



Lyons Fire Protection District is a certified instructing organization for Dive Rescue International's renowned three day Swiftwater Rescue I training program. This program can be completed as either Shore Support or In-Water, depending upon the needs of each student and their physical capabilities.

Swiftwater rescue operations are inherently dangerous and with the complications of fast current, low-head dams, and/or hidden debris they can become deadly. Prepare for these special hazards by learning how to organize and manage safe swiftwater rescue operations. Participants in this program should be prepared for multiple in-water scenarios, with In-Water participants doing boat and in-water work.

This program is presented in the classroom and open-water to allow students to become familiar with different field scenarios. Successful completion is measured in class participation and a comprehensive test.

Key training topics and the associated objectives include:

### SWIFTWATER ORIENTATION

- Identify examples where fast moving water is moving in a linear direction (swiftwater)
- Define the four river references as they relate to facing downstream
- Name the basic characteristics of moving water and what factors can change those characteristics
- Describe the two types of flow associated with water moving through a river bed and the four characteristics of water dynamics
- Define surface velocity and its formula
- Describe the five different river characteristics that require caution
- List and define the six categories of swiftwater

### HAZARD AWARENESS

- List and give specific examples of swiftwater hazards
- Describe what low-head dams are used for, describe the cross section, and define the challenges and hazards associated with them
- Preplanning and Equipment
- Identify when preplanning potential accident sites should be done
- List the information that should be included on a Hazard Assessment Form
- Name sources that help with locating hazard and accident sites
- Discuss personal protective equipment (PPE) for both shore-based and in-water rescuers
- Identify what should be included in team equipment
- Define what the SANE approach is

### FUNDAMENTAL RESCUE TECHNIQUES

- Describe the proper body positioning for a self-rescue technique
- Identify the four rescue methods, in order of preference, for a victim rescue and explain each one individually
- List the dynamics of using a throw bag and describe the correct and incorrect ways for a rescuer to hold the loop of the throwline bag
- Define a shallow water crossing and the three different forms of maneuvers
- Technical Rescue Systems
- List and describe the four technical rescue systems
- Identify and describe the different rescue hand signals



# Swiftwater Rescue I Course Objectives & Outline

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## GENERAL PATIENT CARE

- Describe the medical considerations for general patient care
- Define the field management standards of patient care
- Explain hypothermia and when it can occur
- Define the acronym FAILURE

## KNOTS AND RIGGINGS

- Identify the different anchor/riggings systems
- List and describe the different types of knots and in what scenarios they would be used

## PREREQUISITES

All students must be a current member of a public safety agency and at least 18 years of age. This program is designed for personnel who are physically fit. In-Water participants are encouraged to successfully complete the LFPD Modified IADRS Watermanship Test, though it is up to the discretion of the participant's commanding officer at their Public Safety Agency to make the determination for ability. Shore Support participants should also be physically fit and take into consideration that though they will not be in the water, boat handling and throwline work is physically demanding. Participants with aerobic fitness questions or concerns should consult their physician prior to in-water training. Participants who have poor aerobic fitness may attend this program as surface support personnel with the approval of the instructor.

## BE SURE TO BRING

All students should bring: clothing appropriate for weather conditions, adequate footwear, watersports helmet, and U.S. Coast Guard approved P.F.D. (Type III or V) with whistle and cutting tool, and pen and paper. In-water participants must provide their own wetsuit or swiftwater drysuit, water rescue gloves, work gloves and fins. Additionally, students should bring bagged lunches. Please contact Evan Patronik at [swiftwater@lyonsfire.org](mailto:swiftwater@lyonsfire.org) with any specific questions concerning gear; Lyons Fire will be able to provide insight and suggestions for specific gear.



# Swiftwater Rescue I Course Objectives & Outline

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## DAY 1

1800-2100

Program Introduction / Overview  
Completion of class paperwork  
Swiftwater Rescue I Lecture  
Final Exam  
Knots

## DAY 2

0800-1100

### **Rigging Exercises**

- Boat Rigging
- 2-Line
- 4-Line
- Highline
- Throwline Bags
- Arbor Sling and Line-Gun

1100-1130

Lunch

1130-1600

### **Swiftwater Rescue Field Training**

- River Reading
- Self Rescue (Float) w/ Throwbag
- Self Rescue (Swim w/ Fins) w/ Throwbag
- Shallow Water Crossing
- Strainer Drill
- "GO" Contact Rescue with River Rescue Board
- 2-Line Boat Operations
- 4-Line Boat Operations
- Highline Boat Operations

Equipment storage for next day

## DAY 3

0800-1400

### **Swiftwater Rescue Training Scenarios**

- 2-Line Rescue Scenario
- 4-Line Rescue Scenario

Lunch on the go

- High Line Rescue Scenario
- Group Swiftwater Rescue Swim

1400-1500

Group Clean Up / Program Review / Critique / Certificates