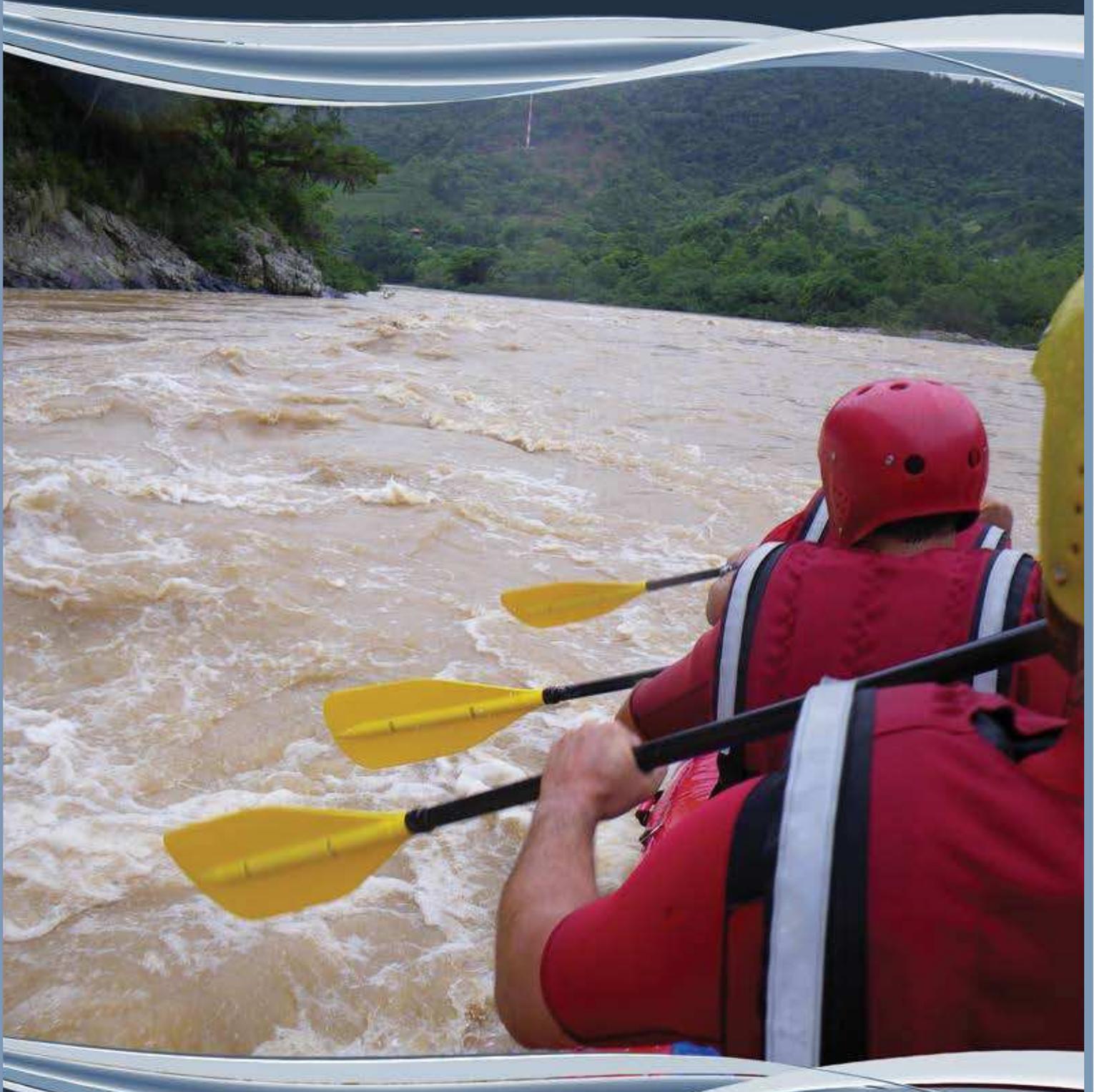


# Rescue 3 International Whitewater Standard



The world leader in water and rope rescue education since 1979

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# Rescue 3 International

## Whitewater Rescue Training Standard

### 1. Rescue 3 philosophy

- 1.1 Recall the steps required in order to develop judgment.
- 1.2 Explain the order of priorities at a water rescue scene
- 1.3 Explain the benefits of applying a simple rescue solution
- 1.4 Explain considerations for self-limitations

### 2. Training standards

- 2.1 Recognize the different training courses within the Rescue 3 scheme
- 2.2 Recall the remit and role of an individual trained to this level

### 3. River hydrology and hazards

- 3.1 Identify the effect that volume, gradient and obstacles have on water
- 3.2 Identify river features
- 3.3 Describe the impact that water features would have on individuals in the river
- 3.4 Identify water hazards in a river environment, and suitable control measures
- 3.5 Identify hazards and control measures for both victim/casualty and rescue
- 3.6 Identify weir rescue options
- 3.7 Identify river bank hazards and their control measures.

