**Carbon County Swiftwater Rescue Training**

**Summary:** The training dates are 16-18 June in Red Lodge, Montana and creeks and rivers in the Carbon County area.

There are a limited number of openings (12) available for this course.

Instruction is provided by Nate Ostis from Wilderness Rescue International

**Eligibility Criteria**

Students should be in strong athletic condition, good health and have moderate swimming ability in strong current. Consult your physician if you have any doubts. It is an expectation that students will be in full attendance for the entirety of the training. Please arrive early for meeting times and anticipate long days filled with fun and challenge. We can make arrangements for people who prefer to not be in the water at all. Please contact us prior to the course with any questions or concerns so we can discuss this further.

**Curriculum**

 River Rescue Principles: Risk Management & Prevention, Hydrology & Hazards

 Video Analysis: Incident reviews of rescue departments responding to real calls

 Knot Tying: Focus on rescue family of knots, hitches and bends for rope and webbing

 Swimming: Swiftwater Entries, Aggressive & Defensive techniques, Strainer Encounters

 Throwbags: Underhand, Overhand, Coil Tosses, Belay Techniques

 Shallow Water Crossings: Wading Techniques to effectively traverse the riverbed bottom

 Contact Rescues: Tethered Rescue Swims (Live Bait), Spinal Precautions, & Combative
 Patients

 Managing Entrapment: Two-shore vs. One-shore. Heads-up vs. Heads-down

 Anchors: Load Sharing vs. Load Distributing

 Mechanical Advantage: 3:1, 5:1, 9:1, Pig Rigs, Vectors, Tension Diagonals, Rope ferries, etc.

 Boat Maneuvering

 Scenarios: Practical hands-on scenarios

**Required Equipment**

Students must have the following equipment:

 Food: All necessary meals, snacks, and water. Consider a thermos with hot drink.

 Notebook: Pen and small notebook for taking valuable notes. Don’t be the one who shows up to a class without pen and paper.

 Personal Protective Equipment: Please click here for more information on personal protective equipment information and what models to consider purchasing or renting.

 Helmet

 Type III or Type V River PFD. Type V Rescue PFD with releasable harness preferred.

 Closed toed shoes No open-toed sandals. Keens OK if they have non-bungee laces.
 Sneakers work fine as well.

 Drysuit or Wetsuit: Rent Drysuit here or Rent wetsuit here plus insulating layers. This is critical protection against thermal challenges and rock encounters. We will be swimming much more than most folks are used to. Anticipate prolonged exposure to water. Dress for water temperature, not air temperature. The more comfortable you are the more effective your training will be. Don’t make the common mistake of showing up ill-equipped.

 Optional: Skull cap and gloves. It’s very common to have people on these courses that have all great new gear but no good skull cap or gloves and as a result, they are quite uncomfortable. Even on warm-weather courses gloves can be extremely beneficial for minimizing rope burns during throw bag and tethered rescue swims. Consider even fingerless gloves as a great consideration and part of your personal protection.

**Pre-Course Homework: Knot Tying Practice**

Please show up with approximately 50 reps of tying each of the following knots. Verbalize out loud the knots you tie as you tie them to ingrain the information into long term memory. Anchor building and mechanical advantage training will be significantly more successful if you show up with these knots well practiced. We’ll spend an hour reviewing them on Day One. This will be review and coaching, not introduction. Consider using this online resource = AnimatedKnots.com. Get yourself a 6’ piece of high quality practice rope. Consider 6mm-8mm range or roughly ⅜” in diameter.

 Figure 8

 Figure 8 Follow-Through

 Figure 8 on a bend

 Figure 8 on a bight

 Double Figure 8 on a bight

 Directional Figure 8 AKA: In-Line Figure 8

 Bowline

 Double Bowline

 Clove Hitch

 Prusik Hitch

 Overhand

 Overhand on Bend aka: Water Knot or Ring Bend

 Overhand on a Bight