


**Day 1**

Start Time	Activity	Duration	Theory/Practical
08:30	Registration	00:15	Theory ↓
08:45	Introduction	00:15	
09:00	Swiftwater Rescue Philosophy	00:30	
09:30	Break	00:10	
09:40	Hydrology	00:50	
10:30	Break	00:10	
10:40	Communication	00:10	
10:50	Searching Rivers	00:10	
11:10	Helicopter use in Swiftwater	00:10	
11:40	Medical Considerations	00:20	
12:00	Lunch	00:45	
12:45	Drive to working area / change	00:30	
13:15	Safety talk	00:15	
13:30	PPE for Swiftwater	00:15	
13:45	Introduction to Throwbags	00:15	
14:00	Swimming in Strong current & Throwbags	01:00	
15:00	Break	00:15	
15:15	Contact Rescues	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	Rope Crossing Techniques	00:15	
13:15	Tension Diagonal	01:00	
14:15	Break	00:15	
14:30	Swimming in a "hole"	00:45	
15:15	Swimming over a "strainer"	00:45	
16:00	Unpinning Boats held in current	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 3**

Start Time	Activity	Duration	Theory/Practical
08:30	Meet at training Location / Change	00:15	Practical 
08:45	Weir safety & Rescue	00:30	
09:15	2 & 4 Point Boat Systems	01:00	
10:15	Break	00:15	
10:30	Pins & Entrapments	01:30	
12:00	Lunch	00:45	
12:45	2 Point system review	01:00	
13:45	Highline systems with a boat	02:00	
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		

