



# Swiftwater Safety Institute LLC

24-hr, 3-day format.

## Packraft Specific Swift Water Rescue Training (PSRT-I)

**When:** July 3-5, 2017 8:30A.M. - 5:00P.M.

**Where:** Jackson, Wy

**Meet Place:** We will meet at the "South Park Put-In" on the Snake River roughly 5 miles south of the intersection of Wyoming 22 and Hwy 89 (Albertsons junction). There are two put-ins at this bridge. We will meet at the downriver parking lot just south of the Snake river bridge on the left hand side of the highway. It's a large developed parking lot and very visible from the highway.

Expect specific correspondence from SSI as we near the course date. We will be finished with class on the 5th by 3:00pm, allowing you to drive to Tetonia, Idaho for the Roundup. It is roughly a 1 hr drive from Jackson to the Roundup meeting site.

You will be responsible for your own lodging during this course. Please visit <http://www.fs.usda.gov/activity/btnf/recreation/camping-cabins/?recid=71389&actid=29> for camping locations, and please remember that 4th of July weekend is busy in Jackson Hole.

**Cost:** \$300 -

To Register: [www.swiftwatersafetyinstitute.com](http://www.swiftwatersafetyinstitute.com) / schedule (ONLINE REGISTRATION ONLY)

For More Details: Contact Eric Riley 307-200-1959 or [swiftwatersafetyinstitute@gmail.com](mailto:swiftwatersafetyinstitute@gmail.com)

**IMPORTANT:** Since our packrafts are less than 10' in length and inflatable, we are not required to have an Aquatic Invasive Species (AIS) decal on our boats. However, it is important for all of us to ensure that our boats have not been in contaminated water prior, and that we have properly cleaned, drained and dried our boats. Follow this link for more information: <https://wgfd.wyo.gov/Fishing-and-Boating/Aquatic-Invasive-Species-Prevention/AIS-Decal>

### Prerequisites:

- **Basic swimming ability**
- **In good physical shape**
- **Adequate health insurance**

*This course will be delivered utilizing classroom time, dry-erase board and practical scenarios at specific training locations as determined appropriate at the time of the course delivery. This packraft specific rescue training is a must for anyone finding themselves utilizing packrafts as a means of downriver travel. We will teach you how to become an efficient addition to any rescue or recovery effort utilizing your packraft.*

Please note: Based on your camping arrangements or lodging accommodations in Jackson, your drive time to and from the course site may vary from 10 minutes to 30 minutes. This will be dependent upon our permits for training as issued by the USFS Bridger Teton Ranger District. Expect to carpool. Course meeting locations may vary throughout the course dependent on water levels and permitted areas.

*All students will receive a field training manual, and all group rescue gear will be provided by the Swiftwater Safety Institute. This will be a highly interactive course loaded with material specific to swift water safety and rescue. All students are required to bring all of the personal protective equipment listed on the Swiftwater Safety Institute website.*

*Typically, mornings will be spent on land introducing new topics and preparing for the daily field session. All of this will depend on the dynamics of weather, course site availability, and student retention. Flexibility will be key, and variations of the following outline may be implemented by the instructors as needed. We will make every attempt to cover all bullet points on the course outline, but this may not be possible due to various factors including weather, student retention rates, course sites and other various factors that may be out of our control at the time of instruction. Be sure to come prepared daily with lunch, water, and all of your personal protective equipment, including your PackRaft. Casual clothing is recommended for the morning sessions, and we will be both inside and outside during these morning training sessions.*

## **Day 1**

### **Rescue Philosophy**

- Simple, safe, effective and low-impact
- Challenge by choice
- Low risk to high risk
- Swift water rescue priorities

### **River Liability - Commercial vs. Private boating**

- Good Samaritan Act
- Negligence
- Standard of Care
- Duty to Rescue
- Abandonment

### **River Terminology**

- Power Point Series

### **Types of Rescues and Rescue Priority (Power Point Series)**

- Reach
- Throw
- Wade
- Swim

- Helo

### **Rope Construction**

- Polypropylene
- Polyester
- Dyneema
- Aramid
- Nylon
- Strengths of all constructions and various sizes in the materials listed above

### **Personal Protective Equipment**

- PFD
- Helmet
- Knife
- Throw bags
- Foot & hand protection
- Drysuit vs wetsuit and proper care
- Layering
- Whistles, carabiners and webbing slings

### **Rescue Equipment**

- Haul Lines
- Locking carabiners
- Prusik cord
- Pulleys
- Nylon webbing or other anchor building material

### **Knots**

- Figure Eight Follow Through
- Figure Eight on a Bight
- Directional Eight
- Butterfly
- Bowline
- Double Fisherman's
- Water Knot
- Clove Hitch
- Girth Hitch
- Munter Hitch
- Prusik

