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River Rescue Certification – Kayak Course

Thanks so much for your interest in the River Rescue Certification Kayak Specific (RRC-K) Course. This is a dynamic, kayak-specific curriculum designed for whitewater kayakers and safety kayakers who want to become safer, more confident boaters and develop the skills to respond effectively in a rescue situation.

This course is suited for Kayakers with experience on the river. However, no rescue experience is required.

The course builds a strong foundation in prevention, river reading, sound judgment, and kayak-specific rescue techniques — including understanding pinned kayakers and approaching rescues from a paddler's perspective.

Expect a challenging, hands-on experience that will sharpen your skills and change the way you think about moving water.

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.**
- **Kayak, paddle, and sprayskirt (optional)**
- **Pulleys, prussic, webbing (optional)**



This is an opportunity to practice with your own gear.

FULL IMMERSION!

Please plan for 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 class. We will make the course as scenario- and case study-based as possible.

The RRC-K emphasizes improving personal safety awareness in advanced river environments, developing and practicing rescue techniques specific to kayakers, and building a solid understanding of scene assessment and access strategies from a paddler's perspective.

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 interests.

OVERALL BASIC OUTLINE:

- Introductions and paperwork
- A new way of thinking about rescue – from a kayakers perspective
- Prevention, Equipment, Organization, Orientation to Swiftwater Rescue
- Coming onto the scene in your boat
- Shallow Water Crossings
- Entrapment, Kayak Entrapment
- Entrapment rescue options for kayakers
- Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body
- Swimming: defensive, aggressive, barrel rolls, accessing eddies
- Throw bags: when, where, coils, belay, back-up, vector pull
- Live-Bait jackets; use, release, self-rescue techniques, using a tow-tether
- Knots, Hitches
- Homework: Group tabletop scenarios
- Anchor building workshop
- Mechanical Advantage
- Wrapped boats and unpinning kayaks: The real scoop on freeing them
- Retrieval of people and gear
- Evacuation and decision-making process in the river rescue
- Procedures for extrication/ evacuation
- Advanced pin/ rescue scenarios
- Zip Lines/ tension diagonals
- Kayak entrapment scenarios
- Debrief written homework, test, and 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 couple of days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you may face as kayakers.

Please feel free to contact us directly if you have any questions before the class! Thanks for registering for this class, and we look forward to seeing you on the river soon!

