

CURRICULUM VITAE

Abigail Polsby



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PO BOX 63

TAYLORSVILLE, CA 95983

Abigail@SierraRescue.com

530-284-1004

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1. PERSONAL INFORMATION

Full Name- Abigail Starr Polsby Nickname-Abi

Born-June 25, 1976 in Ft. Worth, Texas

Nationality-American

Permanent Address-Po Box 63 Taylorsville, CA 95983

Phone Numbers- Home-530-284-1004

Cell-360-301-4041

Work 800-208-2723

E-mail-abigail@sierraescue.com

Gender-Female

2. OBJECTIVE AND MISSION

To inspire students and to share my love and enthusiasm of rescue. I hope to do this, while at the same time building skills and instilling confidence.

I love to teach and it shows in my students. I have been teaching various sports, both conventional and alternative, for the last 12 years.

Throughout all these years I have had the flexibility to create my own programs, syllabuses, and lesson plans. I have found out what works for both myself and all different kinds of students. I also recognize that this is ever changing and that monotony is what kills the fun for both the students and myself. As our students change, so will my teaching.

I plan on doing this by being continually creative and energetic. For this to work it requires a mutual respect between my students and myself.

I am able to develop this respect with my students and my colleagues through my complete honesty, openness and of course a whole hearted attempt at a good sense of humor.

3. EDUCATION

- 1996-1998** **Evergreen State College-** Olympia, WA.
Bachelor of Arts in Outdoor And Environmental
Studies
- 1996** **Stonehearth Open Learning
Opportunities (SOLO)=** North Conway, NH.
Advanced Leadership and Emergency Care,
NREMT/WEMT
- 1995-1996** **National Outdoor Leadership School
(NOLS)-**Lander, WY and Palmer, AK.
Semester in the Rockies and Semester in
Alaska -credited through the University of
Utah
- 1994-1995** **Skidmore College-** Saratoga Springs, NY. I
studied to be a double major in Business and
Sports/Fitness.
- 1990-1994** **Walt Whitman High School-**Bethesda, MD
- 1980-1990** **Green Acres School-** Rockville, MD

4- AWARDS

**2009-Voted Instructor of the Year by Rescue 3
International**

5- EMPLOYMENT

- 2003-present** **Sierra Rescue/Rescue 3 WEST**
Co-owner/Instructor Trainer
I teach swiftwater rescue, technical rope
rescue, and wilderness first aid courses. These
courses typically run 3-9 days. I also run all
aspects of the business from marketing and
bookkeeping, to writing contracts.
- 2000-present** **Rescue 3 International**
Instructor Trainer

I am an instructor trainer as well as an independent contractor for this company. I teach their swiftwater rescue, technical rope rescue and wilderness first aid curriculums.

2005- present

Feather River College

Contract Education/Faculty

I have taught here for the last 4 years. I have received equivalency to teach many of their courses (see detailed list under Teaching Experience)

2004 -present

American Canoe Association

Instructor

I am a lead instructor in advanced swiftwater rescue.

2001-present

Wilderness Medicine Training Center

Lead Instructor

I teach all of their courses-WEMT, WFR, WAFA, and WFA. I also train other instructors.

2001-present

American Environmental Health and Safety (AEHS)-Instructor

I teach all of their 1st aid, CPR, and OSHA courses.

2003-2007

Arctic River Journeys

Co-owner/Head Guide,

I lead 10-14 day trips into the Alaskan Arctic. We run whitewater rafting, canoeing and hiking trips. I also help run all of the aspects of the business from booking clients and gear maintenance, to securing our permits and insurance.

2004

Reaching Higher/Women's Mountain Passages- Program Coordinator

I ran an after school program for young women at Greenville and Quincy Jr/Sr High School.

2000-2004

Outward Bound

Lead instructor/Instructor Trainer

I was a lead instructor in mountaineering, rock climbing, hiking and canoeing for the Colorado and Hurricane Island Schools. I was also an Instructor Trainer for the Pacific Crest School

1998-2001

Olympic Mountain Outdoors

Co-owner/Guide

I owned and operated a guide service into Olympic National Park. We offered 3-7 day backpacking, snowshoeing and backcountry skiing expeditions. I also owned and operated a small outdoor equipment store with the same name. Both were based in Port Townsend, WA.

6 - OTHER WORK EXPERIENCE:

- **Published Writer**-short story author in a collection entitled Hell's Half Mile-River Runners' Tales of Hilarity and Misadventure-edited by Michael Englehard
- **Licensed River Guide for National Park Service**-Grand Canyon National Park, Colorado River
- **Wilderness Guide**- for Canyon Explorations, AZRA, Equinox Expeditions, and Alaska Discovery, in whitewater rafting, sea kayaking and backpacking.
- **Riverguide**-Serendipity Adventures, Costa Rica-Safety Boater, Tour West, Paddleboat Captain.
- **Riverboard Guide**-OARS, Salmon River.
- **River Training Trips on Colorado River through Grand Canyon**-AZRA and Canyon Explorations, riverboarded Colorado River twice.
- **Nickelodeon Splash TV**-Riverboard Guide
- **American Heart Association**- CPR and First Aid Instructor
- **Ropes Course Facilitator**-certified in both high and low ropes courses through the 4-H and work on commercial as well as Outward Bound courses.
- **Jefferson County Search and Rescue**-volunteer Wilderness EMT
- **Thurston County Fire Department**-volunteer firefighter and EMT

