

Whitewater Rescue Technician - Recreational

The Whitewater Rescue Technician - Recreational course is designed for recreational paddlers with existing river experience, to provide you with the necessary skills to perform rescues in whitewater river situations.

Contact hours

12 hours (2 days)

Prerequisites

Confident swimmer, with experience of water-based activities (rafting, canoeing, kayaking etc).

Minimum age: 18.

Qualification valid for

3 years

Taught by

- Whitewater Rescue Technician Instructor (WRTI)
- Whitewater Rescue Technician Advanced Instructor (WRTAI)

Assessment

The assessed elements of this course are:

- Whitewater swimming techniques
- Throwbags
- Boat rescue skills
- Knots and anchor systems
- Tensioning systems and mechanical advantage

Whitewater Rescue Technician - Recreational (WRT-REC) skill sheet contents

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WRT-REC

Theory	
1.	Rescue 3 philosophy
2.	Training standards
3.	Best practice guidelines
4.	River hydrology and hazards
5.	Personal equipment
6.	Technical and group equipment
7.	River running considerations
8.	Assessing risk
9.	Managing an incident
10.	Medical considerations
11.	Night/poor visibility considerations
12.	Communications
13.	Strainer considerations
Practical	
14.	Whitewater swimming techniques
15.	Conditional rescues – throwbags
16.	Introduction to shallow water techniques
17.	Foot/body entrapments
18.	Introduction to knots and anchor systems
19.	Introduction to mechanical advantage
20.	Tethered rescues
21.	Line crossing methods
22.	Handheld diagonals/zip lines
23.	Simple boat wraps/pins
24.	Victim/casualty management
25.	Scenarios
Other	
Optional:	

Whitewater Rescue Technician - Recreational (WRT-REC) standard

The course standards are provided as pre- and post-course reference for people involved in the delivery of Rescue 3 courses (eg Rescue 3 training providers, instructors and students). They are not to be used for any other purpose without the express written permission of Rescue 3 Europe.

	Skill sheet element		Learning outcome
1	Rescue 3 philosophy	1.1	Recall the steps required in order to develop judgement
		1.2	Explain the order of priorities at a water rescue scene
		1.3	Explain the benefits of applying a simple rescue solution
		1.4	Explain considerations for self-limitations
2	Training standards	2.1	Recognise the different training courses within the Rescue 3 scheme
		2.2	Recall the remit and role of an individual trained to this level
3	Best practice guidelines	3.1	Apply the Rescue 3 Best Practice Guidelines to produce safer practice in a whitewater environment
4	River hydrology and hazards	4.1	Identify the effect that volume, gradient and obstacles have on water
		4.2	Identify river features
		4.3	Describe the impact that water features would have on individuals in the river
		4.4	Identify water hazards in a river environment, and suitable control measures
		4.5	Identify hazards and control measures for both victim/casualty and rescuer in a hydraulic/weir, and how they can differ from a natural hole/stopper
		4.6	Identify weir rescue options
		4.7	Identify river bank hazards and their control measures.

	Skill sheet element		Learning outcome
5	Personal equipment	5.1	Identify personal protective equipment (PPE) for operating and performing rescues in a river environment
		5.2	Select appropriate equipment for performing rescues in a river environment, perform pre-use checks, and donning
		5.3	Select appropriate clothing for use in a whitewater river environment, based on weather conditions and geographical location.
		5.4	Recall post-use care and inspection procedures for personal equipment
6	Technical and group equipment	6.1	Identify technical and group equipment for river trips and performing rescues in water
		6.2	Recall post-use care and inspection procedures for technical and group equipment
7	River running considerations	7.1	Recall techniques to river-run safely and/or protect a group on the river.
8	Assessing risk	8.1	Perform a dynamic risk assessment of a rescue site
9	Managing an incident	9.1	Explain the phases of a successful rescue
		9.2	List rescue options
		9.3	Explain the importance of undertaking a simple rescue option.
		9.4	Explain the difference between true and conditional rescues
		9.5	Select an appropriate plan of action for a given incident
		9.6	Apply different roles that may be allocated at a water incident
		9.7	Apply a simple structure and centralised command, in order to brief and manage a team
		9.8	Identify how and when to contact the emergency services in the event of an incident

