



**www.northeastwhitewater.com**  
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## **Swiftwater Rescue Course – off site program** Frequently Asked Questions

### **Equipment List**

Here is a list of items you will need to bring with you:

- Boat; kayak, inflatable kayak, canoe, etc.
- Towel
- Bathing Suit
- Enthusiastic and Positive Attitude
- Sunscreen/Bug Dope
- Personal Flotation Device
- Helmet
- Throw Bag
- Wetsuit or Cold weather gear (we will be in the water)
- Bag Lunch for both days

Northeast Whitewater provides:

- Rescue PFD's
- Swiftwater Rescue Equipment
- Helmets, PFD's, Throw Bags
- Instructors
- Great learning environment and quality instruction
- Wetsuits are a rental - must be ordered & sized in advance of all off site courses!

\*Northeast Whitewater requires use of personal kayak and gear provided that it meets with our safety standards for all off site courses.

## **What to Expect**

**Goal:** This workshop teaches recognition and avoidance of common river hazards, execution of self-rescue techniques, and rescue techniques for paddlers in distress. Emphasis is placed both on personal safety and on simple, commonly used skills. Techniques for dealing with hazards that carry greater risks for both victim and rescuer, such as strainers, rescue vest applications, entrapments, and pins, also are practiced. Scenarios will provide an opportunity for participants to practice their skills both individually and within a team/group context. All off site courses, participants are required to bring their own paddling gear for river access.

**Objective:** Participants will be introduced to:

- 1) Learning proactive prevention of river accidents and injuries.
- 2) Develop and practice key self-rescue skills
- 3) Identify and avoid river hazards by understanding hydrology, hazards, and river features.
- 4) Focus on fast, low risk strategies for early management of river accidents.
- 5) Develop and practice methods for recovering swimmers, and loose boats and equipment.
- 6) Develop and practice more advanced rope-based and in-water skills.
- 7) Gain experience using the rescue PFD, and understand its strengths and weaknesses.
- 8) Utilize rescue scene management principles needed within a paddling group.

## **Resources**

River Rescue, Les Bechdel & Slim Ray, 1997

Whitewater Rescue Manual, Charles Walbridge & Wayne Sundmacher, 1995

American Canoe Association website, [www.acanet.org](http://www.acanet.org)

## **Important Things to Remember**

- 1) We are guests on the River and the banks surrounding the river. Please respect the facility, staff, and equipment as well as other people at all put-in and take-outs.
- 2) Northeast Whitewater reserves the right to change venue, cancel or postpone a program due to weather, safety, high water, low water, low participation numbers, or any other foreseen or unforeseen act.
- 3) Lifejackets are required during all Northeast Whitewater kayaking & swiftwater rescue programs.
- 4) Remember to bring a hat, sunscreen, bug dope, and water. We will have both on and off the water sessions, but be prepared to be outside the entire time.

\* Thank you for your help in making this a successful program and preserving this opportunity for future participants to enjoy the thrill and exhilaration that comes with learning to paddle and river safety.