

## WHY DO THIS COURSE?

Moving water is a very unforgiving environment and claims many lives in New Zealand every year. Over the last 5 years an average of 32 people a year have drowned in New Zealand rivers. Drowning is the third highest cause of accidental death in New Zealand. Over the official 2012 summer period (December 1 2012 to February 28 2013), thirty-one people drowned in New Zealand - about one every three days.

A basic understanding of rivers and a healthy respect for the power of moving water can help to minimise some of this danger and give you the ability to work with it.

The purpose of this course is to learn how to stay safe around moving water and to help you recognise when you need assistance.

This course is recommended for all people who operate around swiftwater environments including Search and Rescue, Civil Defence, Fire Service, or anybody operating in a water environment.

## COURSE OBJECTIVES

By the end of the course you will be able to:

- Recognise river features and their effects
- Understand river and search terminology
- Move safely in and around a river environment up to grade 2 including safe swimming and river crossing techniques
- Perform non-technical self and peer rescues in a river environment up to grade 2
- Use of equipment for the swiftwater environment
- Basic rescue techniques including signals, throw bags
- Practical exercises testing skill integration.

## COST

SARINZ is a registered Charitable Trust, and as such it only seeks to cover costs and minimal overheads. Any profit made by the Trust *MUST* be reinvested into Search and Rescue, usually through Research and Development (R&D). This means that an investment in our training is an investment in the future of SAR.

There is a fixed fee for the delivery of the course which is dependant upon the number of tutors required to best meet the needs of the participants. Travel and logistics vary according to location, and are charged back at actual cost - so if you have access to "local deals", this will reduce the cost of the training.

All course logistics such as participant accommodation, travel, meals, venue will be arranged by the course organisers.

## WHAT NEXT

Please contact [info@sarinz.com](mailto:info@sarinz.com) with your training request and we will prepare a quote that best meets your needs.

## COURSE PROGRAMME

### Pre-workshop:

Consists of reading and exercises designed to introduce you to the subject of swift water and personal safety. This needs to be completed prior to the practical workshop.

### Workshop:

Consists of the practical component of the course usually delivered over two days. Timing is variable due to logistics, but will be approximately 0900 until 1700 on both days.

## PRE-REQUISITES

No formal pre-requisites, though to ensure safety in a water environment, your fitness and swimming ability must be sufficient to undertake the physical water components of this course.

## OUTCOMES

SARINZ can customise the course content to meet specific industry or organisational needs. We will discuss this as part of the scoping phase.

## RESCUE 3 NZ

This course is delivered in partnership with Rescue 3 New Zealand utilising materials from the Rescue 3 International Basic Water First Responder programme. Rescue 3 International is the world's largest provider of technical rescue training, with specific expertise in swiftwater.



**SARINZ - New Zealand's international training  
centre of search and rescue excellence**