### 4. Personal Equipment

- 4.1 Identify personal protective equipment (PPE) for operating and performing rescues in a river environment
- 4.2 Select appropriate equipment for performing rescues in a river environment, perform pre-use checks, and donning
- 4.3 Select appropriate clothing for use in a whitewater river environment, based on weather conditions and geographical location.
- 4.4 Recall post-use care and inspection procedures for personal equipment

### 5. Technical and Group Equipment

- 5.1 Identify technical and group equipment for river trips and performing rescues in water
- 5.2 Recall post-use care and inspection procedures for technical and group equipment

### 6. River running considerations

- 6.1 Recall techniques to river-run safely and/or protect a group on the river.

### 7. Assessing risk

- 7.1 Perform a dynamic risk assessment of a rescue site

### 8. Managing an incident

- 8.1 Explain the phases of a successful rescue
- 8.2 List rescue options
- 8.3 Explain the importance of undertaking a simple rescue option.
- 8.4 Explain the difference between true and conditional rescues
- 8.5 Select an appropriate plan of action for a given incident
- 8.6 Based on hazard recognition, apply appropriate control measures to protect your team, clients and other river users at a rescue scene
- 8.7 Apply different roles that may be allocated at a water incident
- 8.8 Apply a simple structure and centralised command, in order to brief and manage a team
- 8.9 Identify how and when to contact the emergency services in the event of an incident

## 9. Medical Considerations

- 9.1 Identify signs/symptoms and treatment for common medical issues found in a water environment
- 9.2 Identify individuals at risk for common medical issues found in a water environment, and control measures to minimize this
- 9.3 Recall the importance of decontamination procedures
- 9.4 Recall procedures for protecting the spine when trauma is suspected
- 9.5 Identify bank hazards, and suitable control measures to prevent slips, trips and falls

## 10. Night / Poor Visibility Considerations

- 10.1 Identify hazards associated with night/poor visibility operations, and suitable control measures

## 11. Introduction to Searching Rivers

- 11.1 Identify the roles in a river-based search
- 11.2 Identify relevant information that should be passed on to a team leader/emergency services
- 11.3 Explain the importance of establishing a point last seen, time last seen and search area
- 11.4 Identify variables that affect the search area
- 11.5 Identify appropriate search models
- 11.6 State what tasks a team member would carry out during a river-based primary search
- 11.7 State what tasks a team member would carry out during a river-based secondary search
- 11.8 Recall considerations before a downstream boat search can be undertaken

## 12. Communications

- 12.1 Recognize hand signals that can be used on a river trip
- 12.2 Recognize whistle signals that can be used in a water environment
- 12.3 Identify other methods of communication in a water environment, and their limitations

## 13. Whitewater Swimming Techniques

- 13.1 Identify hazards and suitable control measures when entering and exiting a whitewater environment
- 13.2 Demonstrate correct water entry to and exit from a whitewater environment
- 13.3 Demonstrate the defensive swimming position in a whitewater environment
- 13.4 Demonstrate the aggressive swimming position in a whitewater environment
- 13.5 Transition between the defensive and aggressive swimming positions in a whitewater environment
- 13.6 Adjust body angle relative to the current vector in a whitewater environment
- 13.7 Apply swimming techniques, angle control and momentum to perform a variety of tasks

## 14. Strainer Considerations

- 14.1 Understand the importance of avoiding strainers and not going underneath them

## 15. Strainer Swim

- 15.1 Identify strainers and the hazards they pose to group members in the water
- 15.2 Compare the defensive and aggressive swimming techniques when dealing with strainers
- 15.3 Using a strainer simulator, demonstrate the techniques for dealing with a strainer with defensive and aggressive swimming techniques
- 15.4 Identify rescue options from a strainer.
- 15.5 Understand the importance of avoiding strainers and not going underneath them.

## 16. Conditional rescues - throwbags

- 16.1 Identify conditional rescue options and the limitations of conditional rescues
- 16.2 Identify, check and prepare suitable equipment for performing a conditional rescue in an advanced/higher grade river environment
- 16.3 Identify appropriate sites where conditional rescues can be performed in an advanced/higher grade river environment
- 16.4 Demonstrate the correct method for receiving a throwbag in a river environment
- 16.5 Perform a variety of conditional rescues in a river environment
- 16.6 Identify methods of managing force directed on rescuer and victim/casualty during a reach rescue as water speed increases

## 17. Shallow water techniques

- 17.1 Identify the variables and hazards that will directly affect shallow water techniques
- 17.2 Perform single and team-based shallow water techniques
- 17.3 Explain how the addition of a casualty would affect shallow water techniques

