



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

Hello from Sierra Rescue!

Thanks so much for your registering in the Swiftwater and Flood Rescue Technician Unit 1 Training Class. The SRT curriculum is specifically designed for fire fighters, rescue teams and professional rescuers who need the best swift water training available!

The course is NFPA compliant for Surface Water Rescue Standards and meets some of the requirements for personnel working toward Technician Level Certification. It includes 24 contact hours. The SRT Unit 1 is the first step toward "Technician Level" proficiency that can be attained once the SRT-1, TRR-TL and SRT-A have been completed. The course is very active in the water and is suitable for rescuers with no water rescue experience. The course also offers experienced rescuers the opportunity to develop their skills and push their personal limits on and off the water with realistic rescue scenarios, self-rescue challenges, and lots of hands-on interactive rescues and experiences.

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:

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. We will emphasize self rescue, throw bag rescue, entrapments, thinking through a rescue, simple rope tricks and rescue techniques that have been tested and proven successful in real rescues.

Please feel free to let us know what is most important to you as we go through the training.

OVERALL BASIC OUTLINE:

- Introductions and paperwork
- Introduction DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue
- Swimming: defensive, aggressive, barrel rolls, accessing eddies
- Throw bags: when, where, coils, belay, back-up, vector pull
- Contact rescues: defensive, counter panic passengers
- Live-Bait jackets; use, release, self-rescue techniques
- Shallow Water Crossings
- Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body Entrapment, Kayak Entrapment
- Strainer drills
- Canal Rescue / Flood rescue considerations
- Contact Rescues and Live Bait continued
- Raft handling and flip drills
- Search
- Knots, Hitches, Anchors
- Mechanical Advantage
- Wrapped boats: rafts and kayaks: The real scoop on freeing them.
- Zip Lines
- Scenarios
- Debrief written homework, test, paperwork completion
- Fill in the gaps

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 swiftwater 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 on the river soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue