

**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	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	00:45		
14:45	Break	00:15		
15:00	Throwbag training	00:45		
15:00	Use of a chest harness in whitewater	00:45		
16:30	Wading Techniques	00:30		
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	Equipment preparation	00:15	
09:00	Team Dynamics	00:30	
09:30	Break	00:15	
09:45	Ropes and Knots	00:30	
10:15	Anchors	00:30	
10:45	Break	00:15	
11:00	MA Systems	00:45	
11:45	Rope Crossing Techniques	00:15	
12:00	Lunch	00:45	
12:45	Swimming over a "strainer"	00:30	
13:15	Pins & Entrapments	00:30	
13:45	Tension Diagonal	00:45	
14:30	Break	00:15	
14:45	Towing Swimmers	00:30	
15:15	Towing unconscious Swimmers	00:15	
16:00	Change / Drive back	00:30	
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		