### **Throw-bags**

- Underhand

- Side-arm
- Overhand
- Two accurate tosses at a distance of 50' in 20 seconds

## **River Session**

### **Communication**

- Hand signals
- Whistle Signals
- Paddle Signals

### **Swimming in Swift Water**

- Swift water Entry Move
- Passive swimming
- Aggressive swimming

### **Swift Water Belay**

- Static Hip
- Dynamic Hip
- Dynamic Walking Belay
- Sitting Hip Belay
- Belay Assist
- Friction Belay

### **Contact Rescues**

- In-water swimmer (unconscious)
- Live bait
- Pendulum swing

### **Foot Entrapment**

- Shallow Water Crossing
- Single Shore, single line belay
- Single Shore, snag plate
- Double Shore, stabilization line

## **Day 2**

### **Review Knots**

### **Anchor Systems**

- Two and three point self-equalizing anchors on land
- Two and three point self-equalizing anchors on watercraft
- Fixed and focused anchors vs. self equalizing and what application
- Girth

- Two-Bight
- Wrap Two Pull One
- High-strength tie-off
- Two or three point self equalizing boat anchor utilizing a directional eight or butterfly

## **Introduce PackRafts**

### **What is a PackRaft?**

- PackRaft Basics
- Inflating / Deflating Raft
- Inflating and Tempering : Temperature Considerations
- General Care / Remarks about Durability
- Avoiding excessive abrasion
- Avoiding excessive expansion (due to heat / sunlight)
- Proper Storage (Keep out of direct sunlight when possible)
- Seat and Boat Loading and Rigging
- Seat / Backrest Use
- Rigging the seat
- Safe and “Bomber” rigging techniques
- Rigging Gear
- Avoiding Entrapment / Entanglement

## **PackRaft Repair / Maintenance**

### **Types of Damage**

- Pin Hole
- Tear
- Major Tear / Multiple Tears
- Seam Rupture / Delamination
- Valve Leaks / Malfunction

### **Repair Preparation**

- Cleaning / appropriate solvents
- Field Preparation

## **Repair Materials and Appropriate Uses**

- Quick Repairs
- Pin Holes
- Aquaseal® / Cotol 240® accelerator
- Patch-n-Go®
- Tyvec Tape® / Lowe’s Tape®
- Small Tears
- Larger Tears / sewing before patching

- Using Clifton-1® or Stabond® Adhesive and Alpaca patching material
- Seam Rupture
- Heat Sealing
- Valve Problems
- Teflon Tape

### **Maintenance**

- No Direct Sunlight
- Dry, cool storage
- Periodic treatments of UV Tech®

### **River Session**

#### **Whitewater Paddling Fundamentals**

- Paddling the PackRaft
- The paddle
- Holding the Paddle
- Paddle Strokes
- Proper Boat Loading Technique and Positioning
- Sitting in the boat properly
- Self Rescue / Righting a Capsized Boat and Re-entry
- Companion Rescue / Righting a Capsized Boat and Re-entry
- Techniques for righting a loaded PackRaft in deep water

#### **Whitewater Paddling Basics**

- General Navigation
- Reading Water
- Waves vs. Rocks vs. Holes
- Holes: Friendly vs. Keeper (smiling / frowning)
- Undercut rocks
- River Velocity Dynamics
  - Where is the water going to take me?*
    - a. Making moves early / Anticipation
    - b. Following / Safe spacing
    - c. Eddies

#### **Other Hazards**

- Strainers / Logs
- Walls

#### **White Water Paddling Fundamentals**

- Paddling through waves
- Squaring up to waves
- High-siding

- leaning into obstacles
- Edging and eddies
- Gear rescue
- Self Rescue vs. Companion rescue

### **Day 3**

#### **Review Anchors**

#### **Mechanical Advantage**

- 2-1
- 3-1
- Vector Pull

#### **Rescue Scenarios with PackRafts**

- Tag-line lower / Foot entrapment
- Tensioned diagonals
- Rope across river
- Gear transport

#### **Strainer Swim**

- Pre-positioned and anchored perpendicular to the current
- Deep channel suitable for swimming underneath
- Appropriate for aggressively swimming over

#### **River Session**

- Impromptu swims and flips as we paddle
- Rescue scenarios
- Potential Incident Command / Rescue Boss and Communication
- Patient stabilization scenarios
- EVAC scenarios

**TESTING:** This three-day course objectively evaluates the students skills in each category listed above. Each student is evaluated in a one-on-one format with a course instructor to ensure that proficiencies and standards have been met. A student “Core Competency Check Sheet” is utilized to ensure consistent quality and is recorded by the Swiftwater Safety Institute (SSI).

Upon successful completion of the course requirements, students are presented with a three year certification of completion issued by the Swiftwater Safety Institute.