



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

Hello from Sierra Rescue!

Thanks so much for your registering in the Ice Rescue Technician Class. This course is valuable training for emergency responders who may have to venture onto surface ice to perform a rescue. In a rescue situation, it is already clear that the ice is unsafe, and therefore this course does not spend a lot of time on ice formation and determining it's strength. Rather, the emphasis is on self-rescue and the full range of techniques and specialized equipment that can be used for rescuing others. The curriculum also includes the significant medical considerations for patient packaging and extrication posed by cold-water immersion.

This course also includes an overview of skills and knowledge necessary for responding to incidents on surface ice over moving water. This course is the standard-of-care for emergency responders who respond to incidents on surface ice. It meets and exceeds the NFPA 1670 and 1006 Standards.

WHAT TO BRING!

For the water:

- **Drysuit or Full Wetsuit (5mm+)**! (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. Please feel free to let us know what is most important to you as we go through the training.

OVERALL BASIC OUTLINE:

- Rescue Philosophy
- Overview NFPA standards (optional)
- Size up
- Management, team organization, and pre-planning
- Medical considerations of cold injuries (cold water immersion, hypothermia, etc.)
- Ice processes, formation and properties
- Rescuer safety
- Gear and equipment
- Communications and signals
- Animal handling (optional)
- Knots, hitches and special rope considerations
- Walking, snowmobiling and driving on ice
- Ice staff
- Self rescue techniques including use of ice picks
- Shore-based rescue techniques
- Anchoring and mechanical advantage
- Go rescues including live bait
- Continuous loop
- Sled or boat-based techniques
- Using mechanical advantage on heavy loads

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 situations you or your agency may face.

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 soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue