

ACA Basic Swiftwater Rescue Course

Tri-Cities, TN Area (Near or on Nolichucky River)

Jul 27th, 28th and 29th, 2012

(Registration Deadline: Jul 20th)

Whitewater enthusiasts participate in hazardous activities in wilderness environments. Are you prepared to rescue yourself or your best paddling friend? Are they prepared to rescue you? Help in many cases may not be immediately available, and might be hours, not minutes away. Sign up and bring your favorite paddling crew to this clinic. It's like buying yourself, and them, the safety line that may save your lives.

The Basic SWR Course, sponsored by Appalachian Paddling Enthusiasts (APEs) and Tennessee Eastman Hiking and Canoe Club (TEHCC), is one in a series of swiftwater rescue courses offered through the American Canoe Association. The course is led by ACA certified swiftwater rescue and kayak instructor Scott Fisher and is designed to teach the recreational paddler basic swiftwater rescue techniques where limited personnel and/or safety gear is available. Scott has provided instruction to hundreds of individuals, paddling clubs, firefighters, rescue personnel, staff of church youth camps, and local outfitter guides. The clinic will include classroom instruction, river skills and realistic scenarios. Successful completion of this course will prepare you to self-rescue and aid in the rescue of others in whitewater environments.

Course Overview: The **Swiftwater Rescue Course** 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.

Course Objectives:

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

Course Prerequisites: All paddle craft are welcome. Ideally, students should be able to competently maneuver their craft in at least class II whitewater. However, all boaters, and non-boaters with an interest in swiftwater rescue (e.g., professional rescuers), will benefit from the class. Participants should be in good health and overall fitness, possess solid swimming ability, and be comfortable swimming in moving current during river drills. Participants should dress appropriately for weather and temperature, and should expect to be in the water for extended periods of time.

Minimum personal equipment for class: Type III PFD designed for whitewater use (Rescue PFD is recommended but not required), whitewater helmet, protective clothing suitable for extended swimming in cold water, protective footwear, boat, paddle, whistle, throw rope, 15+ feet of one inch tubular nylon webbing, 2 locking carabiners, and 2 prusick loops (2 x 6-8 feet pieces of 4-5 millimeter polypropylene cord)

- Who:** Adults and Minors 15 years and older (Parent/Legal Guardian **MUST** accompany minor and arranged ahead). Instructors reserve the right to exclude anyone if they feel safety will be compromised.
- When:** Friday, Jul 27th 7:00pm – 9:00pm; Saturday, Jul 28th 8:00am - 7:00pm (Saturday Evening Session TBD); Sunday, Jul 29th 8:00am - 5:00pm
- Where:** Riverpark Campground (on the Nolichucky River): 3937 Highway 81 South Jonesborough, TN 37659-7146 US
- Cost:** \$95; \$85 if already an APEs or TEHCC member; ACA members can further deduct \$5 Registration and payment **deadline is Jul 20th (See Cancellation Policy Below)**
- Note:** We will camp together as a group. This makes the class logistics much easier. Camping fees are \$10 per night per person paid separately.

SWIFTWATER REGISTRATION FORM

VERY IMPORTANT TO READ AND UNDERSTAND PARAGRAPH BELOW:

Please recognize that this class is extremely physically demanding and involves you voluntarily placing yourself into potentially life-threatening situations. We will discuss the hazards involved and will work to minimize them. However, we cannot eliminate the risks. Therefore, the course will be taught in a **CHALLENGE BY CHOICE** format. In other words, you determine what you do and how hard you push yourself within the boundaries of the course. As always, safety will be the top priority but participants ultimately have the responsibility to opt out of anything they feel uncomfortable doing.

The **cancellation policy** for the course is:

1. Now until 1 week prior to class: full refund
2. 1 week until class start: full refund if substitute student is found, otherwise no refund
3. After class starts: no refund

Please sign below: I have read, understand and agree to the above.

Signature

Date

Name: _____ Age: _____ If Minor, P/G name: _____

Address: _____

Phone: _____ Cell: _____ E-mail: _____

Current APEs member? (Y/N) _____ Current ACA member? (Y/N) _____ If yes, ACA # _____

Emergency Contact Information:

Name (& relationship): _____

Phone Numbers: Daytime _____ Evening _____ Cell: _____

Please list Swiftwater Rescue, First Aid/CPR or paddling courses previously taken:

Describe your boating level/experience and, if you plan on bringing a watercraft to the course, what it is:

What do you want to get out of the course?:

Please list medical conditions we should be aware of (feel free to discuss with the instructors directly if you prefer):

Registration: complete and return this form and mail it along with your check made out to Scott Fisher by Jul 20th to: **Scott Fisher, 109 Highland Gate Dr, Johnson City, TN 37615.**

Questions: Feel free to contact me at 276-698-4644 or tfisher1@its.inj.com