	Skill sheet element		Learning outcome
10	Medical considerations	10.1	Identify signs/symptoms and treatment for common medical issues found in a water environment
		10.2	Identify individuals at risk for common medical issues found in a water environment, and control measures to minimize this
		10.3	Recall the importance of decontamination procedures
		10.4	Recall procedures for protecting the spine when trauma is suspected
		10.5	Identify bank hazards, and suitable control measures to prevent slips, trips and falls
11	Night/poor visibility considerations	11.1	Identify hazards associated with night/poor visibility on the river, and suitable control measures
12	Communications	12.1	Recognise hand signals that can be used on a river trip
		12.2	Recognise whistle signals that can be used in a water environment
		12.3	Identify other methods of communication in a water environment, and their limitations
13	Strainer considerations	13.1	Understand the importance of avoiding strainers and not going underneath them
14	Whitewater swimming techniques	14.1	Identify hazards and suitable control measures when entering and exiting a whitewater environment
		14.2	Demonstrate correct water entry to and exit from a whitewater environment
		14.3	Demonstrate the defensive swimming position
		14.4	Demonstrate the aggressive swimming position
		14.5	Transition between the defensive and aggressive swimming positions
		14.6	Adjust body angle relative to the current vector
		14.7	Apply swimming techniques, angle control and momentum to perform a variety of tasks

	Skill sheet element		Learning outcome
15	Conditional rescues – throwbags	15.1	Identify conditional rescue options and the limitations of conditional rescues
		15.2	Identify, check and prepare suitable equipment for performing a conditional rescue
		15.3	Identify appropriate sites where conditional rescues can be performed
		15.4	Demonstrate the correct method for receiving a throwbag
		15.5	Perform a variety of conditional rescues
		15.6	Identify methods of managing force directed on rescuer and victim/casualty during a reach rescue as water speed increases
16	Introduction to shallow water techniques	16.1	Identify the variables and hazards that will directly affect shallow water techniques
		16.2	Perform single and team-based shallow water techniques
		16.3	Explain how the addition of a casualty would affect shallow water techniques
17	Foot/body entrapments	17.1	Identify the hazards and consequences of foot and body entrapments, and control measures to reduce likelihood
		17.2	Identify extrication methods of an entrapped casualty
		17.3	Identify risks to the rescuers of an entrapped casualty
		17.4	Demonstrate use of stabilisation line and extrication methods from one and two banks
		17.5	Compare the merits and hazards of using hands-on techniques, when approaching from upstream and downstream
18	Introduction to knots and anchor systems	18.1	Be able to identify, tie and check appropriate knots for whitewater rescue
		18.2	Recall factors affecting knot choice for whitewater rescue applications
		18.3	Identify use of basic anchor systems in whitewater rescue
		18.4	Be able to select an appropriate single anchor point, and create an attachment point
		18.5	Tie load-sharing and load-distributing anchor systems

	Skill sheet element		Learning outcome
19	Introduction to mechanical advantage	19.1	Identify the need for mechanical advantage systems within whitewater rescue
		19.2	Identify why external mechanical advantage systems are applied
		19.3	Build and check simple mechanical advantage systems for use within whitewater rescue
20	Tethered rescues	20.1	Identify the hazards and control measures associated with a tethered swim in a whitewater environment
		20.2	Set-up and demonstrate an in-water emergency release using the quick release harness on a buoyancy aid
		20.3	Identify how water speed and distance will affect timing of a tethered swim
		20.4	Demonstrate a true rescue using a tethered swim
		20.5	Demonstrate correct rope management when performing a tethered rescue
		20.6	Identify other uses of quick release harnesses for kayakers and canoeists, their hazards and control measures.
21	Line crossing methods	21.1	Identify the variables that would influence methods for crossing a line over a channel
		21.2	Identify appropriate methods of crossing a line over a channel
		21.3	Demonstrate a variety of methods of crossing a line over a channel
22	Handheld diagonals/zip lines	22.1	Explain why it is important for a handheld diagonal/zip line to be hand-tight and at the correct angle to the current vector
		22.2	Identify why the downstream end of a diagonal/zip line must be releasable
		22.3	Demonstrate appropriate use of a diagonal/zip line
		22.4	Demonstrate appropriate methods for joining ropes for use in a diagonal/zip line

	Skill sheet element		Learning outcome
23	Simple boat wraps/pins	23.1	Identify methods to minimise the likelihood of a wrapped boat
		23.2	Recall the priorities during a boat wrap
		23.3	Recall importance of stabilising the scene
		23.4	Identify methods for evacuation of crew if applicable
		23.5	Recall options for unwrapping a raft
		23.6	Compare wraps of kayaks/canoes and rafts
24	Victim/casualty management	24.1	Identify hazards and control measures associated with victim/casualty management in a whitewater environment
		24.2	State the effects that panic and counter-panic can have on victims/casualties
		24.3	Identify priorities for managing casualties' common medical issues
		24.4	Demonstrate techniques for managing casualties' common medical issues, including airway
		24.5	Demonstrate use of improvised stretchers.
25	Scenarios	25.1	Complete river rescue scenario(s)