



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

Hello from Sierra Rescue!

Thanks so much for your interest in this NFPA Technician Level Training in Swiftwater and Rope Rescue.

This National Fire Protection Agency (NFPA) compliant course combines the curricula of the Technical Rope Rescue Technician Level, SRT-1 and SRT-Advanced into one class. The TRR:TL teaches full low, mid and high angle rope rescue, the SRT Unit 1 teaches the fundamental rescue skills for swiftwater and the SRT-Advanced brings together advanced swiftwater techniques and rope rescue techniques in a swiftwater environment. This course also includes a night search and rescue operation in a river environment, vertical litter rope scenarios, high line Tyrolean rope and boat systems and more!! It is a very intense training and will get folks to the Technician Level as defined by NFPA!

FULL IMMERSION TRAINING!

Please plan on very active days and homework at night. We integrate the classroom materials throughout the course and you will be on the rocks, in the water and immersed in the learning experience from the first afternoon. The class will be as much scenario and case study based as possible. We will emphasize self rescue techniques, rescuer safety, technical rope systems made simple and understandable, rope problem solving, understanding forces and mechanical advantage, appropriate use of simple and complex rope systems, throw bag rescue, entrapments, thinking through a rescue, simple rope tricks and rescue techniques that have been tested and proven successful in real rescues. There is a TON of material and they will fly by! Please feel free to let us know what is most important to you as we go through the training.

WHAT TO BRING!

For the Swiftwater Rescue Portions:

- **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**

For the night operation:

- **Head lamps and other lighting** you may have for the night operation
- **Hand held radios;** Motorola or other communication system you would like to use (optional; we have Motorola)

For the Technical Rope Rescue Portion:

- **Good boots:** for varied terrain including hill sides and rock
- **Helmet:** Climbing type or swiftwater
- **Harness:** waist or full body is fine
- **Gloves:** Dexterity is as important as protection. Comfortable gloves that you can still tie knots and hitches with.
- **Snacks and water;** You will need snacks and water for all the days! There is a "Roadhouse Grill" very close to the site. Otherwise, please bring your lunch with you!
- **Clothing:** The weather could be anything from sunny to raining. Please be prepared for all weather possibilities, as we will be outside the entire class!

These items are highly recommended but not mandatory:

- **Personal carabiners:** 3-4 aluminum, locking carabiners to clip things to your harness with. (It's nice to have a big rounded one if possible: i.e. jakes)
- **Cordage:** (If you bring the cordage, you will walk away from this course with what you need to go up and/or down a rope)
 - To make your own Purcells: 35 feet of 6mm
 - For an edge tender line: 35 feet for 8mm (Not as important as the 6mm. Again, this is to add to your PPE). We have plenty of edge tender lines, but this is something you will keep and throw into your tech pack.
- **Personal Rope Tech gear such as:** petzyl id, scarab, rappel device, etc.

SWIFTWATER RESCUE TECHNICIAN 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
- Knots, Hitches, Anchors
- Mechanical Advantage
- Wrapped boats: rafts and kayaks: The real scoop on freeing them.
- Zip Lines
- Scenarios
- Debrief written homework, test, paperwork completion
- Fill in the gaps

TECHNICAL ROPE RESCUE BASIC OUTLINE:

- Knots
- Anchors
- Patient packaging
- Proper belay techniques
- Raising and lowering system set-up
- Mechanical advantage
- Steep angle evacs
- Litter tending and set up
- Raising and lowering systems
- Piggy back mechanical advantage and lowering systems
- Problem solving
- Scenarios involving patient access and evacuation in the steep environment
- Ascending and rappelling with all different devices
- Passing knots on the raise and lower and on the ascend and descend.
- Litter packaging and raising and lowering in the vertical environment
- Pick offs in the vertical environment
- Catching a falling load with the belay

- High Line Systems
- Litter Lowering from High to Low
- Setting up a Highline with a Mid-point drop

The goal of all the days is to keep you moving and learning. At no point should you have to be standing around. You will either be belaying or tending a litter or on the rope yourself. Hopefully, no one will go home rested at night. This is a dynamic and active class!

SWIFTWATER RESCUE TECHNICIAN ADVANCED BASIC OUTLINE:

- Introductions and paperwork
- Advanced swimming: defensive, aggressive, barrel rolls, accessing eddies
- Advanced throw bags: when, where, coils, belay, back-up, vector pull
- Contact rescues: defensive, counter panic passengers
- Live-Bait jackets; use, release, self-rescue techniques
- River boarding and raft handling in class 3 whitewater
- Flip and recovery drills
- Wrapped Boats
- Water to Rope transitions
- Combination of Advanced Swiftwater and Technical Rope skills
- Pick offs, Knot passing, Mechanical Advantage review, Litter packaging, Raising and Lowering evolutions
- Night Operation: will go from dark until the "victims" are found and evacuated. The process will most likely involve at least one victim needing to be packaged and transported in a litter up a steep bank.
- Debrief Night Operation
- Flood canal and flash flood rescue techniques
- Low-head Dam rescues: video review and objective analysis
- Scenarios: These will involve rescuing folks out of flood canals in very fast water among others; including entrapments, low head dams (simulation) and other advanced scenarios not already addressed.

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 soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue