

# One-third of drowning victims are would-be rescuers.

#### **Swiftwater Awareness -**

This is an 8 hour classroom-based introduction to the theory of swiftwater rescue. Provides an overview of the risks and hazards associated with moving water, and a summary of the techniques that can be used to self-rescue or rescue others. Basic background knowledge for those who have front-line personnel who encounter moving water in the course of their work. Qualifies personnel to work in the "cold zone" more than 10' from moving water. NFPA 1670 Awareness Level

### Operations: Swiftwater First Responder -

A two-day course including one day in the classroom that provides the knowledge and skills necessary to work in close proximity to moving water, but not in or on the water. The course covers basic hydrology of moving water and the risks associated with it. Participants practice shore-based rescue techniques using simple methods, and basic swimming techniques for self-rescue. Qualifies personnel to work in the "warm zone" within 10' of moving water. NFPA 1670 Operations Level

## Swiftwater Rescue Technician Unit 1 (SRT1) -

A three-day course that is the minimum training recommended for those who work alongside, in, or on moving water. The classroom session provides detailed knowledge of hydrology and hazards associated with moving water. The next two days are spent in moving water, learning skills including shallow water crossings, self-rescue and effective techniques for the rescue of others. Qualifies personnel to work in the "hot zone" in or on moving water. NFPA 1670 Operations Level

#### **Swiftwater Rescue Technician Advanced -**

This 3 1/2 day advanced course will expand the expertise of those who have taken SRT I into the realm of extreme whitewater situations, with the emphasis on victim rescue and night operations. Integrates skills learned in SRT1 and Technical Rope Rescue: Technician Level (or other NFPA 1670 rope course). NFPA 1670 Technician Level

For more info visit www.rescue3.com or call 1-800-457-3728