

Day 1

Start Time	Activity	Duration	Theory/Practical	
08:30	Registration & Introduction	00:15	Theory ↓	
08:45	Swiftwater Rescue Philosophy	00:30		
09:15	Break	00:10		
09:25	Hydrology	00:45		
10:10	Break	00:10		
10:20	Medical Considerations	00:30		
10:50	Helicopter use in Swiftwater	00:15		
11:05	Break	00:10		
11:15	Personal Safety	00:15		
11:30	Swiftwater Equipment	00:15		
11:45	Communication	00:15		
12:00	Lunch	00:45		
12:45	Drive to working area / change	00:30		Practical ↓
13:15	PPE for Swiftwater	00:15		
13:30	Safety talk	00:15		
13:45	Introduction to Throwbags	00:15		
14:00	Swimming in Strong current & Throwbags	01:00		
15:00	Towing swimmers	00:15		
15:00	Break	00:15		
15:15	Swimming in a "hole"	00:45		
16:00	Wading Techniques	00:45		
16:45	Change / Drive back	00:45		
17:30	Summery of the day & Questions	00:30		
18:00	Finished for the day			



Day 2

Start Time	Activity	Duration	Theory/Practical
08:30	Meet at training Location / Change	00:15	Practical ↓
08:45	Ropes and Knots	01:00	
09:45	Break	00:15	
10:00	Simple Anchors	00:30	
10:30	Multiple Anchors	00:30	
11:00	Break	00:15	
11:15	MA Systems	00:45	
12:00	Lunch	00:45	
12:45	Change	00:15	
13:00	Boats	00:30	
13:30	Raft basic handling	01:00	
14:30	Break	00:15	
14:45	Rope Crossing Techniques with boat	00:45	
15:30	Channel crossing	00:45	
16:15	Unpinning Boats held in current	00:45	
17:00	Change / Drive back	00:30	
17:30	Summery of the day & Questions	00:30	
18:00	Finished for the day		



Day 3

Start Time	Activity	Duration	Theory/Practical	
08:30	Flooding	00:45	Theory ↓	
09:15	Break	00:10		
09:25	Searching Rivers and Floods	00:45		
10:10	Break	00:10		
10:20	Weir Rescue	00:45		
11:05	Break	00:10		
11:15	Cars in Current	00:45		
12:00	Lunch	00:45		
12:45	Drive to working area / Change	00:30		Practical ↓
13:15	Strong swimmer rescues	01:00		
14:15	Rope Crossing Techniques without a boat	00:15		
14:30	Tension Diagonal	00:45		
15:15	Break	00:15		
15:30	Swimming over a strainer	00:45		
16:15	Pins and Entrapments	00:45		
17:00	Change / Drive back	00:45		
17:30	Summery of the day & Questions	00:30		
18:00	Finished for the day			



Day 4

Start Time	Activity	Duration	Theory/Practical
08:30	Meet at training Location / Change	00:15	Practical ↓
08:45	Weir safety & Rescue	00:30	
09:30	2 & 4 Point Boat System	00:45	
10:15	Break	00:15	
10:30	2 Point Boat System	01:30	
12:00	Lunch	00:45	
12:45	Change	00:15	
13:00	Highline systems with a boat	01:30	
14:30	Break	00:15	
14:45	Rescue Scenario	01:00	
15:45	Change / Drive back	00:45	
16:30	Summery of the Course & Questions	00:30	
17:00	Paperwork	00:30	
17:30	Written Test	00:30	
18:00	End of Course		

