



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

Hello from Sierra Rescue!

Thanks so much for your interest in the River Rescue Certification **for Professionals (RRC-P)** Course. This internationally recognized certification was written for Professional BOATERS, by Professional BOATERS. It is a fast paced, scenario based course designed to develop the ability to choose good actions when a river rescue is necessary. This curriculum is for river guides and kayakers that spend a good portion of their lives on the river in a professional capacity, and therefore have a solid base of boating and basic rescue skills already.

This energetic and physical curriculum will be challenging and focused on quick reaction time with a thorough understanding of options and resources. The skills testing component will emphasize knowing your own limits, skill level, knowledge of basic rope skills and the ability to execute a rescue as part of a team. The challenges of responding at night are highlighted in the night op. The task book at the end lays out easy ways to keep your certification current with continuing education and testing day options. This three day, intensive and comprehensive course takes professional certification for the professional boater to a whole new level.

Prerequisites: Current River Rescue Certification, Current River Guide or Kayak Instructor, and excellent rescue skill including the use of throw bags, basic knots and anchors.

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
- **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
- **Personal throw bag:** Bring the bag you use on the river
- **2 locking carabiners**
- **Wetsuit gloves** (optional)
- **Food and water:** Lunch, snacks and water for each day!
- **Extra warm clothes**
- **Any other river gear/ rescue gear you normally boat with:** This course encourages folks to bring the tools they boat with. If you bring it boating, bring it to the class!
- **Kayak and paddle (optional):** Please bring if you are a kayaker
- **Pulleys, prussic, webbing (optional):** Again, please bring the gear you use on the river.

NOTE: This course is a good time to figure out what you want to add or subtract to your personal gear. Bring what you would have with you as a guide or kayaker.

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:

- Using basic access skills such as boating, wading, swimming and throw bagging
- Identifying hazards and trying to prevent accidents from ever happening
- Carrying basic safety and rescue gear, and being competent in its use
- Knowing basic rope rescue skills for use in access, gear retrieval, etc.
- Understanding basic search components
- Improving awareness of safety skills in the advanced river environment
- Developing and practicing advanced rescue techniques
- Understanding and practicing structure in advanced emergency situations
- Understanding your own strength and weaknesses and performing a basic skills test

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 BASIC OUTLINE OF THE DAYS:

- Introductions and paperwork
- A new way of thinking about rescue
- Understanding: LAST: Locate, Access, Stabilize and Transport
- Review of skills and options:

- Advanced swimming; aggressive, defensive, barrel roll, swiftwater entry
- Advanced throw bagging; rope management, decision making, etc.
- Rescue jacket uses and self rescue; ie; live bait, kayaker extraction, etc.
- Wading and hands on stabilization
- River rescue scenarios with hands on practice
- Knots, Hitches, Anchors Review; what you need to know!
- Advanced principles of ropes in river rescue
- Application of simple principles in effective ways
- Paddling onto the scene – organization and priorities of the rescue
 - Kayaker, rafter, cats, etc approach
- Retrieval of people and gear
- Effective search
- Evacuation and decision-making process in the river rescue
- Procedures for extrication/ evacuation
- Advanced pin/ rescue scenarios

Night Ops:

It is important for river professionals to be able to respond in the dark. Understanding the challenges, and how to organize for success is critical, as well as knowing what extra items need to be on hand. This evolution may be a search, a swim, or both. It will be up to the Instructor based on the location of the course, the weather, and the river flows.

SKILLS AND PERFORMANCE SECTION

The objective is to gain an assessment of your ability to actually “perform” rescue skills. These include good access and assessment skills, as well as the ability to stabilize a scene and evacuate a patient. Emphasis is on both the actual skill set, and your ability to know your strengths and weaknesses; as this is what will be crucial in a rescue.

Each section will have a reasonable time limit to be determined by the Instructor. The skills section will test ability to complete tasks with attention to self safety, and the safety of others. This is not about speed or distance, it is about strategy and good planning. A reasonable level of fitness will be necessary. A river guide can rig the boat for the drills however they see fit as long as it is safe, and a way they would rig the boat to run a river. (ie. A thwart strap, or hand hold to grab onto when self rescuing into the boat) This is designed to help you know your limits and prepare for self rescue under realistic circumstances.

Skills will all be practiced in the days leading up to the testing. These include, but are not limited to, the following:

- Good access and assessment skills
- Ability to stabilize a scene
- Evacuate a patient

- Swimming
- Self rescue with craft of choice
- Throw bagging
- Basic technical rope skills
- Ability to operate as part of a team
- Knots
- Anchors
- Raft flip drills
- Safety Talk

The skills testing will involve pass/fail components. Documentation will be kept in a task book at the end of the RRC workbook. Continuing education options, workshops, and keeping the certification current will also be documented in the task book section of the workbook. A RRC-PRO certificate will be issued once the student has passed the skills testing segment.

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 situations you may face as river professionals.

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