

RCABC RIVER RESCUE

Introduction	<p>Level 1 & 2 of the River Rescue Endorsement are intended to give all participants hands on practice of rescue and leadership skills. The content is summarized as follows:</p> <ul style="list-style-type: none">• Level 1: Handling common capsized situations, from a rescuer's perspective and from the swimmer's perspective. The course is adaptable to accommodate participant's needs including solo, tandem, loaded canoes and canoes with spray decks.• Level 2: Skills needed for situations more serious than typical capsizes, including best possible leadership decisions and handling of pinned canoes or entrapment of canoeists with typical rescue gear. <p>Both levels start with a theory and safety discussion followed by skills practice. After basic skills are developed scenarios are created where participants' skills can be implemented.</p> <p>The theory outline posted in Section IV can be reviewed for more content details.</p>
River Rescue Participant and Instructor Endorsements	<p>The paddler level of the RCABC River Rescue certificate has no expiry date or recertification requirement. Repeating the course is encouraged to practice and gain experience with these skills.</p> <p>As of 2013, only approved participants in the River Rescue Development Committee are eligible to teach River Rescue Level 1&2. RCABC intends to review this policy as the goal is to make this course broadly available in BC, if demand exists</p>

Pre-requisite	<p>RCABC Moving Water Level 1 or 2 for solo participants, or equivalent experience.</p> <p>First Aid: Wilderness First Aid Certificate is strongly recommended.</p> <p>Duration: 2 days. Some flexibility is required, depending on number and previous experience of students.</p> <p>Location: Grade I - II rapids.</p> <p>Ratio: 7:1</p> <p>Assessment: Full attendance and participation in most activities is required to pass the course.</p> <p>Conductor: Master Instructors with River Rescue Endorsement</p>
Theory Discussion	<p>Please refer to Rescue Theory Section:</p> <p>This must be completed before going on the water</p> <p>Course summary, goals and participation expectations</p> <p>First Actions After Capsize</p> <p>Rescuer Rules</p> <p>Rescuer Deadly Sins</p> <p>Rescue Leadership</p> <p>Selecting appropriate rescue methods</p> <p>Basic Rescue Equipment</p> <p>Knots</p> <p>Review of Moving water hazards, dynamics and terminology</p> <p>State of the swimmer</p>
Gear Check & Orientation	<p>Personal Protective Equipment plus RCABC and DoT required gear</p> <p>Personal maintenance check- hydration, food, medical conditions</p> <p>First aid kit</p> <p>Rescue rope and wrap kit</p> <p>Boat outfitting</p> <p>Location orientation and emergency plan</p>
Throwbag Rescues of Swimmers	<p>Location and safety considerations</p> <p>Swimmer's methods</p> <p>Thrower's methods</p> <p>Assisting and back up</p> <p>Second throws</p>

Swimming	Heat and Energy Loss in cold moving water Discuss foot entrapment, wood debris, waves and other hazards Defensive Swimming & Aggressive swimming Entering water from shore or canoe Swimming with a paddle, whip kick, streamlined body Swimming through wave trains and crossing eddy lines Swimming over drops and holes, through shallows and into boulders
Self Rescues (Swimmers With Canoe)	Swimming with and managing a swamped canoe Unloaded Canoes – solo and tandem self rescues Loaded Canoes – solo and tandem self rescues (optional) Canoes with spray skirts (optional) Righting and re-entering canoe and paddling to shore Open canoe roll and assisted canoe roll (optional)
Assisted Rescues of Swimmers With Canoe	Rescue leadership and safety concerns Canoe over Canoe rescues Rescuing a loaded or skirted canoe Assisted re-entry Throwbag rescue of boat and swimmer(s) from shore Towing boats and/or swimmers Boat bumping & swimming buddy
Recommended Reading:	<u>Canoeing Safety and Rescue</u> : Doug McKown See also Section IV-93 Reading

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Theory and Orientation	<p>Review of Level 1 Theory Please refer to Rescue Theory Module in: IV – 31.5.3, Liability issues Location Orientation and Emergency Plans Review of other Level 1 topics if required</p>
Basic Rescue Equipment	<p>Detailed Review of: -Variations and suitability of basic rescue equipment -Rope & webbing, knots, carabineers, pulleys, etc.</p>
Swimmers and Entrapment Hazards	<p>Orientation to exercises and methods Aggressive swim over a log Climbing over a log after you are pinned Defensive swim into and walking/body surfing off a log Change from pinned to body surf position Foot Entrapment exercise PFD snag exercise (optional) Snag and Tag line for simulated foot entrapment (optional)</p>
Tethered or Live Bait Rescues (optional)	<p>Recognizing when it is appropriate and safety concerns Rescue PFD operation and rope length concerns Rescuer's methods Assistant's methods plus 2nd assistant</p>
Wading in a River	<p>Single person and paddle or pole Multi person wading in line, V, and circle formations Using a cross river rope for stability (optional)</p>

Rope Across River	<p>This item is subject to whether the location permits it.</p> <p>Location and Safety</p> <p>Anchoring a rescue rope – simple methods</p> <p>Getting a rescue line across a small river and its uses</p> <p>Pendulum swimmer across river</p>
Using a Canoe as a Rescue Vehicle	<p>Transporting injured people</p> <p>Accessing victims or pinned canoes by canoe</p> <p>Creating a simple and stable rescue platform and rafting up</p> <p>Canoeing a rope across river; throwing rope from a canoe</p>
Pinned or Wrapped Canoes – Simple Rescues	<p>Safety concerns and teamwork</p> <p>Accessing the canoe</p> <p>Rocking, prying, rolling</p> <p>Boy Scout method</p>
Pinned or Wrapped Canoes – Z-Drag	<p>Mechanical Advantage - change of direction, 2:1, 3:1</p> <p>Angles and Vectors</p> <p>Anchoring a rescue rope – simple methods</p> <p>Setting up a 3:1 Z-drag</p>
Rescue Scenarios	<p>Instructor sets up real or hypothetical rescue scenarios</p> <p>Students use simplest and quickest methods to complete rescues</p>