Swiftwater Rescue Course

MAY 20-22, 2016  9:00AM – 5:00 PM

HERE’S WHAT TO EXPECT:
This course is designed to give you the skills to deal with the various rescue situations that can occur while paddling on rivers. We recommend this course for anyone who plans to spend any time on whitewater. This course will focus on self and assisted rescues as well as the equipment and rope work to go with them. The final day of the course will be spent handling river rescue scenarios.

WHERE:
This class will begin at 9am at the UMD Outpost in Carlton, Minnesota. This is a physically active class, please get plenty of rest and eat a healthy breakfast. See the course outline below to familiarize yourself with the weekend’s activities, which will be in both classroom and river settings.

SKILL REQUIREMENTS:
Participants are encouraged to have strong swimming abilities, class II paddling skills, and the ability to recognize river features prior to the course. These skills are necessary for those who wish to participate in every aspect of the course. However, people with lower skill levels can benefit from observing and participating at their own level.

PREPARATION AND WRAP UP:
If you wish to study rescue manuals before the course, some recommended texts include River Rescue by Les Bechdel and Slim Ray; and the Whitewater Rescue Manual by Charles Walbridge and Wayne Sundmacher Sr. At the end of the course, we’ll review what we learned and ask for feedback in the form of course evaluations.

EQUIPMENT:
Remember to bring a notebook, pencil and a lunch each day. Staff will be at the Outpost by 8:30am.

See equipment list below for paddling equipment details.

The Real Classroom is Outside...Get Into It!
Swiftwater Rescue Course Outline

DAY 1
Outpost Classroom:
- Introductions and expectations
- Awareness and Attitude
- Knots
- Pre-trip Planning
- Equipment: Paddling gear & Technical rescue gear
- Video previews
- LUNCH BREAK
St. Louis River:
- Conditions affecting safety & rescue
- River hazards
- Self rescue: In boat, swimming
- Assisted rescues: Throw bags & wading
- Tag lines – rope ferries, tag lines to rescue
- Static line set-up
- Dealing with Strainers - swimming drill

DAY 2
Outpost Classroom:
- Case Studies
- More knots
- Liability and reporting
- Rescue Organization
  Rescue Leader
  - Z-Drag instruction
  - Dry Land Telfer Lower
  - LUNCH BREAK
St. Louis River
- Technical rescues
- Boat based rescues
- Strong swimmer rescues
- If Time Allows: Telfer Lower, Rescues from Above
- Optional group dinner at a restaurant in Duluth or Carlton

DAY 3
St. Louis River
- Split into teams for real-life rescue situations
- Conclusion & course evaluation (All done by 4 pm)
Swiftwater Rescue Course Equipment List

The weather in late May can be cold and wet. Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. We will be getting wet during this course. Bring your whitewater kayak or canoe and accessories if you can. We will look at your equipment and provide additional safety and performance ideas.

ITEMS WE FURNISH (if you have any of these items, feel free to bring — it is better to use your own)

• kayak or canoe
• life jacket
• helmet
• spray skirt
• paddle
• whitewater rescue equipment
• wet suit & paddling jacket
• dry bags for lunches on the river
• first aid and repair kit

YOU BRING
• swimsuit & towel
• filled water bottle
• sunglasses
• eye glasses strap
• sunscreen
• warm hat that covers ears
• notebook & pencil
• lunch/snacks
• nylon wind breaker
• nose plugs
• camera (optional)
• footwear - 1 pair of thin soled neoprene booties or sneakers that can get wet
• synthetic long underwear top and bottom / no cotton
• fleece long sleeve top or wool sweater

Optional: Participants can bring their own paddling/rescue accessories, throw bag, prussik loops, carabiners, webbing, river knife and rescue pfd.