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RESCUE 3 INTERNATIONAL WHITewater RESCUE TECHNICIAN COURSE OBJECTIVES

Three-Day Format

This course is approximately 24-30 hours total with 8-10 hours of classroom and approximately 16-20 hours in the field. It is suggested that the class be held over 3 days, but it can be adjusted to fit shift and other schedules.

General Objectives

1. To develop a sense of confidence and necessary skills for river professionals in dealing with whitewater rescue situations.
2. To train the student in utilization and adaptation of standard rescue gear in swiftwater situations.
3. To train the student in usage of innovative rescue equipment in whitewater rescue situations.

Behavioral Objectives

Upon completion of this course the student will:

1. Have a sound working knowledge of whitewater river dynamics and water-related physiology.
2. Be able to recognize and treat the signs and symptoms of significant medical problems related to water accidents.
3. Have a working knowledge of all equipment used including: climbing gear, lights, boats, signaling devices, specialized gear and vehicles.
4. Be able to function with helicopters as a rescue asset and understand their characteristics, capabilities, and limitations; and be safety conscious while working around helicopters.
5. Be able to rescue and extricate an accident victim from the water.
6. Be able to safely swim swiftwater and maneuver so as to negotiate river hazards and obstacles at various water levels.
7. Be able to handle small inflatable boats by paddle, oar and by tether.

8. Have a working knowledge of applicable communications systems.
9. Have knowledge of on-scene leadership.
10. Understand swiftwater rescue team organization and the response of the victim.
11. Be able to utilize climbing and technical rescue gear applicable to swiftwater rescue.
12. Be able to ford shallow and fast-moving water utilizing various techniques.
13. Be able to cross deep, slow-moving and fast-moving water utilizing basic climbing gear, small boats, and combinations of the two.

Materials Supplied

Rescue 3 will supply the technical gear necessary for the class (with the exception of the Stokes litter and boat or I.R.B. which are supplied by the “hosting” agency). Each participant will receive a manual of related information and articles. At the successful completion of the course a certificate of completion, a Whitewater Rescue Technician patch and an ID card will be presented to each student.

Student Equipment

Each student needs to have a full wetsuit or drysuit; a pair of river sneakers or wetsuit booties; a climbing/kayaking helmet (it must be lightweight, drain water easily and cover the back of the head); and a U.S. Coast Guard rated, Type III or V lifejacket or PFD (personal flotation device). River gloves and a pair of fins may also come in handy, but are not required.

Student Requirements

In addition to the equipment listed above, students should expect and prepare for the elements with adequate dry, warm clothing; and food and beverages emphasizing sugars and carbohydrates. A small stove and/or other warmth retention devices will also be helpful to keep the students warm. Students should have a pen, pencil and notepaper at all class sessions.

Observation or participation of all activities, a co-signed skills check-off sheet, and a written test are required to receive the certificate of completion. A willingness to learn and endure arduous circumstances, long hours, and fatigue will all contribute to a student’s success. If a student feels uncomfortable about participating in any activity and simply wishes to observe he/she should advise the instructor of this decision. Rescue 3 recognizes caution as the first sign of a good rescuer.

WHITEWATER RESCUE TECHNICIAN COURSE OUTLINE

Three-Day Format

This is a generalized course outline. Individual instructors may change the order in which the outline subjects are covered. All topics will be covered at some time during the class.

Day One

Registration	15 mins.
Introduction	15 mins.
Lecture	Rescue Philosophy	30 mins.
Lecture	Team Organization	15 mins.
BREAK	15 mins.
Student Introductions	15 mins.
Movie	“Swept Away”	45 mins.
Lecture	Hydrology	1 hour
LUNCH	1 hour
Lecture/Practice	Personal Equipment	30 mins.
Movie	“Whitewater Survival”	30 mins.
Lecture	Panic / Survival	15 mins.
Lecture	Vehicles	15 mins.
Lecture/Video	Class Out-takes / Rescues	30 mins.

Day Two

Lecture	River Safety	15 mins.
Lecture	Communications	15 mins.
Practice	Swimming	45 mins.
Practice	Throw bags	45 mins.

BREAK	10 mins.
Practice	Swimming over obstacles (strainer)	45 mins.
Practice	Foot Entrapments	30 mins.
LUNCH	1 hour
Practice	Line Crossings	30 mins.
Practice	Shallow Water Crossings	1 hour
BREAK	10 mins.
Practice	Technical (knots, anchors, etc.).....	2 hours

Day Three

Practice	Technical (z-drag, haul systems).....	1 hour
Practice	Boat wraps and rigging	45 mins.
Practice	Zip line/ tension diagonal	45 mins.
BREAK	15 mins.
Practice	Live Bait Rescue	1 hour
LUNCH	1 hour
Practice	Contact Rescues	1 hour
Practice	Boat Handling	1 hour
BREAK	30 mins.
Practice	2 & 4 Point Boat tether	30 mins.
Practice	Tyroleane (optional).....	45 mins.
Course Evaluation	Skill Sheets/Test/Class Review	30 mins.