Developing and practicing rescue techniques that are relevant to kayakers
 Understanding and practicing scene assessment and access tools for kayakers

Please feel free to let us know what is most important to you as we go through the training and we will make it as relevant as possible to your whitewater interest.

OVERALL BASIC OUTLINE:

- Introductions and paperwork
- A new way of thinking about rescue – from a kayakers perspective
- Coming onto the scene in your boat
- Shallow Water Crossings
- Entrapment, Kayak Entrapment
- Entrapment rescue options for kayakers
- Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body
- Swimming: defensive, aggressive, barrel rolls, accessing eddies
- Throw bags: when, where, coils, belay, back-up, vector pull
- Live-Bait jackets; use, release, self-rescue techniques, using a tow-tether
- Knots, Hitches
- Heads Up DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue
- Homework: Group tabletop scenarios
- Anchor building workshop
- Mechanical Advantage
- Wrapped boats and unpinning kayaks: The real scoop on freeing them
- Retrieval of people and gear
- Evacuation and decision-making process in the river rescue
- Procedures for extrication/ evacuation
- Advanced pin/ rescue scenarios
- Zip Lines/ tension diagonals
- Kayak entrapment 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 couple days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you may face as whitewater kayakers and orient you with some of the other techniques you might see from other river users.

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