

# **Swift Water Rescue Technician – Unit 1**

## Course Outline

### **Day 1**

#### Lecture subjects

- Rescue Philosophy/Rescuer Safety
- Hydrology – Water & Flood Hazards
- Personal & Team Equipment
- Pre-planning, Size-up & incident Management
- Communications

#### Practical subjects

- Swift water swimming techniques
- Throw bag use.

### **Day 2**

#### Lecture subjects

- Medical considerations
- Ropes, knots & technical gear

#### Practical subjects

- Anchors for swift water rescue.
- Belay techniques
- Contact rescues
- Mechanical advantage
- Shallow water crossing techniques
- Strainers
- C- Spine Management

### **Day 3**

#### **Lecture subjects**

- Search & Rescue techniques

#### **Practical subjects**

- Channel crossing options.
- Tensioned diagonal
- Entrapment drills
- Weir Rescue
- 2 & 4 point tethered boat

### **Day 4**

- Day 3 & 4 also allows time for training to meet the groups needs in additional subjects such as paddle boat handling techniques and use of inflated fire hoses.
- Practical Rescue scenarios

### **Pre-requisites for Attending the Course**

Confident swimming in moving water. The course involves a lot of water-based work so please come prepared!

*Each course is designed around the needs of the participants. Open courses will endeavour to identify each student's reasons for attending the course and where these rescues skills will be appropriate to them.*

*On closed courses for emergency services, rescue teams and professional organisations, the content will concentrate the skills learnt to their relative environment and group.*