

**Day 1**

Start Time	Activity	Duration	Theory/Practical	
08:30	Registration	00:15	Theory ↓	
08:45	Introduction	00:15		
09:00	Swiftwater Rescue Philosophy Review	00:30		
09:30	Break	00:15		
09:45	Size up of rescue situations	00:30		
10:15	Planning for Swiftwater Rescue	00:30		
10:45	Break	00:15		
11:00	High Angle Rescue	00:30		
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		
14:30	Multiple Anchors	00:30		
15:00	Advanced Equipment	00:15		
15:15	Break	00:15		
15:30	Belaying	00:30		
16:00	MA systems - Simple / Internal	00:30		
16:30	MA systems - Compound / External	00:30		
17:00	Break until Evening Exercise			
20:00	Meet at training Location / Change	00:15		
20:15	Night Skills - swimming in stong current	00:45		
21:00	Night Skills - Throwbag Training	01:00		
22:00	Finished for the day			




## Day 2

Start Time	Activity	Duration	Theory/Practical
09:00	Meet at training Location	00:15	Practical 
09:15	Equipment for high angle rescue	00:30	
09:45	Safety on steep ground	00:45	
10:30	Break	00:15	
10:00	Accending and decending fixed ropes	01:15	
12:00	Lunch	00:45	
12:45	Lowering and raising	00:45	
13:30	Lowering and raising over an edge	01:00	
14:30	Break	00:15	
14:45	High Re-directionals	00:45	
15:30	Knots in the system	01:00	
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	Search Management	01:00	Practical 
09:30	Break	00:15	
09:45	Complex MA system Theory	01:00	
10:45	Break	00:15	
11:00	Highline system Theory	01:00	
12:00	Lunch	00:45	
12:45	Drive to working area / Change	00:30	
13:15	2 & 4 Point Boat Systems Review	01:00	
14:15	Tension Diagonal with boat	01:00	
15:15	Break	00:15	
15:30	Highline with boat	01:30	
17:00	Break until Evening Exercise		
20:00	Meet at training Location / Change	00:15	
20:15	Night Skills - swimming in strong current	01:45	
21:45	Night Skills - Throwbag Training	00:15	
22:00	Finished for the day		



## Day 4

Start Time	Activity	Duration	Theory/Practical
09:00	Meet at training Location	00:15	Practical ↓
09:15	Patient Packaging	00:15	
09:30	Using a stretcher in low angle terrain	00:45	
10:15	Break	00:15	
10:30	Lowering and raising with a stretcher	01:30	
12:00	Lunch	00:45	
12:45	Rescue Scenario	03:00	
15:45	Change / Drive back	00:45	
16:30	Summary of the Course & Questions	00:30	
17:00	Paperwork	00:30	
17:30	Written Test	00:30	
18:00	End of Course		

