

# Swiftwater Rescue Course

MAY 28-30, 2019 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 you may encounter while paddling whitewater, especially northern rivers. 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 class activities, which will be in both classroom and river settings.

## CAMPING:

For this class only: Students in this Swiftwater Rescue Course will have the option of camping on the grounds of our Outpost. If you set up before RSOP staff arrive, please camp to the west side of the building in the grassy area under the trees. No fires are allowed. You will need to bring your own water (jugs can be filled in Jay Cooke State Park). There are 2 picnic tables that can be used and 2 biffies.

## SKILL EXPECTATIONS:

You will be put in challenging situations where physical exertion is high. If you haven't paddled in awhile, try to get out and practice a bit (we'll be using our paddling skills to access victims or execute a rescue). There will also be times where we implement swimming techniques. The more comfortable you are in the water, the more you will be able to discover the river.

## 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.

## Explore more with the Outdoor Program:

- Make sure you check out our website to discover the wide variety of courses we offer to all ranges of skill levels:
- [www.umdrsop.org](http://www.umdrsop.org)

## GENERAL INFO:

Phone: (218)726-7128

Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

## Course Instructors:

Tim Bates (218) 726-8743  
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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 & essential rescue gear
  - River Hazard Intro
  - Communication strategies
- LUNCH BREAK
- St. Louis River:
  - Conditions affecting safety & rescue
  - River swimming techniques
  - Wading techniques
  - River hazards in-depth
  - Self rescue with your boat
  - Assisted rescues: Throw bags and rescuing others from your boat (and being rescued)
  - Tag lines – rope ferries, tag lines to rescue

## DAY 2

- Outpost Classroom:
  - Case Studies from the trail: Northern river trips gone awry.
  - More knots
  - Rescue Organization
  - Z-Drag instruction
- On the water:
  - Static line set-up
    - Dealing with Strainers - swimming drill
- LUNCH BREAK
  - Boat based rescues
  - Dealing with loaded boats
  - Fishing for equipment
  - Strong swimmer rescues
- Optional group dinner at a restaurant in Duluth or Carlton

## DAY 3

- St. Louis River
  - Running the river. Blending quality paddling skills and leadership with reacting to situations.
  - 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 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
- paddle
- whitewater rescue equipment
- wet suit & paddling jacket (or dry suit)
- dry bags for lunches on the river
- first aid 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
- 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.