



# Swift Water Rescue

**What:** Swift Water Rescue level 2

**When:** Sat May 1 8:30 am - 5 pm  
Sun May 2 8:30 am - 5 pm

**Where:** Halifax Regional Search & Rescue Headquarters & Musquodoboit or Beaverbank River

Google Map: <http://goo.gl/maps/ZN4ZU>

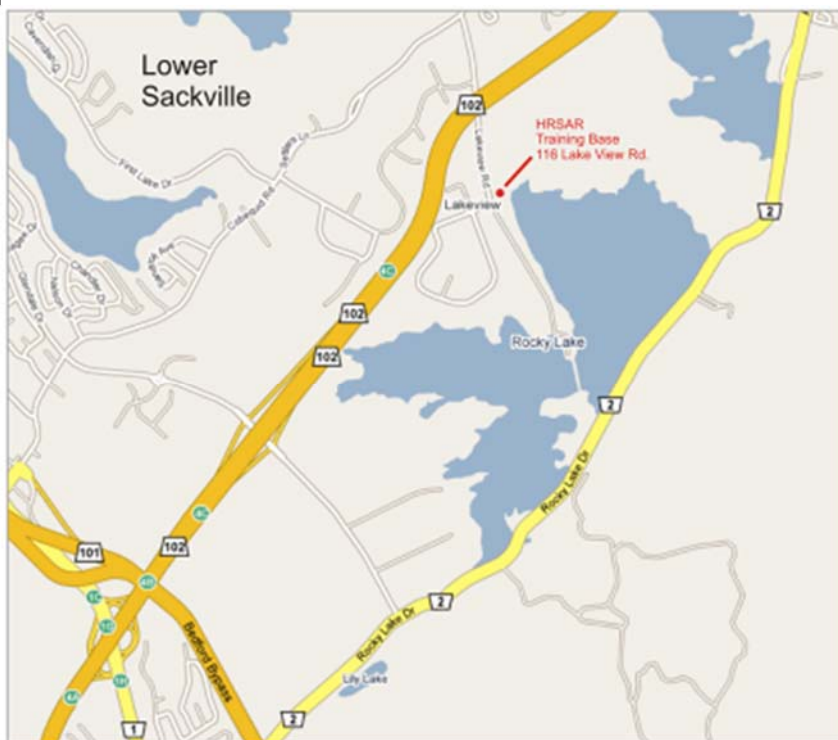
**Contact:** Blair Doyle, 222-0868-cel, [adventure@eastlink.ca](mailto:adventure@eastlink.ca)

REG link: <http://adventureandsafety.ca/event-registration/?ee=379>

The session will be mostly practical field & water exercises. Be prepared to be in the water in NS in cool times for prolonged periods.

You will need good thermal protection (dry or wet suit), a change of clothes, and food for the day. Personal Protective Equipment (Helmet/PFD/Boots). Drysuits available for rent for \$65/day.

Itinerary attached - Ropes and all the technical kit will be provided.



**Day one - Morning will be prep and then we head for riverside in the afternoon**

**Day two - We will be mobile to river side most of the day, so a bag lunch and thermos full of warm chow is a good idea.**



Schedule for 2-day Program  
 (May change due to weather & water levels)

| <b>Day 1<br/>- 8:30– 5pm</b>   | <b>Day 2<br/>- 8:30– 5pm</b>                               |
|--|--|
| Where - Halifax SAR Base for the morning then to the river for afternoon | River – Musquodoboit River, Beaverbank, or Sackville River |
|  |  |
| Intro  | Biners, pulleys, Rope                                      |
| Priorities & risk, KISS  | Rope Systems   |
| Basic Personal Equipment (PPE)   | Finish with Hypowrap/Evac                                  |
| Dryland Throwbag practice  |  |
|  |  |
| <b>On the H2O</b>  |  |
| Wading - River Crossing  | Log Jam  |
| Offensive/Defensive Swimming   | Body Entrapment  |
| Throw bagging  | Foot Entrapment  |
| River Swim   | Fence Entrapment   |
| Victim Types - Defenses  | Tension Diagonal   |
| Tethered Rescue  | Boat Entrapment  |
| Avoidance Rescue   | Scenario's   |
|  |  |
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