



Swiftwater Rescue Technician Programmes

This course is intended for the outdoor professional and those who will be required to carry out rescues in a Swiftwater & flood environment – Outdoor Instructors, Emergency Services personnel, Mountain Rescue Teams etc. The course is based on the philosophy of self-protection and application simple of low to high risk solutions.

Increasingly rescue teams are being called to give assistance in flood and swiftwater rescue situations. Proper training in this area is essential to ensure teams are able to operate in a safe manner in the most demanding conditions. The Gold Standard in this area is the Swiftwater Rescue Technician programme which trains team members to operate alongside other agencies and teams within an agreed protocol, enhances team safety and provides team members with an internationally recognised qualification (certification at extra cost).

Howie (member of Kendal Mountain Search and Rescue Team) has teamed up with Mountain Trauma to offer swiftwater rescue technician programmes in a very cost effective package. We are offering accelerated 3-day programmes tailored to your requirements, run either in the Lake District or in your home area. The 3-day format keeps costs down over the standard 4 day programme. Full safety equipment is provided including rescue vests and dry suits.

Howie has extensive experience in water rescue having trained police, fire, paramedics, RNLI and MR teams from across Britain; he is also a qualified Mountain Instructor and Kayak Instructor/Assessor with over 20 years of moving water experience.

Course Content

The principals of moving water rescue

Hydrology

Equipment – personal ppe/team equipment

Searches

Medical considerations
Swiftwater swimming
Throwlines
Rope systems
Entrapments
Incident management
Shallow water crossings

Pre-requisites

- Confident swimming in moving water
- River / whitewater experience recommended