- **Evergreen State College Outdoor Program**-taught kayak rolling, rock climbing and back country skiing clinics
- **Portland State University Outdoor Program**-taught rock climbing, spelunking and mountaineering clinics and trips
- **Olympia Parks and Recreation**-taught cross-country and backcountry skiing lessons at Mount Rainier.
- **Evergreen State College**-Varsity Soccer team, Swim team and Ultimate Disk Club
- **Skidmore College**- Varsity Soccer Team, Swim Team and Ice Hockey Club
- **Saratoga Springs**-Youth Soccer Team Coach
- **Camp Wicosuta** -Swim Instructor and Swim Team Coach
- **Lifeguard and Certified Water Safety Instructor** -through American Red Cross

7 - TEACHING EXPERIENCE:

DOCUMENTATION OF TEACHING:

SWIFTWATER RESCUE, WILDERNESS FIRST AID AND TECHNICAL ROPE RESCUE FROM 2001-2009

TOTAL DAYS TEACHING SWIFTWATER RESCUE TECHNICIAN 1: 673

TOTAL DAYS TEACHING SWIFTWATER RESCUE TECHNICIAN 2: 96

TOTAL DAYS TEACHING TECHNICAL ROPE RESCUE: 180

TOTAL DAYS TEACHING WILDERNESS FIRST AID/CPR: 316

COURSE/YEAR	2001	2002	2003	2004	2005	2006	2007	2008	2009	TOTALS
1. Swiftwater Rescue Tech 1	15	35	55	75	75	104	110	120	84	673
2. Swiftwater Rescue Advanced	0	0	6	12	12	12	18	18	18	96
3. Technical Rope Rescue Tech	0	0	15	20	30	30	30	30	25	180
4. Wilderness First Aid/WFR	18	25	25	30	38	40	40	40	30	316
Total Days	33	60	101	155	155	186	198	208	157	1,265

Courses Certified to Teach:

Whitewater Rescue Technician, Whitewater Rescue Technician 2, Swiftwater Rescue Technician 1, Swiftwater Rescue Technician Advanced Technical Rope Rescue-Operations Level, Technical Rope Rescue-Technician Level, American Canoe Association Swiftwater Rescue, American Canoe Association Advanced Swiftwater Rescue, Adult Child and Infant CPR, Basic First Aid, Automatic External Defibrillator, Advanced Healthcare CPR w/AED, Wilderness First Aid, Wilderness Advanced First Aid, Wilderness First Responder, Wilderness Advanced First Responder, Wilderness and Urban First Responder, Wilderness EMT.

Courses Granted Equivalency for to teach at Feather River College in Quincy, CA:

ORL 116- Outdoor Recreation Principles, ORL 130- Adventure Based Outdoor Recreation, ORL 132- College Outings Program Leadership, ORL 150- Beginning Whitewater Rafting, ORL 152- Whitewater Rafting Guide School, ORL 154- Beginning Canoeing, ORL 156- Beginning Rock Climbing, ORL 158 - Intermediate Rock Climbing, ORL 160- Beginning Backpacking, ORL 161- Intermediate Backpacking, ORL 162- Beginning Mountaineering, ORL 168- Cross Country Skiing, ORL 170- Telemark Skiing, ORL 180- Wilderness First Responder, ORL 182- Swiftwater Rescue Technician, ORL 184 - Challenge Course Facilitation, ORL 186- People Games, ORL 200- Recreational Leadership, ORL187 -Sea Kayaking, ORL 150- Beginning Whitewater Rafting, ORL 152- Whitewater Rafting Guide School, ORL 154- Beginning Canoeing, ORL 180- Wilderness First Responder, ORL 182- Swiftwater Rescue Technician.

8- CERTIFICATES CURRENTLY HELD

- State of California Emergency Medical Technician 1
- Motorized Boat Handling-Rescue 3 International
- Wilderness Medicine Training Center –Lead Instructor

-Rescue 3 International Instructor Trainer in Technical Rope Rescue, Swiftwater Rescue and Wilderness First Aid

-American Canoe Association Advanced Swiftwater Rescue Instructor

-American EHS Health and Safety Instructor

9- Skills

BACKCOUNTRY EXPERIENCE/OUTDOOR SKILLS: as of 9/30/09

(Activity/ Number of years)

Rafting -10

Riverboarding - 9

Sea Kayaking -13

Canoeing - 23

Kayaking - 2

Mountaineering -10

Backcountry Skiing - 13

Rock Climbing - 16

Alpine Skiing - 28

Ice Climbing – 3

Other than my backcountry/outdoor skills I am also proficient at:

- Cooking-I have experience cooking both on a professional and personal level.

- Painting-I have always been very artistic

- Construction-I can build and have built my own house and helped friends to build theirs. I love to do tile/stone work.

10- Personal Interests/Favorite Activities:

When I have any free time I love to travel to go surfing or skiing. If I am at home I love to ride my horses into the mountains behind my home, read a book out on the porch, or go swimming in the creek that runs through my property.