



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

River Rescue Advanced Certification Course

The **River Rescue Advanced Certification (RRC-Adv)** is a dynamic curriculum specifically designed for river guides, private boaters and kayakers, whitewater rafters, river boarders, and river enthusiasts!

This course is the natural progression for someone who has already had either the RRC or another formal rescue-based training. It starts where your first course left off — very little of your original RRC training will be repeated, allowing you to build on the skill set you already have. This scenario-based course develops your ability to choose the right actions when a river rescue is necessary. This course builds on RRC skills with more scenarios, additional scene management challenges, more complex entrapment rescues, evacuation, and additional rope skills.

This energetic and physical curriculum will be challenging and focused on quick reaction time, with a thorough understanding of options and resources. This class will also meet the requirements for the ACA Level 5 Swiftwater Rescue Certification, as well as the Rescue 3 International WRT Pro or Advanced certification. Please plan on very active days and homework at night.

Prerequisites: Current River Rescue Certification (RRC), or another formal rescue-based training.

This course includes a waterproof Sierra Rescue International River Rescue and Safety Field Guide.



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
- **Personal Throw Bag**
- **2 Locking Carabiners**
- **Wetsuit gloves** (optional)
- **Food and water:** Lunch, snacks, and water for each day!
- **Extra warm clothes**
- **Kayak and Paddle (optional)**

NOTE: This course is a good time to figure out what you want to add or subtract to your personal gear. Bring what you would have with you as a guide or kayaker.

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.



Outline:

Day 1 – AM:

- Introductions and paperwork
- Advanced Entrapment rescues:
 - Wading, swimming
 - throw bag techniques,
 - foot and body entrapment
 - kayak entrapment

Day 1 – PM:

- Advanced contact rescues: defensive, counter-panic passengers
- Live-bait jackets: use, release, self-rescue techniques
- Knots, hitches, anchors
- Homework: group tabletop scenarios

Day 2 – AM:

- Advanced swimming and throw-bagging
- Advanced rope work

Day 2 – PM:

- Group scenarios
- Fill in the gaps
- Debrief written homework
- Paperwork completion and graduation

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 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!

