



# WHITEWATER TECHNICIAN RESCUER 1



**DURATION**

**3 days**



## **FOR WHO**

Aimed at all those who need a good formation to approach themselves to swiftwater and alluvial conditions with knowledge and awareness of proper procedures and maneuvers of an efficient assistance in case of emergency

The course for Whitewater Technician Rescuer 1 Rescue Project requires 3 days of lessons, 30 hours overall, divided in 8-10 hours of mostly theoretical lessons and the remaining of the hours in practical exercises in whitewater.

This course is gathered toward rescue personnel who need a specific formation, both theoretical and practical, on swiftwater and flood rescue. The following categories are therefore involved: national and international rescue personnel (firefighters, alluvial police), civil protection and "Red Cross" volunteers and all other agencies of emergency, both national and voluntary.



## **PREREQUISITES**

Good physical health, fair swimming skills.

It is suggested but not required to acquire a BLS.D certificate to sign up to the course. In order to take part to the course it is necessary to have good physical health and sufficient swimming skills.



## **TRAINING METHODOLOGIES**

Theoretical lessons, practical simulations, role-playing. De-briefing, team work.

River and flood rescue's formation is a highly specific and delicate subject, which requires a highly qualified and competent personnel.

To teach the correct behaviours, the standard procedures and the right mental attitude toward swiftwater, both on river and during floods, it is required to have acquired extremely specific formation and a lot of practical experience on water. Therefore, the school Rescue Project has been entitled as a guarantee of professionalism and competence, thanks to its instructors who have acquired a complete and cross-disciplinary curriculum.



## **INFO & BOOKING**

[info@rescueproject.it](mailto:info@rescueproject.it)  
[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226



# PROGRAM

## Whitewater Technician Rescuer 1

### HOURS

### ACTIVITIES & CONTENT - DAY 1

|                      |   |
|----------------------|---|
| <b>8:30 – 9:00</b>   | Meeting<br>Compilation of registration form<br>Presentation and explications on course days   |
| <b>9:00 – 12:30</b>  | Theoretical lessons and out-of-water tests:<br>Rescue in swiftwater: Priorities, phases, rescue at low and high risks<br>Phases of a “LAST” kind of rescue<br>Morphology of river: hydrodynamics, flowings, terminology, risks and dangers<br>River PPE: typologies, laws and certifications. Specific equipment<br>Swimming techniques in swiftwater |
| <b>12:30 – 13:30</b> | Lunch   |
| <b>13:30 – 14:30</b> | Practical lessons of swimming in water<br>Practical lessons of rope throwing and leash  |
| <b>14:30 – 18:30</b> | Personnel equipment analysis<br>Communication and signals in water, equipment analysis<br>Zip-line rescue procedure, foot joint   |
| <b>18:30 – 20:00</b> | Video, Basic knots<br>De - briefing of day 1  |

### HOURS

### ACTIVITIES & CONTENT - DAY 2

|                      |   |
|----------------------|---|
| <b>8:30 – 12:30</b>  | Theoretical lessons and out-of-water tests:<br>SIZE UP : Risks management – rescue intervention<br>incident commander system: team roles and set ups<br>Complex rescue maneuvers<br>Anchoring and advanced knots                                    |
| <b>12:30 – 13:30</b> | Lunch   |
| <b>13:30 – 18:30</b> | Practical tests: quick practical review of previous day<br>Simulation of Thirolean with safety systems<br>Swimming in swiftwater part 2<br>First assistance in arduous environment  |
| <b>18:30 – 20:00</b> | Psychology of emergency: stress and its consequences<br>Stress <ul style="list-style-type: none"> <li>- Mechanism of stress under emergencies</li> <li>- Communication, panic, fear and communicative distortions</li> </ul> De - briefing of day 2 |



# PROGRAM

## Whitewater Technician Rescuer I

### HOURS

### ACTIVITIES & CONTENT – DAY 3

|               |   |
|---------------|---|
| 8:30 – 12:30  | Practical lessons in water:<br>Simple and complex rope throwing systems<br>Research techniques<br>Rescue team management and equipment<br>Foot joint  |
| 12:30 - 13:30 | Lunch   |
| 13:30 – 16:30 | Practical lessons in water<br>River crossing by foot<br>Immobilization of victim in water<br>Rescue simulation: <ul style="list-style-type: none"> <li>- Team evacuation</li> <li>- Foot joint</li> <li>- Quick zip</li> <li>- Rescue maneuvers</li> <li>- Recover maneuvers</li> </ul> |
| 17:00 – 18:30 | De - briefing<br>Satisfaction questionnaire<br>Judgment and licenses release<br>End of the course   |



### EQUIPMENT

Each participant must bring :

- River shoes or sport shoes
- 5 mm neoprene wetsuit or dry suit and proper clothing under the suit
- Homologated helmet + lashing

You can rent all the equipment by booking it at the reception and communicating size, weight and height.

It is suggested to bring snacks and drinks based on saline supplements. It is fundamental to communicate to the instructor any possible shortcoming of the activity.



### OBJECTIVES

- **Development of confidence** with specific river environment and needed knowledges for expert **rescuers** and other staff who operate in **whitewater**
- **Proper use** in safe awareness of rescue **equipment**
- **Knowing and practicing** main river and flood rescue techniques and maneuvers
- Skilled **swimming**
- **Communication, safety guarantee** during emergencies in whitewater
- **Proper intervention** with basic procedures of rescue and first assistance in arduous environment