



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

## **Hello from Sierra Rescue!**

This Boater Safety Workshop is being specially offered for whitewater enthusiasts. The class will feature some of the latest in river safety, proper gear usage, rescuing gear and many of the challenges faced by whitewater boaters today. Activities will be oriented towards developing good judgment and criteria for safety, as well as developing skills in moving water.

## **Class Times: 8:30am – 5:30p**

### **Overall Basic Outline:**

#### Review

- Understand the importance of self-rescue (participating in our own rescue)
- Matching personal gear and skills to rivers
- Making good decisions that respect the group

#### Basic Rescue

- Self-Rescue
- Throw bags
- Swimming
- Wading

#### Lunch

#### Rope Review

- Knots, Hitches
- Anchor building workshop
- Mechanical Advantage
- Flip drills and pulling people back into boats

#### Group Rescue scenarios

#### Course Debrief and Close

## **WHAT TO BRING!**

- 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: [pacificriversupply.com](http://pacificriversupply.com). Pacific River Supply will ship you the drysuit by UPS and you only pay for the days you use it. Great and easy option.
  - 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.
- PFD Type 3 or Type 5 with whistle and knife (knife optional)
- Helmet: Lightweight swiftwater or climbing helmet.
- Hard soled wetsuit booties or good shoes for walking in the river
- Lunch, snacks and water!
- Extra warm clothes

## **FULL IMMERSION!**

Please plan on very active day! 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. 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.

Please feel free to contact us directly if you have any questions that you need answered before the class!

Julie Munger & Abigail Polsby