



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

Hello from Sierra Rescue!

Thanks so much for your interest in the Stand Up Paddleboard Rescue Class. This class is aimed for students who recreate on SUPs. This one day rescue class will teach you basic rescue techniques before your next adventure!

OVERALL BASIC OUTLINE:

- Rescue Priorities: People, boards, paddles, other gear
- Evaluate water comfort and confidence
- Navigation
- Signals: Whistle, paddle, hand
- Proper falling techniques
- Unassisted remounting of board
- Paddling techniques with a victim on your board
- Using your board as a rescue tool
- Rolling unconscious/hypothermic people onto your board

The outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle and still keep it fun and supportive. We will integrate many scenarios based on the realistic situations you may face while using a SUP.

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) is another option and they 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!!

- Neoprene Layers
- Footwear: Wetsuit booties or good shoes for swimming.
- Wetsuit gloves (optional)
- PFD – any type

- Swimsuit
- Food and water: Lunch, snacks and water for each day!
- Extra warm clothes

FULL IMMERSION!

Please plan on very active day in the water! A strong emphasis is also placed on dealing with victims in the open water. 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 interest.

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 soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue