



# Swiftwater Rescue II

## Course Objectives

Swiftwater Rescue II is Dive Rescue International's advanced three day (24 hour) swiftwater training program. All students are required to have basic swiftwater rescue skills including: excellent swimming skills, operational experience using high-lines, and a working knowledge of knots, rigging and mechanical advantage systems. All students should be prepared for multiple challenging in-water scenarios. Specific and detailed information will be provided regarding searching by using coordinated land and water-based teams.

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

Key training topics and the associated objectives include:

### CHARACTERISTICS OF MOVING WATER

- Identify examples where fast moving water is moving in a linear direction (swiftwater)
- Define the four river references as they relate to facing downstream
- Describe the two types of flow associated with water moving through a river bed and the four characteristics of water dynamics

### THE HUMAN BODY IN WATER

- Identify the factors effecting the buoyancy and descent of the human body in swiftwater including current, body type, and clothing
- Explain why the "sack of potatoes" myth does not work in tracking a victim's pathway in swiftwater
- Describe the factors that effect the physiology of body re-float
- Identify victim considerations in reference to body re-float
- Explain why some bodies will not re-float

### SAFETY CONSIDERATIONS

- Identify swiftwater hazards and their associated risks
- Define the Risk/Benefit Analysis of an operation
- List the following: personal protective equipment (PPE) for shore-based and in-water rescuers; swiftwater team equipment; and search equipment
- Discuss personal protective equipment for both shore-based and in-water rescuers

### SCENE EVALUATION

- Identify the factors that are assessed in a scene evaluation as well as other considerations that may come up as information on the scene becomes available
- Describe factors that are used in the process of determining the last-seen point (LSP)
- Define reference point and reference object
- Explain witness interview procedures and the establishment of a victim profile
- Identify sketch components in a scene sketch and explain why documentation is important



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### ESTABLISHING OPERATIONAL OBJECTIVES

- Define a rescue vs. recovery operation
- Describe initial search objectives and ongoing search objectives

### SEARCH TACTICS

- Discuss what circumstances can vary that will change search tactics
- Describe the considerations team leaders must make before fielding search teams
- Explain perceptions and expectations when searching for a victim
- Identify the steps taken to care for a victim's body once it is located
- Describe considerations taken for family and media once a body is found

### 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
- Explain the tensioning of high line systems

### PREREQUISITES

All students must be a current member of a public safety agency, at least 18 years of age and must show proof of Swiftwater Rescue I certification.

*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 Equivalents) 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 PFD (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.



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## Course Outline

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### DAY 1

8:00-9:00	Program Introduction / Overview Completion of class paperwork
9:00-12:00	Program Presentation Written Exam
12:00-1:00	Lunch
1:00-2:30	Team Building Exercises
2:30-5:00	Skill Completion and Review Knots and Throwbag Competition Rigging 4-Line Boat Rigging Highline Rigging Techniques

### DAY 2

8:00-8:30	Introduction to Objectives
8:30-12:00	Field Exercises River Reading - Areas of Probability Skill Verification - Float, Swim, & Swiftwater Rescue Board Exercises Contact Rescues Boat Operations Practice Lunch on the go
12:00-5:00	Field Exercises Search / Rescue Exercises

### DAY 3

8:00-5:00	Advanced Swiftwater Rescue Scenarios Advanced Scenarios Lunch on the go Advanced Scenarios (continued) Final Critique Closing and Certificates
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