



Instruction in Swiftwater Rescue, Wilderness First Aid,
Technical Rope and Technical Animal Rescue.

TRAIN HARD | BE SAFE

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sierrarescue.com

Hello from Sierra Rescue!

Thanks so much for your interest in the Swiftwater Rescue Technician Unit 1 Course on the Stanislaus River in Knights Ferry, California. The SRT curriculum is specifically designed for fire fighters, rescue teams and professional rescuers who need the best swiftwater training available!

The course is NFPA compliant and meets the required elements for personnel reaching toward Technician Level Certification. 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. Thank you for your interest!

MEETING TIME AND PLACE!

9 AM SHARP: We will meet in the US Army Corp of Engineers Park Headquarters building in Knights Ferry. We will spend part of the morning in a small conference room and then move outside for the rest of the class. The locations for each of the days will be within a 4 mile radius of Knights Ferry.

Class times will be: Day 1: 9 am to 5 pm
Day2: 8:30amto5pm
Day3: 8:30amto4pm

DIRECTIONS TO KNIGHTS FERRY:

From Highway 99: Around Manteca, take Highway 120 east toward Escalon and Oakdale. Continue on Highway 120 to Oakdale. In Oakdale, Highway 120 joins Highway 108. Continue East toward Sonora. Knights Ferry is about 10.2 miles east of the Maag road and Highway 120/108 intersection. Watch for the "Stanislaus River Parks" sign, which comes immediately before the Knights-Ferry-Kennedy Road sign. Turn left off Highway 120/108. There are no buildings or any identifying landmark- just a short turn lane. Take a left on the next road (Sonora Rd). You will go down a hill and cross the river. At the stop sign, turn right and then right again into the Parking Lot.

Lisa is our contact at the Army Corp Building and their number is (209)881-3517. If you are using a GPS or GoogleMaps, just type in Knights Ferry and it will get you there!

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 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.
- ☐ **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)
- ☐ **Fins** (optional)
- ☐ **Food and water:** Lunch, snacks and water for each day!
- ☐ **Extra warm clothes**

FULL EMERSION!

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

Heads Up presentation

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: Contact Rescues and Live Bait continued
Raft handling and flip drills River boarding; handling and rescues
C-Spine rolls and parbuckling

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!

The reality of where to stay is that some folks like Sonora better and some like Oakdale better. Sonora is 25 miles and 30 minutes away. Oakdale is 13 miles and 20 minutes away. Both towns have great places to eat within a short distance from the hotels. The hotel rates are similar. Information about both places can be found at sonorachamber.com or oakdalechamber.com. Here are some of the hotel options below.

IN SONORA:

Best Western Sonora Oaks Hotel & Conference Center
19551 Hess Avenue Sonora, CA 95370 (209) 533-4400

Inns of California, Sonora
350 South Washington Street, Sonora, CA 95370 (800) 251-1538

Sonora Days Inn
160 S, Washington Street Sonora, CA 95370 800-591-8963

IN OAKDALE:

[Best Western](#)
1450 East 'F' Street Oakdale, CA 95361-9228 Phone: (209)845-2500

Holiday Inn Express

828 East F St. Oakdale, CA 95361-4105 Phone: (209)847-9121

Holiday Motel

950 East F Street Oakdale, CA 95361-4107 Phone: (209)847-7023

Jerry's Motel

623 East F Street Oakdale, CA 95361-4043 Phone: (209)847-0206

Quality Inn

825 East F St. Oakdale, CA 95361-4104 Phone: (209)847-8181

CAMPING

The camping at Knights Ferry is exceptional and very close to our training site. The camping area is riverside and is a nice place to spend time after class. There are group sites with picnic tables, parking, and tent sites. Bring your own camping equipment or some students opt to sleep in their vehicles. The site has hot showers, bathrooms and plugins for laptops, ect... To get to the campsite, drive through the historic town of Knights Ferry. As the main road veers right, take an immediate left onto Cemetery Road. The site is immediately on the left with a metal gate.

Bob is manger of site next to Knights Ferry with the hookups. His number is (209)765-1528, although some students show-up the day of class and have had success getting a camping space.

Another great place to check out is River Journey Adventures (www.riverjourney.com). They have camping available on the river in Knights Ferry. The cost is \$8 per person per night. Tent camping only. For reservations, visit their website or call (209)847-4671.

Directions: Take Hwy 120/108 east to the Knights Ferry exit. Turn left onto Kennedy Road. Go 1/4 mile and turn left on Sonora Road. Cross over the river and turn left at the stop sign onto Main Street. Drive slowly through town and turn left onto Cemetery Road. The SECOND driveway on the left is the River Journey Stanislaus River Campground. Look for the RIVER JOURNEY signs.

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 on the river soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue