



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

## Hello from Sierra Rescue!

Thanks so much for registering in the Swiftwater Rescue and Flood Rescue Technician Unit 1 and SRT Advanced Combo Training Class. This course combines the curricula of the SRT Unit 1 and SRT-A into one class. 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 and lots more!! It is a very active and fun course for students who are up for the challenge! A Technical Rope Rescue Technician level training is required before you take the SRT-A.

## 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)
- **Fins** (optional)
- **Food and water:** Lunch, snacks and water for each day!
- **Extra warm clothes**

For the technical rope parts and 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)

- **Personal harness**
- **Long sleeve shirt and pants**
- **Good boots for rope operation at night and in steep terrain**

## **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 learn and practice advanced water rescue techniques, do a night search and rescue in a river environment, setup and operate a highline tyrolean with midpoint drop over a Class V or IV rapid and go through more advanced river and technical rope skills and much more!

## **OVERALL BASIC OUTLINE:**

### **Swiftwater Rescue Technician 1 portion**

- Introductions and paperwork
- Introduction DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue
- Heads Up presentation:
- 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
- Contact Rescues and Live Bait continued
- Canal Rescue, Flood Considerations and Search
- Raft handling and flip drills
- Knots, Hitches, Anchors
- Mechanical Advantage
- Wrapped boats: rafts and kayaks: The real scoop on freeing them.
- Zip Lines
- Scenarios
- Debrief written homework, test, SRT-1 paperwork completion

## **Swiftwater Rescue Technician Advanced portion**

- Introductions and SRTA 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 on the river soon!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue