



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

## **Hello from Sierra Rescue!**

This Stream Rescue workshop have been created for fisheries employees. This can be a 1-3 day workshop with practice on anything from wader swimming to wilderness survival. The main focus being the prevention of accidents. You will develop awareness of hazards for easier prevention of accidents, better prepare crews for safe water and hydrology sampling and other types of work or surveys in the riparian environment, familiarize crews with hazards such as: strainers, undercut rocks, hydraulics, hypothermia and high water, 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.

## **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:[pacificriversupply.com](http://pacificriversupply.com). Pacific River Supply will ship you the drysuit by UPS and you only pay for the days you use it. Great and easy option.
- PFD Type 3 or Type 5 with whistle and knife (knife optional)
- Helmet: Lightweight swiftwater or climbing helmet.
- 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)
- Lunch, snacks and water!
- Extra warm clothes

## **Overall Basic Outline:**

Objectives:

- Develop awareness of hazards for easier prevention of accidents+
- To better prepare crews for safe water and hydrology sampling and other types of work or surveys in the riparian environment
- 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

Curriculum includes:

- Introduction and Course Paperwork
- Hydrology and Forces of Water
- Hazard Identification
- Evaluation Criteria, Know before you go
- Criteria for Safety on the Water: Identifying skill levels and safe working conditions
- Safety Talk and Buddy System
- Defensive Swimming, Self Rescue
- Throw Bags and Hazards
- Use of Throw Bags
- Wader Safety and Self Rescue
- Shallow Water Crossing - safe wading practices and techniques, line abreast, line astern, one person, group crossings
- Wader safety and drills - float in waders with belt on, float in waders without belt
- Foot and Body Entrapment - wading rescue# one rope

## **FULL IMMERSION!**

Please plan on very active day(s). 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 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 and we will make it as relevant as possible to you.

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

Please feel free to contact us directly if you have any questions that you need answered before the class!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue