



Swiftwater Rescue I

Course Objectives

Swiftwater Rescue I is Dive Rescue International's renowned three day (24 hour) training program. Swiftwater rescue operations are inherently dangerous and with the complications of fast current, low-head dams, and/or hidden debris they can become deadly. Prepare for these special hazards by learning how to organize and manage safe swiftwater rescue operations. Participants in this program should be prepared for multiple in-water scenarios.

This program is presented in the classroom and open-water to allow students to become familiar with different field scenarios. Successful completion of this program is measured in class participation and an end of program comprehensive test.

Key training topics and the associated objectives include:

SWIFTWATER ORIENTATION

- Identify examples where fast moving water is moving in a linear direction (swiftwater)
- Define the four river references as they relate to facing downstream
- Name the basic characteristics of moving water and what factors can change those characteristics
- Describe the two types of flow associated with water moving through a river bed and the four characteristics of water dynamics
- Define surface velocity and its formula
- Describe the five different river characteristics that require caution
- List and define the six categories of swiftwater

HAZARD AWARENESS

- List and give specific examples of swiftwater hazards
- Describe what low-head dams are used for, describe the cross section, and define the challenges and hazards associated with them
- Preplanning and Equipment
- Identify when preplanning potential accident sites should be done
- List the information that should be included on a Hazard Assessment Form
- Name sources that help with locating hazard and accident sites
- Discuss personal protective equipment (PPE) for both shore-based and in-water rescuers
- Identify what should be included in team equipment
- Define what the SANE approach is

FUNDAMENTAL RESCUE TECHNIQUES

- Describe the proper body positioning for a self-rescue technique
- Identify the four rescue methods, in order of preference, for a victim rescue and explain each one individually
- List the dynamics of using a throw bag and describe the correct and incorrect ways for a rescuer to hold the loop of the throwline bag
- Define a shallow water crossing and the three different forms of maneuvers
- Technical Rescue Systems
- List and describe the four technical rescue systems
- Identify and describe the different rescue hand signals



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GENERAL PATIENT CARE

- Describe the medical considerations for general patient care
- Define the field management standards of patient care
- Explain hypothermia and when it can occur
- Define the acronym FAILURE

KNOTS AND RIGGINGS

- Identify the different anchor/riggings systems
- List and describe the different types of knots and in what scenarios they would be used

PREREQUISITES

All students must be a current member of a public safety agency and at least 18 years of age. This program is designed for personnel who are physically fit. Participants are encouraged to participate after successfully completing the IADRS Watermanship Test or testing to a fitness level of 13 MET (Metabolic Equivalent) or greater. Participants with aerobic fitness questions or concerns should consult their physician prior to in-water training. Participants who have poor aerobic fitness may attend this program as surface support personnel with the approval of the instructor.

BE SURE TO BRING

All students should bring: clothing appropriate for weather conditions, adequate footwear, watersports helmet, and U.S. Coast Guard approved P.F.D. (Type III or V) with whistle and cutting tool, and pen and paper. In-water participants must provide their own wetsuit or swiftwater dry suit, water rescue gloves, work gloves and fins.



Swiftwater Rescue I Course Outline

DAY 1

8:00-12:00	Program Introduction / Overview Swiftwater Rescue Lecture Video Swept Away Final Exam
12:00-1:00	Lunch
1:00-5:00	Rigging Exercises Knots Boat Rigging 2-Line 4-Line Highline Throwline Bags Knot Competition

DAY 2

8:00-5:00	Swiftwater Rescue Field Training River Reading Self Rescue (Float) w/ Throwbag Self Rescue (Swim w/ Fins) w/ Throwbag Shallow Water Crossing Lunch on the go Strainer Drill "GO" Contact Rescue with River Rescue Board 2-Line Boat Operations 4-Line Boat Operations Highline Boat Operations
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DAY 3

8:00-3:00	Swiftwater Rescue Training Scenarios 2-Line Rescue Scenario 4-Line Rescue Scenario Lunch on the go High Line Rescue Scenario Group Swiftwater Rescue Swim
3:00-5:00	Program Review / Critique / Certificates