



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

Swiftwater and Flood Rescue Technician and Advanced

The combo Swiftwater and Flood Rescue Technician and Advanced (SWFRT/A) curriculum is specifically designed for firefighters, search-and-rescue teams, and professional rescuers who need the best available swift-water training.

The SWFRT/A combines the curricula of the SWFRT Unit 1 and SWFRTA into one class. The SWFRT Unit 1 teaches the fundamental rescue skills for swiftwater, and the SWFRT-Advanced brings together advanced swiftwater techniques and rope rescue techniques in a swiftwater environment. This course also includes a night search and rescue operation in a river environment and lots more! It is a very active and fun course for students who are up for the challenge!

This course is NFPA compliant with Surface Water Rescue Standards and meets some of the requirements for personnel working toward Technician Level Certification. It includes 48 contact hours. To reach "Technician Level" proficiency in water and technical ropes, which can be attained once SWFRT, SWFRTA, and HARRT have been completed.

This course is very active, and participants will spend lots of time in the water. Participants should be able to swim and have adequate physical fitness for long days outside and in the water. The course also offers experienced rescuers the opportunity to develop their skills and push their personal limits on and off the water through 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
- Any personal rescue gear that you currently have: Throw Bag, etc.
This is an opportunity to practice with your own gear.

For the technical rope parts and the night operation:

- Headlamps and other lighting you may have for the night operation
- Handheld radios; Motorola or other communication system you would like to use (optional; we have Motorola)
- Personal harness
- Long sleeve shirt and pants
- Good boots for rope operation at night and in steep terrain

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. 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 your whitewater interest.

OVERALL BASIC OUTLINE:

Swiftwater Rescue Technician 1 portion

- Introductions and paperwork
- Introduction: Hydrology, River and Floodwater Hazards, and Risk Assessments
- 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

Swiftwater Rescue Technician Advanced portion

- Advanced swimming: defensive, aggressive, barrel rolls, accessing eddies
- Advanced throw bags: when, where, coils, belay, back-up, vector pull
- Contact rescues: defensive, counter panic passengers
- Live-Bait jackets; use, release, self-rescue techniques
- River boarding and raft handling in class 3 whitewater
- Flip and recovery drills
- Wrapped Boats
- Water to Rope transitions
- Combination of Advanced Swiftwater and Technical Rope skills
- Pick offs, Knot passing, Mechanical Advantage review, Litter packaging, Raising and Lowering evolutions
- Night Operation: will go from dark until the "victims" are found and evacuated. The process will most likely involve at least one victim needing to be packaged and transported in a litter up a steep bank.
- Debrief Night Operation
- Flood canal and flash flood rescue techniques
- Low-head Dam rescues: video review and objective analysis
- Scenarios: These will involve rescuing folks out of flood canals in very fast water among others; including entrapments, low head dams (simulation) and other advanced scenarios not already addressed in the first two days.

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