## 18. Introduction to searching rivers and floods

- 18.1 Identify appropriate search models
- 18.2 State what tasks an individual trained to this level would carry out during a river-based primary search
- 18.3 State what tasks an individual trained to this level would carry out during a river-based secondary search
- 18.4 State what tasks an individual trained to this level would carry out during a flood-based primary search
- 18.5 State what tasks an individual trained to this level would carry out during a flood-based secondary search

## 19. Knots and Anchor Systems

- 19.1 Be able to identify, tie and check appropriate knots for whitewater rescue
- 19.2 Recall factors affecting knot choice for whitewater rescue applications
- 19.3 Identify use of anchor systems in whitewater rescue
- 19.4 Be able to select an appropriate single anchor point, and create an attachment point
- 19.5 Tie load-sharing and load-distributing anchor systems

## 20. Tensioning systems and mechanical advantage

- 20.1 Identify the need for mechanical advantage systems within whitewater rescue
- 20.2 Identify why external mechanical advantage systems are applied
- 20.3 Build and check appropriate internal and external mechanical advantage systems for use within whitewater rescue

## 21. Tethered Rescues

- 21.1 Identify the hazards and control measures associated with a tethered swim in a whitewater environment
- 21.2 Set-up and demonstrate an in-water emergency release using the quick release harness on a buoyancy aid
- 21.3 Identify how water speed and distance will affect timing of a tethered swim
- 21.4 Demonstrate a true rescue using a tethered swim
- 21.5 Demonstrate correct rope management when performing a tethered rescue
- 21.6 Identify other uses of quick release harnesses for kayakers and canoeists, their hazards and control measures.

## 22. Line crossing methods

- 22.1 Identify the variables that would influence methods for crossing a line over a channel
- 22.2 Identify appropriate methods of crossing a line over a channel
- 22.3 Demonstrate a variety of methods of crossing a line over a channel

## 23. Handheld diagonal / zip lines

- 23.1 Explain why it is important for a handheld diagonal/zip line to be handtight and at the correct angle to the current vector
- 23.2 Identify why the downstream end of a diagonal/zip line must be releasable
- 23.3 Demonstrate appropriate use of a diagonal/zip line
- 23.4 Demonstrate appropriate methods for joining ropes for use in a diagonal/zip line

## 24. Tensioned diagonals/zip lines

- 24.1 Explain why it is important for a tensioned diagonal/zip line to be tensioned and at the correct angle to the current vector
- 24.2 Identify advantages of a releasable tensioned diagonal/zip line
- 24.3 Demonstrate appropriate use of a tensioned diagonal/zip line
- 24.4 Demonstrate appropriate methods for joining ropes for use in a diagonal/zip line

## **25. Flips, Rights, and Crew/Client Recovery (Optional)**

- 25.1 Identify steps to minimize the likelihood of a flip/capsize occurring (optional)
- 25.2 Recall options once a kayak/canoe capsizes (optional)
- 25.3 Demonstrate a rescue of a kayak/canoe, paddler and paddle (optional)
- 25.4 Recall options and priorities for a raft flip (optional)
- 25.5 Perform a raft re-flip and recovery (optional)

## **26. Boat pins and wraps**

- 26.1 Identify methods to minimize the likelihood of a wrapped or pinned boat
- 26.2 Recall the priorities during a boat wrap/boat pin
- 26.3 Recall importance of stabilizing the scene
- 26.4 Identify methods for evacuation of crew if applicable
- 26.5 Recall options for unwrapping a raft
- 26.6 Compare wraps and pins of kayaks/canoes and rafts

## **27. Tethered boat techniques**

- 27.1 Compare the application and limitations of single-, 2- and 4-point tethered systems
- 27.2 Relate river flow, intended use and catastrophic failure consequences to anchor selection and belay methods for tethered boats
- 27.3 Use a tethered boat for transportation and mid-stream access

## **28. Victim / Casualty Management**

- 28.1 Identify hazards and control measures associated with victim/casualty management in a whitewater environment
- 28.2 State the effects that panic and counter-panic can have on victims/casualties
- 28.3 Identify priorities for managing casualties' common medical issues
- 28.4 Demonstrate techniques for managing casualties' common medical issues, including airway
- 28.5 Demonstrate use of improvised stretchers.

## **29. Belay Systems**

- 29.1 Demonstrate appropriate use and application of friction-based belay
- 29.2 Identify considerations for choosing a belay

## **30. Boat on a highline (optional)**

- 30.1 Identify the limitations of hand-controlled tethers for boats (optional)
- 30.2 Construct tethered boat solutions that increase the system's ability to deal with force and increase redundancy (optional)
- 30.3 Build and operate a boat on a highline (optional)
- 30.4 Compare boat on a highline reeving options and variables that would affect their application (optional)

## **31. Scenarios**

- 31.1 Complete river rescue scenario(s)