



Start Time	Activity	Duration	Theory/Practical
08:30	Registration & Introduction	00:15	Theory
09:00	Swiftwater Rescue Philosophy Review	00:30	
09:15	Break	00:10	
09:45	Search Management	00:30	
10:15	Planning for Swiftwater Rescue	00:30	
10:45	Break	00:10	
10:15	High Angle Rescue	00:30	
11:05	Break	00:10	
11:15	Planning for Swiftwater Rescue	00:15	V
11:30	MA system Theory	00:30	
12:00	Lunch	00:45	
12:45	Drive to working area / change	00:15	Practical
13:00	Ropes and Knots Review	00:30	
13:30	Multiple Anchors	00:45	
14:15	Advanced Equipment	00:45	
15:00	Break	00:15	
15:15	Belaying	00:45	
16:00	MA systems - Simple / Internal	00:45	
16:45	MA systems - Compound / External	00:45	
17:30	Summery of the day & Questions	00:30	

18:00 Finished for the day





Start Time	Activity	Duration	Theory/Practical
08:30 08:45 09:15 10:00	Meet at training Location Equipment for high angle rescue Safety on steep ground Break	00:15 00:30 00:45 00:15	Practical
10:15	Accending and decending fixed ropes	01:45	
12:00	Lunch	00:45	
12:45 13:30 14:30	Lowering and raising Lowering and raising over an edge Break until evening	00:45 01:00	I

18:00	Meet at training Location / Change	00:30	Practical
18:30	Night Skills - swimming in stong current	00:45	
19:15	Tension Diagonal	00:45	
20:00	Break	00:15	
20:15	Night Skills - swimming in stong current	00:45	
21:00	Night Skills - Throwbag Training	00:30	
21:30	Break	00:15	
21:45	Search Exercise	00:45	¥

22:30 Finished for the day





Start Time	Activity	Duration	Theory/Practical
09:30 09:40 10:10	Evaluation of Search Exercise Size up of rescue situations Break	00:10 00:30 00:10	Practical
10:20 11:05	Complex MA system Theory Break	00:45 00:10	
11:15	Highline system Therory	00:45	
12:00	Lunch	00:45	
12:45 13:15 14:00 14:45 15:30	Drive to working area / Change Knots in rope systems 2 & 4 Point Boat Systems Review Tension Diagional with boat Break	00:30 00:45 00:45 00:45 00:15	
15:45	Highline with boat	01:15	
17:00 17:30	Change / Drive back Summery of the day & Questions	00:30 00:30	
10.00			

18:00 Finished for the day







Start Time	Activity	Duration	Theory/Practical
09:00 09:15	Meet at training Location High Re-directionals	00:15 00:15	Practical
09:30 10:15	Knots in Vertical Rope Systems Break	00:45 00:15	
10:30	Lowering and raising with a strecher	01:30	
12:00	Lunch	00:45	
12:45	Rescue Scenario	03:30	
16:15	Change / Drive back	00:30	Ļ
16:45	Written Test	00:30	
17:00	Paperwork	00:15	
17:30	Summery of the Course & Questions	00:30	

18:00 End of Course

