



## *Whitewater Rescue Technician - Training Record*

Student: \_\_\_\_\_

Date of Course: \_\_\_\_\_ Location of Course: \_\_\_\_\_

Instructions: Under column 'Performed/Observed' write either a 'P' or 'O' depending upon whether the student performed or observed that technique. Both the student and instructor must sign and date the bottom of the skillsheet in order to make it a valid record of training.

<b>SKILLS/KNOWLEDGE</b>	<b>Date</b>	<b>Performed/ Observed</b>	<b>Student Initials</b>	<b>Instructor Initials</b>
<b>LECTURE KNOWLEDGE</b>				
1. Rescue 3 Philosophy		O		
2. Absolutes of whitewater rescue		O		
3. Rescuer Safety & Survival		O		
4. Water Dynamics & River Hazards		O		
5. Personal & Team Equipment		O		
6. Pre-planning, sizing-up and Incident Management		O		
7. Family/Bystanders/Emergency Services and Documentation		O		
8. Communications		O		
9. Medical Considerations		O		
10. Helicopter Familiarization		O		
<b>WATER RESCUE TECHNIQUES</b>				
11. Whitewater Swimming Techniques				
12. Strainer Swim				
13. Supervised Swim in a 'Hydraulic'				
14. Throw Bags				
15. Tension Diagonals				
16. 2 & 4 Point Boat Rope System				
17. Shallow Water Techniques				
18. Tethered Rescues				
19. Line Crossing Methods				
20. Boat Unwrapping and Unpinning				
21. C-Spine Rolls				
<b>SPECIFIC HAZARDS &amp; RISKS</b>				
22. People and Equipment Entrapments				
23. Boat on a Highline				
24. Weir Rescues				
<b>ROPE RESCUE TECHNIQUES</b>				
25. Introduction To Ropes, Knots And Technical Gear				
26. Anchor Systems				
27. Tensioning Systems & Mechanical Advantage				
28. Belay Systems				
29. Scenarios:				
30. Optional:				
31. Optional:				

Remarks: \_\_\_\_\_

The undersigned agree that the student has received training in the areas identified above and with practice will be prepared to perform them. Said student also understands that his/her competency will be in direct relation to the amount of time he/she devotes to future practice and further training with these skills and knowledge.

Student Signature: \_\_\_\_\_ (Print Name \_\_\_\_\_) Date: \_\_/\_\_/\_\_

Instructor Signature: \_\_\_\_\_ (Print Name \_\_\_\_\_) Date: \_\_/\_\_/\_\_