



SierraRescue.com ~ info@sierrarescue.com ~ 530-902-6122

Hello from Sierra Rescue & Tahoe Wilderness Medicine, LLC!

Thanks so much for registering in the Swift Water Rescue and Wilderness Medicine Course on the South Fork American River in Coloma, California. This Friday evening through Sunday course includes Rescue 3 International's swift water rescue certification for rafters, kayakers, canoeists, and other recreational river users. TWM is a multi-disciplinary group of physicians, pre-hospital providers, rangers, guides, and outdoor education professionals who have partnered with the Wilderness Medical Society to provide continuing medical education (CME) credits. Collectively, we have extensive expertise in backcountry travel, river travel, climbing, mountain travel and medical education. TWM is based out of Lake Tahoe, and we will incorporate our summer CME curriculum to the whitewater environment with case studies relevant to swift water rescue and wilderness river travel. The CME is *8 AMA PRA Category 1 Credits™* and applicable to physician, nurse, physician assistant, nurse practitioner, and paramedic continuing education. (Other Professionals: Check with your governing entity to determine usefulness of *AMA PRA Category 1 Credits™*).

MEETING TIME AND PLACE!

8:30 AM SHARP: We will meet at the Mother Lode River Center in Coloma, CA. We will meet at the picnic tables for introductions and paperwork and then move to the river. We will be in the water all day; so please be prepared.

When you arrive at the Mother Lode River Center, please keep to the left. Drive through the parking lot and down the hill towards the river. Once you reach the river, you will continue upstream until you see our vehicle. This is called the Upper Kitchen. We will meet at the picnic tables 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 2: 8:30 am to 5:30 pm
Day 3: 8:30 am to 5:30 pm

When driving from Sacramento:

Go East on Highway 50. Exit at the N. Shingle Springs/Ponderosa Road off ramp. At the top of the off ramp turn left and go over the freeway. Take the first available right turn onto N. Shingle Road. In approximately 4.5 miles this road turns into Lotus Rd. (you will

probably not even know it when it happens). Stay on Lotus Rd until it dead ends at Hwy. 49 (approx. 5 miles). Turn left onto Hwy 49 and you will cross over the South Fork of the American River. Mother Lode Camp is located on the left side of Hwy. 49, 2.3 miles from this bridge and opposite County road marker 26.51. Our physical address is 6280 Hwy 49. Approx. driving time is 1 hr from Sacramento.

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:

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 great!, otherwise, you can pick them up the morning of class **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. 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**
- **Any personal rescue gear that you currently have: Throw Bag, etc.**
This is for you to have an opportunity to practice with your own gear.

FULL IMMERSION!

Please plan on very active days and homework at night. We integrate the classroom materials throughout the course and you will be in the water a lot during the class. We will make the course 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 and we will make it as relevant as possible to your whitewater interest.

OVERALL SWIFTWATER OUTLINE OF THE DAYS:

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.

CME Topics

1. Introduction to Wilderness Medicine
2. Wilderness Patient Assessment
3. Heat Related Illness
4. Wound Management & Burns
5. Drowning/Submersion/Dive Injuries

6. Bites, Stings, and Animal Attacks
7. Cold Related Illness
8. Wilderness Trauma - case based workshop on selected topics
 - a. Dislocations and reductions
 - b. Fracture management and splinting
 - c. Evacuation and patient packaging
 - d. Spinal assessment and immobilization
 - e. Improvised wilderness care
 - f. Improvised litters

Educational Objectives: After attending this conference, the participants will be able to:

- Demonstrate increased awareness of medical problems unique to the wilderness and austere environments
- Prevent, diagnose and manage illnesses or injuries in the wilderness and/or remote location
- Promote increased awareness of safety and accident prevention in wilderness surroundings

WHERE TO STAY!

For CAMPING:

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!

PLEASE NOTE: For past students who remember camping at Mother Lode River Trips. This is no longer an available option!

For HOTELS:

You have some choices for accommodations. There are some B&B's right in the Coloma area, and The American River Resort americanriverresort.com also has cabins right on the river. 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:

American River Resort - American River Resort offers premier riverside lodging in Coloma, CA. River Rafting, Camping, Cabins, RV Hookups, 530-622-6700.

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

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.

In and around Auburn:

Auburn Holiday Inn - Located on I-80. 30 minutes from Mother Lode River Center
Best Western Golden Key - Located on I-80, 30 minutes from Mother Lode Center.
Comfort Inn - Located on I-80; 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."

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and (name of non-accredited provider). The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Wilderness Medical Society designates this educational activity for a maximum of *8 AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity.

Faculty Disclosure: It is the policy of Tahoe Wilderness Medicine, LLC to disclose real or apparent conflicts of interest of faculty members related to the content of their presentation to participants to help the participants form their own judgment about the presentation.

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