



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

## **Hello from Sierra Rescue!**

Thanks so much for your registering in the Ice Rescue Technician Class. This 2 day course is valuable training for emergency responders who may have to venture onto surface ice to perform a rescue. In a rescue situation, it is already clear that the ice is unsafe, and therefore this course does not spend a lot of time on ice formation and determining it's strength. Rather, the emphasis is on self-rescue and the full range of techniques and specialized equipment that can be used for rescuing others. The curriculum also includes the significant medical considerations for patient packaging and extrication posed by cold-water immersion.

This course also includes an overview of skills and knowledge necessary for responding to incidents on surface ice over moving water. This course is the standard-of-care for emergency responders who respond to incidents on surface ice. It meets and exceeds the NFPA 1670 and 1006 Standards.

## **MEETING TIME AND PLACE!**

**8:30 AM SHARP:** Squaw Valley Public Service District 305 Squaw Valley Rd, Olympic Valley, CA 96146. We will meet in the conference room in the morning then head to the ice.

Class times will be:   Day 1: 8:30 am to 5:30 pm  
                                  Day 2: 8:30 am to 5:30 pm

## **WHAT TO BRING!**

For the water:

- **Drysuit or Full Wetsuit (5mm+)**! (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**

## **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. Please feel free to let us know what is most important to you as we go through the training.

## **OVERALL BASIC OUTLINE OF THE DAYS:**

### Day 1

- Rescue Philosophy
- Overview NFPA standards (optional)
- Size up
- Management, team organization, and pre-planning
- Medical considerations of cold injuries (cold water immersion, hypothermia, etc.)
- Ice processes, formation and properties
- Rescuer safety
- Gear and equipment
- Communications and signals
- Animal handling (optional)
- Knots, hitches and special rope considerations

### Day 2

- Walking, snowmobiling and driving on ice
- Ice staff
- Self rescue techniques including use of ice picks
- Shore-based rescue techniques
- Anchoring and mechanical advantage
- Go rescues including live bait
- Continuous loop
- Sled or boat-based techniques
- Using mechanical advantage on heavy loads

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 situations you or your agency may face.

## **WHERE TO STAY!**

In years past, students have enjoyed the economical and fun Clair Tappan Hut on Donner Summit operated by the Sierra Club. The price of around \$55/ day comes with three meals! It's a great deal and a fun community environment! The Clair Tappaan Lodge was constructed in 1934 and named after Judge Clair Sprague Tappaan, an outstanding outings leader and an officer of the Sierra Club for many years. It is located in the Sierra Nevada on old U.S. 40 near Norden, two miles east of Soda Springs.

It has a capacity of 140; sleeping accommodations are in dormitories, family rooms of 5-12 bunks, and two bunk cubicles. The Lodge staff includes a manager and professional cook, as well as additional staff for summer and winter programs. Price includes accommodations and three meals daily:

<http://www.sierraclub.org/outings/lodges/ctl/>

## **IN AND AROUND TRUCKEE:**

- Holiday Inn Express Truckee Hotel - [www.hiexpress.com](http://www.hiexpress.com) - (877) 863-4780
- Truckee Hotel - [www.truckeehotel.com](http://www.truckeehotel.com) - (530) 587-4444
- Inn At Truckee - [www.innattruckee.com](http://www.innattruckee.com) - (530) 587-8888
- Cedar House Sport Hotel - [www.cedarhousesporthotel.com](http://www.cedarhousesporthotel.com) - (530) 582-5655
- River Street Inn - [www.riverstreetintruckee.com](http://www.riverstreetintruckee.com) - (530) 550-9290
- Northstar at Tahoe - [www.northstarattahoe.com](http://www.northstarattahoe.com) - (530) 562-2267
- Best Western Truckee - [www.bestwesterncalifornia.com](http://www.bestwesterncalifornia.com) - (530) 587-4525
- Hampton Inn and Suites - [www.hamptonintruckee.com](http://www.hamptonintruckee.com) - (530) 587-1197
- Donner Lake Inn - [donnerlakeinn.com](http://donnerlakeinn.com) - (530) 587-5574
- Loch Leaven Lodge - [www.lochleavenlodge.com](http://www.lochleavenlodge.com) - (530) 587-3773
- Hostel Tahoe - [HostelTahoe.com](http://HostelTahoe.com) - 530-542-3266

## **ADDITIONAL LODGING AND CAMPING OPTIONS:**

There is a great place called the Shinneyboo Creek Cabin Resort, that is located at 11820 Eagle Lakes Road. This is about 10 miles past Donner Summit and about 1 mile from the Eagle Lakes Road location. It is an option for those of you who would like quiet nights and to do your own food. There are very few food or entertainment options; but it is quiet and relaxing! They will give you an off season discount if you mention Sierra Rescue and the swiftwater course. Their phone number is (530)587-5160 and their website is [shinneyboocreek.com](http://shinneyboocreek.com).

Go north on Eagle Lakes Road (south turns quickly to dirt) for about 1 and 1/2 miles. Don't turn off the paved road. The road dead ends at Shinney Boo Creek Cabins.

**CAMPING IN THE AREA:**

There is a Forest Service campground also on Eagle Lakes Road. It is called Indian Springs Campground and they charge a \$20/night/site fee. The campground is about one mile north on Eagle Lakes Road. They have fire rings and bathrooms.

Truckee is only 45 minutes from Reno, NV which offers lots of affordable room options and at the numerous casinos!

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