

River Rescue 1



Photo: Cat Kearsley

Training Scope and Syllabus

With the support of:



NZOIA™ WWNZ River Rescue 1

Scope

River Rescue 1 Profile

The NZOIA/WWNZ River Rescue 1 certificate holder will have been trained in the following skills in grade 2 white water:

- Equipment selection
- River hydrology
- Communications
- River running strategies
- Self-rescue
- Bank based rescue
- Boat based rescue
- Swimmer based rescue
- River crossing and swimming techniques

Scope

This certificate is part of a pathway for recreational and professional paddlers to better enable them to safely paddle with their peers, when leading a group, or when providing an instructional or guided experience. This certificate does not define the ability to lead or instruct.

This certificate is relevant to anyone working or recreating in grade 2 environment including; kayakers, multi-sport kayakers, canoeists, pack rafters, stand up paddle boarders and sit on top kayakers.

River Rescue 1 is a prerequisite for participation in the NZOIA Kayak 1, NZOIA Multisport Kayak and NZOIA Canoe Guide and 1 assessment.

Prerequisites

To enable meaningful learning in all aspects of the syllabus it is required that participants have the following paddling experience:

- At least 10 river trips on grade 2 white water, and sufficient experience to paddle independently without the close supervision of peers or an instructor
- Reliable roll in grade 2 white water (kayakers only)
- Self-rescue (capsize and re-enter) (canoeists, pack rafters, sit on tops kayakers and stand up paddle boarders)

Revalidation

The NZOIA/WWNZ River Rescue 1 certificate holder is recommended to attend a River Rescue 1 course every three years.

Progressing to River Rescue 2

As the NZOIA/WWNZ River Rescue 1 certificate holder gains more experience, they can progress to gaining the River Rescue 2 certificate. The steps they can follow include:

- Gaining the experience outlined in the NZOIA/WWNZ River Rescue 2 prerequisites
- Attending a skills training course

Syllabus

Training Notes

The syllabus outlines what the content of the training will include and gives an idea of what tasks the trainee will be asked to complete. All training must be based on current good practice and industry standards.

While this is not an assessment of competency, it is the trainer's role to provide participants with a clear picture through formal feedback of their level of personal competency such as; areas where they are at or above current good practice and areas in which improvement is required. Personal competency will be established through:

- Observation of practical tasks
- Questioning and discussion

As this course is a prerequisite for NZOIA Kayak 1, Multi-sport Kayak and Canoe Guide and 1, participants preparing for these assessments will need coaching and feedback towards understanding the assessment standard.

Site selection: It is the trainer's responsibility to select venues for this course appropriate to the skill and experience level of participants.

Technical Skills

1. Selection and correct use of equipment commonly used in Aotearoa for paddling

The participant will learn:

- 1.1** The importance of using equipment, clothing and footwear that is in good condition and is fit for purpose for the environmental conditions
- 1.2** The types, characteristics, advantages, limitations, cost, care, maintenance and storage for a range of equipment relevant to the craft they are paddling e.g. PFD's, spray decks, paddles, helmets, dry tops/paddle jackets and other clothing and footwear
- 1.3** A working knowledge of a range of simple safety equipment relevant to the craft they are paddling e.g. air bags, survival bags, towlines, throw bags, slings, karabiners, prusiks, knife, saw, split paddle, painters, bailers,
- 1.4** The use and care of emergency communication equipment appropriate for use in the environment e.g. flares, VHF radio, satellite phone, Personal Locator Beacon, satellite messenger

2. Self, boat and bank-based rescues

The participant will learn the following river rescue skills at a given location on a grade 2 river section:

Self-rescue:

- 2.1 Capsize, exit and recover yourself/equipment (re-enter craft or swim equipment to river bank)
- 2.2 Swimming techniques of passive (white water float) and assertive (aggressive freestyle)
- 2.3 Safely entering and exiting the river (swimming and in boat)

Boat based rescues:

- 2.4 Deep water or X rescue
- 2.5 Coaching a swimmer while retrieving gear
- 2.6 Moving craft and paddles around the river without use of a towline
- 2.7 Towing a craft and retrieving a paddle with a towline where applicable
- 2.8 Release a tow line under tension
- 2.9 Rescue of an unconscious swimmer

Bank based rescues:

- 2.10 Rescue a swimmer using a throw bag; attention gained, accurate throw, stable belay, safe pendulum
- 2.11 Techniques for unpinning a wrapped craft e.g vector pull, 3:1 hauling system
- 2.12 Methods for dealing with foot entrapments
- 2.13 Methods off accessing different parts of the river e.g. river crossing/linking up, handlines, swimming

Kayak/Pack raft specific rescues (as applicable):

- 2.14 Transport a swimmer across the river by; a bow carry, a stern deck carry and a tow
- 2.15 Bow or T Rescue, H Assist, Barrel Roll
- 2.16 Capsize, release and roll while attached to a towline
- 2.17 Assisted ferry glide (with and without a towline)
- 2.18 Management techniques with and without a towline e.g. rafting up, assisted kayaking

Canoe specific rescues (as applicable):

- 2.14 Swim, then pendulum loaded canoe to shore, using a swim line (throw bag or painter attached to canoe)
- 2.15 Right a fully loaded canoe (with buoyancy) and re-enter without shore access (open water technique)
- 2.16 Curl rescue (canoes parallel)
- 2.17 X-rescue a loaded canoe
- 2.18 Assist clients back into tandem canoe including a client with limited mobility

- 2.19 The use of a releasable boat to boat tow system
- 2.20 Identify good attachment points, direction of pull, and river flow to unpin a wrapped canoe

3. Common river hazards

The participant will learn:

- 3.1 How to identify common river hazards e.g. recirculating hydraulics, undercuts, sieves, strainers, entrapment features
- 3.2 To establish the 'real' risk of river hazards
- 3.3 Methods to manage, remove and reduce the risk of river hazards

4. Controlled river running

The participant will learn:

- 4.1 Selecting a suitable river trip
- 4.2 Preparing for and executing a safe, well managed river trip
- 4.3 Identifying river features and hazards and how to use and/or avoid them
- 4.4 River running strategies, including scouting and choosing safe lines through rapids

Rescue Management

5. Working within a team to deal with rescue scenarios

The participant will learn:

- 5.1 Accepted/commonly used river communication signals
- 5.2 To identify the situation and appropriate course of action
- 5.3 Prioritisation of tasks e.g. self, victim, paddle, boat
- 5.4 Their strengths and limitations in a rescue situation
- 5.5 The purpose and role of clear leadership

6. Manage a group to deal with rescue scenarios

The participant will learn to:

- 6.1 Identify the required rescue and best approach
- 6.2 Understand their limitations and manage the safety of self and other group members
- 6.3 Decisive decision making
- 6.4 Deliver clear and concise information in a river environment
- 6.5 Delegate tasks
- 6.6 Know the limitations of, or potential for getting external help (who, how and when)