



[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 Swiftwater and Flood Rescue Technician Unit 1 Training Class. The SRT curriculum is specifically designed for fire fighters, rescue teams and professional rescuers who need the best swift water training available!

The course is NFPA compliant for Surface Water Rescue Standards and meets some of the requirements for personnel working toward Technician Level Certification. It includes 24 contact hours. The SRT Unit 1 is the first step toward "Technician Level" proficiency that can be attained once the SRT-1, TRR-TL and SRT-A have been completed. The course is very active in the water and is suitable for rescuers with no water rescue experience. The course also offers experienced rescuers the opportunity to develop their skills and push their personal limits on and off the water with realistic rescue scenarios, self-rescue challenges, and lots of hands-on interactive rescues and experiences.

## **MEETING TIME AND PLACE!**

8:30 AM SHARP: We will meet at the Truckee River Regional Park in Truckee on Day 1. It is located at 10500 Brockway Road Truckee, CA 96161. It is about 1/2 mile south of downtown Truckee. We will meet in the morning for introductions and paperwork and then move to the river. We will be in the water all afternoon; so please be prepared to get in the water the first day.

Class times will be:   Day 1: 8:30 am to 5:30 pm  
                              Day 2: 8:30 am to 5:30 pm  
                              Day 3: 8:30 am to 5:30 pm

## **DIRECTIONS TO TRUCKEE RIVER REGIONAL PARK:**

From the West: Take 1-80 towards Reno. Take exit 186 towards Central Truckee. Go slight right on Donnor Pass Rd. Follow through old town Truckee. Turn right on Brockway Rd and go about 1/2 mile. The Parking Lot entrance is just past a 7-11 on the right and a big green water tank! There is barbecue area with some picnic tables that you will see as you turn into the parking lot.

From the East: Take 1-80 towards Sacramento. Take exit 188 for CA-267/CA-89. Turn right. At the traffic circle take the third exit onto Donnor Pass Rd. Go 1.2 miles into downtown Truckee. Turn left at Brockway Rd. Go 1/2 mile and turn into the parking lot of the left just after a 7-11 and a big green water tank. There is a barbecue area with some picnic tables that you will see as you turn into the parking lot.

## 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)
- **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. 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.

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

### DAY 1:

#### AM:

Introductions and paperwork

Introduction DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue

#### PM:

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

### DAY 2:

#### AM:

Shallow Water Crossings

Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body

Entrapment, Kayak Entrapment

Strainer drills

#### PM:

Canal Rescue / Flood rescue considerations

Contact Rescues and Live Bait continued

Raft handling and flip drills

Search

### DAY 3:

#### AM:

Knots, Hitches, Anchors

Mechanical Advantage

Wrapped boats: rafts and kayaks: The real scoop on freeing them.

#### PM:

Zip Lines

Scenarios

Debrief written homework, test, paperwork completion

Fill in the gaps

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.

## **WHERE TO STAY!**

In years past, students have enjoyed the economical and fun Clair Tappaan 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