



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

Hello from Sierra Rescue!

Thanks so much for registering in the River Rescue Advanced Certification Course (RRC-Adv). This dynamic curriculum is specifically designed for river guides, private boaters and kayakers, whitewater rafters, river boarders and river enthusiasts!

Class times will be: Day 1: 8:30 am to 6:00 pm
 Day 2: 8:30 am to 6:00 pm

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:

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**
- **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!

The natural progression for someone who has already had either the RRC, or another formal rescue based training. This starts where your first course left off! Very little of your original RRC training will be repeated. This allows for you to build upon a skill set that you already have! It is a scenario based course designed to develop the ability to choose good actions when a river rescue is necessary. This course builds on the skills of the RRC with more scenarios, additional scene management challenges, more complicated entrapment rescues, evacuation, and additional rope skills.

This energetic, and physical curriculum will be challenging and focused on quick reaction time with a thorough understanding of options and resources. This class will also meet the requirements for the ACA Level 5 Swiftwater Rescue Certification as well as the Rescue 3 International WRT Pro or Advanced certification. Please plan on very active days and homework at night.

OVERALL BASIC OUTLINE OF THE DAYS:

DAY 1: AM:

Introductions and paperwork

Advanced Swimming and Throwbagging

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

PM:

Advanced Contact rescues: defensive, counter panic passengers

Live-Bait jackets; use, release, self-rescue techniques

Knots, Hitches, Anchors

Homework: Group tabletop scenarios

Day 2: AM:

Advanced Rope Work

Debrief written homework,

PM:

Group Scenarios

Fill in the gaps

Paperwork completion and Graduation

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.

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