

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, Hydrologists, Engineers, Hydro electric workers or anybody operating in or around 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 operations 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.

QUALITY ASSURANCE

SARINZ is a registered Private Training Establishment (PTE) with New Zealand Qualifications Authority (NZQA). In our most recent external review by NZQA SARINZ received a Category 1 rating, meaning we meet the highest levels of quality assurance as measured by NZQA.

SARINZ water safety training is delivered in partnership with Rescue 3 New Zealand in alignment with Rescue 3 International best practice. Rescue 3 International is the world's largest provider of technical rescue training, with specific expertise in swiftwater, rope, tower, confined space, ice and animal rescue.

Collectively, we bring many years of frontline industry experience to your training to ensure that it is fit-for-purpose, current and industry best practice.



COURSE PROGRAMME

Workshop:

The makeup of your workshop is dependent upon location and the desired learning outcomes. It will usually be delivered over two days. Specific timings will be confirmed via email approximately one week prior to the workshop.

PRE-REQUISITES

There are no formal pre-requisites for this course.

The Swiftwater Personal Skills workshop is physically demanding and involves activities in a cold river. You need to be prepared.

To ensure the safety of yourself and others, your fitness and swimming ability must be sufficient to undertake the physical water components of this course and to be able to move with reasonable confidence on river bank environments.

WHAT TO BRING

Much of the practical component will be spent in the water. You need to be well dressed to be able to make the most of the exercises. The following is our recommendations:

- Swimming gear, including towel(s)
- Wet suit 3-5mm (highly recommended)
- Footwear – running shoes are usually best
- Thermal hat - wetsuit, wool, polypropylene
- Gloves - wetsuit material or polypropylene
- Light windbreaker, rain jacket or paddle jacket
- Whitewater life jacket – Personal Flotation Device (make sure its well fitting)
- Thermal booties (optional)
- Kayaking style helmet

Recommended extras:

- Suntan lotion/first aid kit/personal medications
- Quick energy food such as muesli bars etc
- Hot drinks (thermos)
- Other food and drink for the day
- Change of warm clothes for afterwards
- Throwbag (if you have one)

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