



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

TRAIN HARD | BE SAFE

530.284.1004 :: 800.208.2723
sierrarescue.com

River Rescue Certification & 2 Day Wilderness First Aid/CPR

Hello from Sierra Rescue!

Thanks so much for your interest in the River Rescue Certification and 16 hour Wilderness First Aid/ CPR Course in Coloma, CA. This curriculum is specifically designed for outdoor guides, Boy Scouts/leaders, backpackers, hikers, river guides, and folks who spend their time working and playing outside! There is no prerequisite or experience required. You are guaranteed to learn a lot and have a great time! We emphasize hands-on scenarios and practice, so come ready for a great days full of activity and learning outside!

Sierra Rescue presents skills and techniques according to practice guidelines established by the Wilderness Medical Society as outlined in the Wilderness Medical Society Practice Guidelines.

Students completing the course will receive a 16hr Wilderness First Aid Card (good for two years) and an OSHA Approved CPR Card (good for two years). This meets or exceeds the minimum requirement for most CPR/ First Aid training needs.

Student will also receive a River Rescue Certification (good for 3 years) through Rescue 3 International.

MEETING TIME AND PLACE!

8 AM SHARP: We will meet at the Mother Lode River Center in Coloma, CA. We will meet at the picnic tables in the morning for introductions and paperwork.

Class times will be: 8 am to 6 pm during the River Rescue Certification
 8 am to 5 pm during the Wilderness First Aid Class

WHAT TO BRING!

For the River Rescue Certification:

- **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: The River Store (530-626-3435) in Lotus, CA. This is a 5 minute drive from the training site. If you can pick them up the night before that's preferred, otherwise, you can pick them up the morning of **AFTER** you check-in for the course. Pacific River Supply (510-223-3675) is another option and they will ship you the drysuit by UPS and you only pay for the days you use it.
- **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**

For the Wilderness First Aid:

- **Food and water:** Lunch, snacks and water for the day!
- **Comfortable clothing:** Please dress for the weather, although it is usually nice in Coloma. You may want to bring a junk t-shirt for fake blood and/or using to cut into a T-shirt roll for improvised splinting. We also recommend wearing clothing that you don't mind getting a little dirty as we'll be outside simulating wilderness injuries.

OVERALL RIVER RESCUE CERTIFICATION OUTLINE:

DAY 1: AM:

Introductions and paperwork

Shallow Water Crossings

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

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

Knots, Hitches, Anchors

Heads Up DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue

Homework: Group tabletop scenarios

Day 2: AM:

Mechanical Advantage

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

Mechanical Advantage

PM:

Zip Lines

Flip drills in the current or in a rapid; boat and passenger recovery drills

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 couple days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you may face as rafters or kayakers.

OVERALL WILDERNESS FIRST AID OUTLINE:

Day 1:

AM: Basic Life Support/CPR/Intro to Trauma

- Introductions and Paperwork
- How to keep situations from getting worse
- Scene Survey: What to think about first: scene safety, personal safety, method of injury and resources
- Blood Borne pathogens: safety, prevention and body substance isolation, Hep B, AIDs, etc.
- Primary Survey: BLS: Nervous system: brain and spinal cord; Circulatory System, and Respiratory System
- AED Training
- Hands on practice w/scenarios
- CPR testing

LUNCH

PM: Trauma and Scenarios

- Trauma: Head Injuries, Internal Bleeding/Volume Shock, Respiratory Distress
- Lots of Hand on Scenarios
- Stable vs. Unstable Musculoskeletal Injuries
- Dislocations
- Improvised Splinting Lab
- Spine Management
- Documentation and Soap Notes

DAY 2:

AM: Wounds and Environmental Problems

- Wounds and Wounds Lab
- high risk vs low risk wounds and treatment
- burns and blisters
- infection

Environmental problems:

- Cold injuries and Hypothermia
- Heat Injuries
 - heat stroke vs. heat exhaustion
- Electrolyte sickness
- Altitude Sickness
- Lightning
- Toxins
- Allergic Reactions; Anaphylaxis and local
- Environmental Scenarios

LUNCH

PM-Medical Problems:

Mini Medical Simulations on:

- Heart attacks: Signs and symptoms/treatment
- Asthma
- Stroke/Seizure
- Diabetes
- Big Scenarios-Incorporating all the medical and environmental problems
- Course Wrap-up/Graduation!

When Requested:

- Pediatric emergencies: Recognition, management, and prevention of infectious diseases, including immunizations, blood borne pathogens, and prevention of childhood injuries.

WHERE TO STAY!

For CAMPING:

You may camp with us at Mother Lode DURING the course, but not before we meet you on the first day of class. Mother Lode is not a public campground, and we have special permission by the owner only when supervised by Sierra Rescue Instructors. We will have a chance to explain the rules to you while we are there. Please be aware that none of the campgrounds in Coloma will tolerate dogs, even in your car! This is also true at Mother Lode.

There are many campground options in the Coloma Valley. Here are a couple we recommend:

Camp Lotus: camplotus.com (530)622-8672
Great folks, great camping!

American River Resort: americanriverresort.com (530)622-6700
If you make your reservation early, you can camp right above Trouble Maker rapid! A great spot!

For HOTELS:

You have some choices for accommodations. There are some B&B's and an older hotel right in the Coloma area. The other hotels and eating options are either in Auburn, CA or Placerville, CA. Placerville is about a 20-minute drive and Auburn is about 25 minutes. Auburn has more options than Placerville does.

In and around Coloma:

Sierra Nevada House - Historic facility provides restaurant and bar, outdoor cafe, event hall, nine hotel rooms, wedding and catering services. Only a 5 minute drive from Malode.

American River Resort - American River Resort offers premier riverside lodging in Coloma, CA. River Rafting, Camping, Cabins, RV Hookups, Wedding and Banquet Facilities are just a few of the amenities ARR offers their guests. 530-622-6700.

Café Mahjaic & Lotus Inn - The Lotus Inn & Café Mahjaic are ideally located on the American River just 5 minutes from Malode. Built in 1857, the Lotus Inn offers six rooms of varying size and accommodation.

Coloma Country Inn - Nestled in the Sierra Nevada foothills between Lake Tahoe and Sacramento, The Coloma Country Inn bed and breakfast provides the perfect setting for an exciting family adventure or a romantic getaway for two.

Coloma Resort - Campground located on the South Fork of the American River, with RV and tent camping sites on one mile of river-front spaces. 1-800-238-2298

In and around Auburn:

Auburn Holiday Inn - Located on I-H80. 30 minutes from Mother Lode River Center

Best Western Golden Key - Located on I-H80, 30 minutes from Mother Lode Center.

Comfort Inn - Located on I-H80; 30 minutes from Mother Lode River Center.

In and around Placerville:

Best Western Placerville Inn - www.bwplacervilleinn.com
6850 Green Leaf Dr, Placerville - (530) 622-9100

Gold Country Inn - Located on Broadway Street near downtown Placerville, this motel offers clean, comfortable, affordable rooms.

Holiday Inn Express - Located on Hwy 50 in El Dorado Hills, 30 minutes from our campground.

Historic Cary House Hotel - Nestled in the heart of the California gold country, the Cary House is "The Jewel of Placerville.

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