

Swift Water Rescue Course



MAY 23-25, 2009 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 can occur while paddling on rivers. We recommend this course for anyone who plans to spend any time on whitewater. 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 weekend's activities which will be in both classroom and river settings.

SKILL REQUIREMENTS:

Participants are encouraged to have strong swimming abilities, class II paddling skills, and the ability to recognize river features prior to the course. These skills are necessary for those who wish to participate in every aspect of the course. However, people with lower skill levels can benefit from observing and participating at their own level.

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. Please call the Outpost if you will be late, need directions, or are not able to attend the course (cancellation policy applies). Outpost phone # (218) 384-3404. See equipment list below for paddling equipment details.

COST: \$316 UMD Students/ \$350 Others

All participants must complete the UMD Health Form and Liability Waiver during the registration process.

Explore more with the Outdoor Program:

- ACA Introduction to Kayak Instructor Certification May 28-29
- ACA River & Whitewater Leve Kayak Instructor Certification Upgrade/Update May 29-31
- Pool Based Kayak Bracing & Rolling July 19
- River Tune Up July 17
- Class I-II River Tripping Tandem & Solo WW Open Canoe June 13-14

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrops.org

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

The Real Classroom is outside...Get into It!

Swift Water Rescue Course Outline

DAY 1

Outpost Classroom:

- Introductions and expectations
- Awareness and Attitude
- Knots
- Pre-trip Planning
- Equipment: Paddling gear & Technical rescue gear
- Video previews
- LUNCH BREAK

St. Louis River:

- Conditions affecting safety & rescue
- River hazards
- Taking Care of Yourself: In boat situations, Self Rescue
- Human based
- Assisted rescue
- Tag lines
- Strainers - swimming drill

DAY 2

Outpost Classroom:

- Case Studies
- More knots
- Liability and report forms
- Rescue Organization - Read [What paddlers need to know](#) - Coordinated by

Rescue Leader

- Z-Drag instruction
- Dry Land Telfer
- LUNCH BREAK

St. Louis River

- Technical rescues
- Strong swimmer rescues
- Wading drills
- Rescue Demo
- If Time Allows: Telfer Lower, Rescues from Above
- Optional group dinner at a restaurant in Duluth or Carlton

DAY 3

St. Louis River

- Split into teams for real-life rescue situations
- Conclusion & course evaluation (All done by 4 pm)

Swift Water Rescue Course Equipment List

The weather in June 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. If you need to use our equipment please indicate this on your registration.

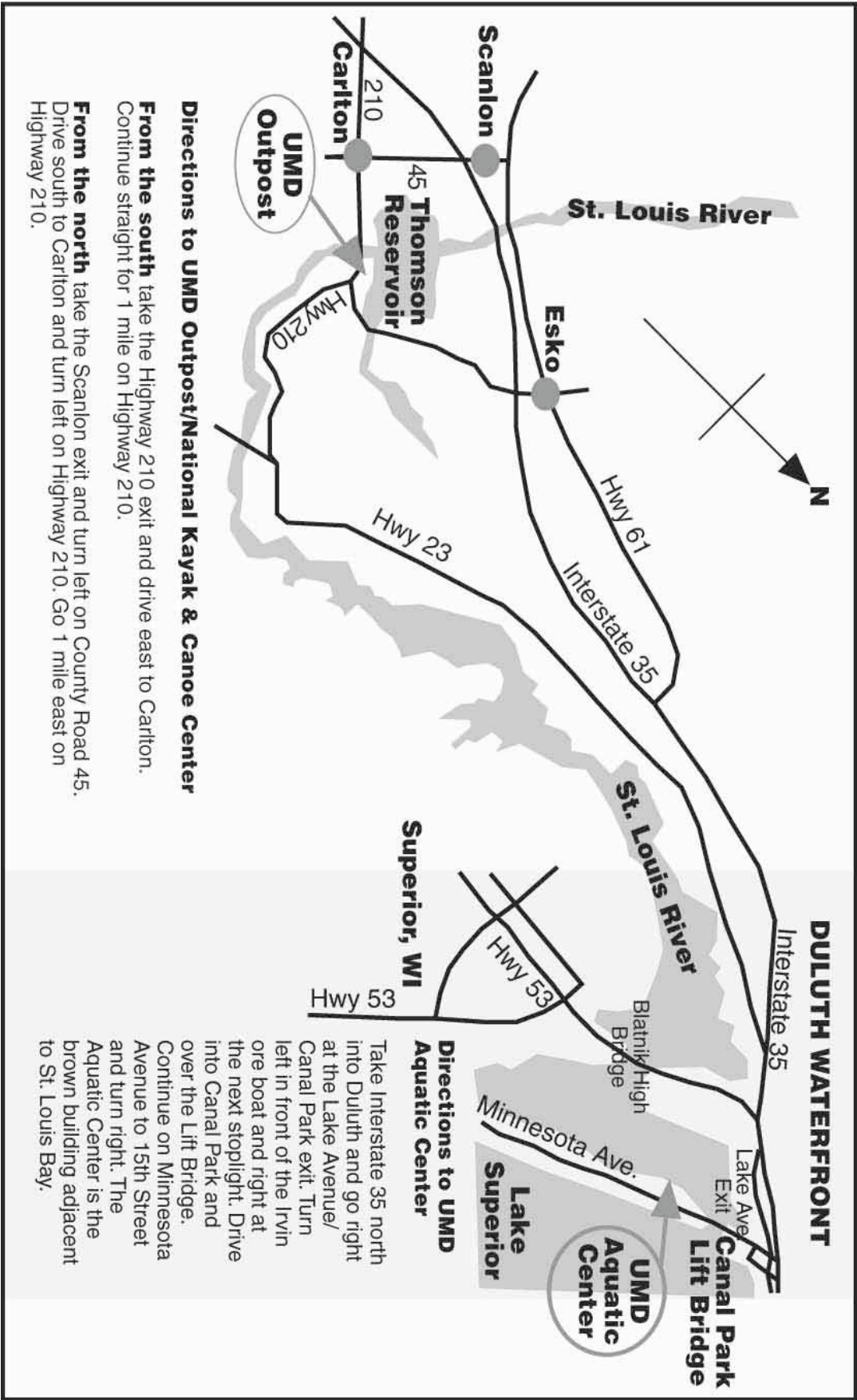
ITEMS WE FURNISH

- kayak or canoe
- life jacket
- helmet
- spray skirt
- paddle
- whitewater rescue equipment
- wet suit & paddling jacket
- dry bags and maps
- first aid and repair kit

YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- notebook & pencil
- lunch
- nylon wind breaker
- nose plugs
- camera (optional)
- 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 accessories, throw bag, prussik loops, locking carabiners, river knife and rescue pfd.



Directions to UMD Outpost/National Kayak & Canoe Center

From the south take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.

From the north take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

Directions to UMD Aquatic Center

Take Interstate 35 north into Duluth and go right at the Lake Avenue/Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Aquatic Center is the brown building adjacent to St. Louis Bay.