

Day 1

Start Time	Activity	Duration	Theory/Practical
08:30	Registration	00:15	Theory ↓
08:45	Introduction	00:15	
09:00	Swiftwater Rescue Philosophy	01:00	
10:00	Break	00:10	
10:10	Hydrology	00:50	
11:00	Break	00:10	
11:00	Communication	00:10	
11:10	Swiftwater Rescue Equipment	00:20	
11:30	Searching Rivers	00:30	
12:00	Helicopter use in Swiftwater	00:20	
12:30	Lunch	00:45	
13:15	Drive to working area / Change	00:30	
13:45	PPE for Swiftwater	00:15	
14:00	Safety talk	00:15	
14:15	Introduction to Throwbags	00:15	
14:30	Swimming in Strong current	00:45	
15:15	Break	00:15	
15:30	Throwbag Training	00:45	
16:15	Wading Techniques	00:45	
16:45	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	Medical Considerations	00:25	Theory ↓
08:55	Team Dynamics	00:15	
09:10	Planning for Swiftwater Rescue	00:20	
09:15	Break	00:15	
09:30	Ropes and Knots	00:30	Practical ↓
10:00	Line crossing options	00:15	
10:15	Simple Anchors	00:45	
11:00	Break	00:15	
11:15	MA Systems	00:45	
12:00	Lunch	00:45	
12:45	Drive to working area / Change	00:30	
13:15	Rope Crossing Techniques	00:30	
13:45	Tension Diagonal	00:45	
14:30	Break	00:15	
14:45	C-spine Rolls	00:30	
15:15	2 & 4 Point Boat Systems	00:45	
16:00	Change / Drive back	00:30	
16:30	Summery of the day & Questions	00:30	
17:00	Paperwork	00:30	
17:30	Written Test	00:30	
18:00	End of Course		

