

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 | | |
| 10:40 | Medical Considerations | 00:30 | | |
| 10:50 | Helicopter use in Swiftwater | 00:15 | | |
| 11:10 | Break | 00:10 | | |
| 11:15 | Panic and Survival | 00:15 | | |
| 11:30 | Bystanders & Witnesses | 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 | | |
| 15:15 | Break | 00:15 | | |
| 15:30 | Swimming in a "hole" | 00:45 | | |
| 16:15 | Wading Techniques | 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 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 | Contact Rescues | 01:00 | |
| 14:00 | Rope Crossing Techniques | 00:15 | |
| 14:30 | Tension Diagonal | 00:45 | |
| 15:15 | Break | 00:15 | |
| 15:30 | Swimming over a "strainer" | 00:45 | |
| 16:15 | Pins & Entrapments | 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 | Meet at training Location / Change | 00:15 | Practical ↓ |
| 08:45 | Rope Crossing Techniques with boats | 00:30 | |
| 09:15 | 2 & 4 Point Boat Systems | 01:00 | |
| 10:15 | Break | 00:15 | |
| 10:30 | Unpinning Boats held in current | 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 Scenarios | 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 | | |

