

1880hrs @ 6:30m

General Outline for ACA Level Three River Safety Course July 20, 2014

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- 0800- General orientation- Waiver, CxC, Hydration, 10' rule (gear either on or off, never partial), emergency procedures
- 0815- Brief RQ P, covering basic legal, serethrog, MNMV, Proper Planning, ultra basic ICS, simple timeline/RSQ priorities People first always!.....Beware tunnel vision, not to safety till out of water. Victim psychology
- 0830- River gear discussion, (helmets-thermal protection-PFDs-footwear) gear up and go to riverside.
- 0845- Riverside safety talk (recap) Basic in-water hydrology (5min)
Survival Swimming (initial concepts- defensive/balling up/timing/aggressive us/ds)
catching eddies HARD FAST AND NOW- SAFE EDDY
- 0945- rehab water/snack/bathroom
- 1000- handheld strainer pole
- 1030- Wading- considerations uses. methods (single unassisted/single assisted, inline, wedge, triangle of support) TIGHT, Heel kick
- 1100- River Throwropes (5min of talk/demo catching, restuff, then get on it!) include tactics and concepts after actually doing it- remember frame of reference! Break group in half to facilitate additional practice/rotations (vector/buddy/softcatch)
- 1200- Lunch-with environmental discussions cold/heat/dehydration
- 1230- Contact rescue practice(discuss plus and minus) remember the three points of this drill...
- 1300- Rescue vest concepts
- 1310- Direct lower to release
- 1330- Live bait for all who have them
- 1400-Rehab
- 1415- Boat Based rescue- recap priorities (rolling, HOG, Parallel, Deepwater re-entry, Swimming with gear, HOG point 2)
- 1515- Yardsale drills
- 1545- Rehab
- 1600- Stabilization Lines/basic snags
- 1615- Scenarios
- 1700 Conclusion/discuss future courses-next steps