



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

River and Stream Safety Course

This River and Stream Rescue workshop was created for environmental consultants, biologists, Department of Water Resources personnel, occupational workers, and other state and federal employees who work on or around flowing water.

This can be anywhere from a 1-to 3-day river and stream safety course. It can either be a 1-day workshop (RSS) or up to a 3-day certification course (RSC) with practice on anything from wader swimming to working safely near water.

The main focus is the prevention of accidents. You will develop awareness of hazards to prevent accidents, better prepare crews for safe water and hydrology sampling, and other types of work or surveys in the riparian environment. You will also familiarize crews with hazards such as strainers, undercut rocks, hydraulics, hypothermia, and high water, and teach self-rescue techniques, safe wading practices, and the use of throw bags. Activities will be oriented toward developing sound judgment and safety criteria, as well as building skills in moving water. It is great to do this with a joint wilderness first aid workshop.

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: 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.
- 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 and on the banks with wool socks and/or wetsuit socks
- Wetsuit gloves (optional)
- Fins (optional)
- Lunch, snacks, and water!



- Extra warm clothes

Overall Basic Outline:

Objectives:

- Develop awareness of hazards for easier prevention of accidents
- To better prepare crews for safe water and hydrology sampling and other types of work or surveys in the riparian environment
- To familiarize crews with hazards such as: strainers, undercut rocks, hydraulics, hypothermia, and high water
- To learn self-rescue techniques, safe wading practices, and the use of throw bags
- Activities will be oriented towards developing good judgment and criteria for safety, as well as developing skills in moving water

Curriculum includes:

- Introduction and Course Paperwork
- Hydrology and Forces of Water
- Hazard Identification
- Evaluation Criteria, Know before you go
- Criteria for Safety on the Water: Identifying skill levels and safe working conditions
- Safety Talk and Buddy System
- Defensive Swimming, Self-Rescue
- Throw Bags and Hazards
- Use of Throw Bags
- Wader Safety and Self-Rescue
- Shallow Water Crossing - safe wading practices and techniques, line abreast, line astern, one person, group crossings
- Wader safety and drills - float in waders with a belt on, float in waders without a belt
- Foot and Body Entrapment and Wading Rescue

FULL IMMERSION!

Please plan for very active day(s). We integrate the classroom context 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. 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, and we will make it as relevant as possible to you.



The outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you may face.

Please feel free to contact us directly if you have any questions.

