

# Level I - Swiftwater Responder

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Swiftwater Responder is designed to train emergency rescue personnel in the most current techniques of water rescue safety. The basic intent of this course is to teach the following key elements that everyone should know before they approach the water to affect a rescue:

- PREPLANNING
- INCIDENT COMMAND
- SELF RESCUE
- SHORE BASED RESCUE TECHNIQUES
- BASIC ROPE SYSTEMS
- HYDROLOGY
- READING THE RIVER
- TEAM RIVER CROSSING
- LIVE BAIT RESCUE
- NON-MOTORIZED BOAT BASED RESCUE TECHNIQUES

The student will learn these skills both in a classroom setting and in practical moving water exercises. This course emphasizes a strong water safety foundation for all water rescue personnel in your organization. This course is designed to establish a base of knowledge on water rescue training before advancing to the more technical aspects of water rescue.

If the student successfully completes all aspects of this course, the student will receive a Hare Mountain Rescue Certificate of Completion with NFPA 1006, 1670, 1983 compliance. Those students passing the written test only will receive an NFPA awareness level certification. For anyone who attends a rescue course, you are also accepting the responsibility to practice the skills learned and to maintain your level of training in relation to this topic.

**THIS IS A PHYSICALLY DEMANDING COURSE** As part of the course requirements, you will be required to actively participate in all swimming and practical in-water exercises, in both non-moving water and swift water situations. Individuals with moderate or severe medical conditions and/or poor swimming skills will not be allowed to participate in the moving water exercises, which is a required part of the course. This is a safety concern and the decision of the Hare Mountain Rescue lead instructor is final.

## **COURSE REQUIREMENTS:**

- Carry a current CPR/AED certificate
- Carry a Medical 1<sup>st</sup> Responder, Wilderness 1<sup>st</sup> Aid or Red Cross 1<sup>st</sup> Aid certificate
- Fill out course registration
- Pay the course fee
- Fill out in full all liability forms on the first day of class
- Successfully complete the swim test
- Attend and actively participate in all classroom and practical in-water exercises
- Pass a 40 question multiple choice written test with a score of 80% or above
- Complete all required practical skills

**For the classroom portion of the course, you will be required to bring:**

- ✓ Pencils/pens, (you may also wish to bring a clipboard)
- ✓ You will be able to use the student manual to take class notes. One manual will be provided to each student.

**For the in-water portions of the course,** all students are required to bring full Water Rescue PPE to include:

- ✓ Full length Drysuit or Wetsuit
- ✓ Water Rescue footwear
- ✓ Water Rescue Gloves
- ✓ Type III or V PFD w/ whistle & knife attached
- ✓ Water Rescue or Kayaking helmet

The student may wish to bring:

- non-fogging water goggles, recommend personal water craft goggles only
- carabiners
- 1" tubular
- accessory cord
- A towel, warm dry clothes to change into at the river site, dry bags or trash bags
- water, snacks, lunch

**We will try to stay on schedule;** however, please stay flexible. We may need to arrive earlier or stay later than schedule indicates to accomplish the goals of the course. Since this course is dependent on river levels/volume, we may need to change river locations to find suitable sites to hold the in-water practical training or to insure the safe location of in-water training. It is important to share river knowledge and experiences with the class; however, with such a tight schedule please do not be offended if you are asked to hold your story until the end of the class

**As a courtesy** to everyone in the class, please see that all FD radios and cell phones are either turned off or switched to the silent mode during class. These items prove to be very distracting to other students. There is absolutely no smoking permitted in the classroom, during any lecture at the river, or near any rescue equipment at anytime. Cigarette butts go into the trash, not on the ground.

**Visitor Policy:** visitors are welcome, IF:

- They fill out all liability forms
- Do not interfere with the class
- Stay completely away from the students during training
- They are welcome to take photos or videos, if these rules are followed.

**Each student participating** in this course will have AT LEAST two very important responsibilities:

**1) If you do not understand something, it is your responsibility to ask questions.**

We may have a tight schedule, but we will always take the necessary time to answer your questions or address your concerns.

**2) SAFETY.** You are directly responsible for your own safety and the safety of each person in this class. If you are unsure about any aspect of this course, please feel free to speak with the Lead instructor at any time.

**SAFETY WILL BE THE ABSOLUTE GUIDELINE FOR THIS COURSE!**

**Each day will begin at 0900hrs and end when all equipment has been put away and the last student's question has been satisfactorily answered.**

**The goal for Hare Mountain Rescue is to produce confident, well trained emergency responders that are prepared for the ever-changing challenges of technical rescue.**

