



# WHITEWATER TECHNICIAN RESCUER 2



**DURATION 3 days + nocturnal**

**research**



## FOR WHO

Aimed to all those who need a good formation to deal with complex situations and intervene with complex maneuvers, in swiftwater and alluvial context, with proper awareness and knowledge of procedures of self and others' rescue in case of emergency.



## PREREQUISITES

Good physical health, fair swimming skills. Possession of Whitewater Technician Rescuer 1 license.

## TRAINING



## METHODOLOGIES

Theoretical lessons, practical lessons with simulations.  
De-briefing and team work.



## INFO & BOOKING

[info@rescueproject.it](mailto:info@rescueproject.it)

[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226

The course Whitewater Technician Rescuer 2 – Advanced has a duration of approximately 28-30 hours, divided in 4-6 hours of theoretical lessons and 20-24 hours of practical exercises both out and in water. There will also be in water nocturnal exercises.

This course is open to all those who have already achieved the Whitewater Technician Rescuer 1 certificate and have therefore acquired the proper techniques. Starting from this level, all the topics of the previous course will be enhanced also by adding more complex maneuvers, with the use of ropes and specific equipment, on more difficult parts of river and highly complex sceneries.

An important aspect of this course is the nocturnal theoretical and practical lessons, with exercises in water during the night and the rescue of more victims at once. This simulation of intervention in river will give participants a very formative experience to put them to the test.

The course also treats themes related to vertical intervention in river and flood conditions, that can be applied to lowerings in gorges, lowerings from bridges and all other alluvial situations that require vertical maneuvers.



# PROGRAM

## Whitewater Technician Rescuer 2

### HOURS

### ACTIVITIES & CONTENT - DAY 1

<b>8:30 – 9:00</b>	Meeting point Compilation of registration form Presentation and explications sulle on the three days course
<b>9:00 – 12:30</b>	Review: knots, signals and procedures Anchoring and rope throwing systems Specific equipment, ropes and vertical intervention Advanced knots and lowering systems
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	Practical swimming lessons in complex situations Practical exercises of maneuvers of self help and rescue, basic and advanced Management of a rescue team Advanced rescue techniques in complex situations
<b>18:30 – 20:00</b>	Lessons of procedures of research in arduous environment and nocturnal sceneries De - briefing of day 1

### HOURS

### ACTIVITIES & CONTENT – DAY 2

<b>8:30 – 12:30</b>	Systems of lashing, both high and low Lowering techniques for rescuers Climb up techniques with simple and mechanic equipment Lowering techniques with a gurney for rescuers
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	Anchoring constructions Aerial zip Aerial tyrolean – lowering with ropes from bridges Theoretical lessons for nocturnal intervention: <ul style="list-style-type: none"> <li>• Communication</li> <li>• Team management</li> <li>• Procedures of intervention as a team</li> <li>• Risks estimate</li> </ul>
<b>21:00 – 23:00</b>	Nocturnal exercises in water: research and rescue, rescue of multiple victims at once Return and report writing End of day 2



# PROGRAM

## Whitewater Technician Rescuer 2

### HOURS

### ACTIVITIES & CONTENT - DAY 3

8:30 – 12:30	De-briefing of nocturnal research and enhancement of strong point and critics Considerations on group dynamics and psychology in nocturnal intervention  Practical lessons in water in light of results of de- briefing Simulations of emergencial situations in alluvial context Exercises of lowering with gurney with rescuer
12:30 - 13:30	Lunch
13:30 – 16:30	Practical lessons in water <ul style="list-style-type: none"> <li>- Rope systems for safety, rescue raft</li> <li>- Use of rescue raft with paddle</li> </ul> Exercises and tests Final test with practical exercises
17:00 – 18:30	De - briefing Satisfaction questionnaire Judgement and licenses release End of the course



### EQUIPMENT

Each participant must bring:

- River shoes or sport shoes
- Neoprene 5 mm swimsuit or dry suit with proper clothing under the suit
- Homologated helmet + lashing

It is possible to rent and reserve all the technical equipment contacting the reception, after indicating exact height and weight.

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



### OBIETTIVI

- **organize** one or more rescue team;
- realize an accurate **research** with standard procedures;
- recognize the proper techniques for each situation in rivers from level 1 to 5;
- stabilize a victim while waiting for sanitary personnel;
- safe transportation of victim from one shore to the other with correct use of equipment;
- execute a correct analysis of environment to prevent and plan an evacuation
- correct and safe lowering of rescuer with gurney with vertical maneuvers and procedures