



[SierraRescue.com](http://SierraRescue.com) ~ [info@sierrarescue.com](mailto:info@sierrarescue.com) ~ 530-902-6122

## **Hello from Sierra Rescue!**

Thanks so much for your interest in the Rescue Swimmer training. These courses are the core of the new Rescue 3 Rescue Swimmer program. The classes are aimed for students rescuing in an open water environment such as lakes or ponds of various sizes, as well as flatwater rivers and park waterfronts.

## **WHAT TO BRING!**

- **Full Wetsuit:** You will be spending lots of time in the water!
- **Neoprene Layers**
- **Footwear:** Wetsuit booties or good shoes for swimming.
- **Wetsuit gloves** (optional)
- **PFD** – any type
- **Mask**
- **Snorkel**
- **Fins**
- **Swimsuit**
- **Food and water:** Lunch, snacks and water for each day!
- **Extra warm clothes**

**Note:** We have extra mask, snorkel and fins-lets us know if you want to borrow. Also, even though you may be in a pool the first day, you should come just as prepared as you would to be in open water. It does get cold being in the pool all the day!

## **FULL IMMERSION!**

Please plan on very active day in the water! The Rescue Swimmer course will help rescuers improve their swimming technique, practice victim management and rescue. A strong emphasis is also placed on dealing with victims in the open water. 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 interest.

## **Rescue Swimmer Basic:**

- Introductions and paperwork
- Philosophy of Rescue
- Rescuer Safety and Survival Specialized Equipment
- Swim Techniques - Aggressive, Recovery, Adjuncts
- Victim Management

- Escapes/Releases
- Victim Tows contact and adjuncts
- Sub surface Recovery
- Victim Packaging
- Medical Management and Treatment
- Introduction to Search Passive vs. Active
- Scene Management
- Documentation
- Site Control/ICS Communications
- Risk vs. Benefit
- Scuba Operations
- Search Techniques Patterns, Triangulation, Marking
- Shore Based ops/Boat Based ops
- Rescue Problem/Scenarios

**Rescue Swimmer Advanced:**

- Introductions and paperwork
- Swim and Tow Review and timing
- Specialized Equipment-SUP/Boards
- Sub-surface Recovery-Car Prop
- Advanced Search Techniques
- Patterns, Triangulation, Marking
- Rescue Problem/Scenarios

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 realistic situations you may face as an inland swimmer.

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 soon!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue