

## **SWIFTWATER RESCUE TECHNICIAN ROYAL LIFESAVING SOCIETY - Level 1 & Level 2**

### **COURSE DETAILS & COST:**

**DATES:** May 23 & 24, 2020

**COST:** \$350.00 +gst

**Location:** Wild Blue Yonder Rafting House, 11113 Hoppe Ave, Grande Cache, AB.

River location TBD dependent on water conditions.

**Hours:** Saturday, May 23, 8.30am - 6.30pm and Sunday, May 24, 8:30AM – 6.30pm

**Prerequisites:** Standard First Aid / CPR. MUST show a certificate at start of course.

- Should be comfortable in moving water and able to swim 50 meters in deep water while wearing a PDF.

### **COURSE COMPONENTS:**

- Rescue philosophy & general rules
- Rescue organization
- Prevention of emergencies
- The ladder approach & personal safety
- Self-rescue skills
- River crossings
- Offensive & defensive swim techniques
- Obstacles & entrapments
- Rescue equipment
- Throw bag use
- Rope systems & knots
- Mechanical rescue systems
- Use of rescue craft
- Emergency assessment & care

★ Textbook included: *Swiftwater Rescue* by the Royal Life Saving Society

### **REQUIRED EQUIPMENT:**

- White water PFD (Type 3 or 5 – US Coast Guard Approved)
- Neoprene Wetsuit, full length, 1 or 2-piece (Not shorties)
- Neoprene river boots or neoprene socks with good-soled shoes
- Whitewater helmet

\* EQUIPMENT PACKAGE is available to rent: \$25 +gst

### **HOW TO REGISTER**

Call, email or [register online!](#)

Wild Blue Yonder Rafting Adventures

toll-free 1-877-945-3786

[fun@wildblueyonder.ca](mailto:fun@wildblueyonder.ca)

