

## **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 class 2 white water:

- River hydrology
- Communications
- River running strategies
- Equipment selection
- Self rescue
- Bank based rescue
- Boat based rescue
- Swimmer based rescue

### **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.

River Rescue 1 is a prerequisite for participation in the NZOIA Kayak 1 and NZOIA Canoe 1 assessments.

### **Prerequisites**

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

- At least 10 river trips on class 2 white water, and sufficient experience to paddle independently without the close supervision of peers or an instructor
- Reliable roll in class 2 white water (kayakers only)

### **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**

This syllabus is to assist trainers with establishing standards, running courses and judging a participant's competency. All training must be based on current good practice and industry standards.

This syllabus is also to help participants know what they will be taught to do and what tasks they will be asked to complete. To enjoy and benefit from the programme the participant needs to be sufficiently skilled and experienced as a paddler to participate fully. For this reason, it is essential that the participant is competently paddling class 2 and comfortable in this environment both in your kayak/canoe and as a swimmer. You must be able to demonstrate a reliable kayak roll in class 2 white water (kayakers only).

Please refer to the Scope and Syllabus about the course prerequisites.

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:

- Questioning and discussion
- Observation of practical tasks

As this course is a prerequisite for NZOIA Kayak 1, participants preparing for this assessment will need coaching and feedback appropriate to achieving a pass on their Kayak 1 assessment.

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

# Kayak based Syllabus

## Technical Skills

### 1. Self, boat and bank based rescues

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

Self rescue:

- 1.1 Capsize, exit and recover (self and equipment)

Boat based rescues:

- 1.2 Capsize, release and roll while attached to a towline
- 1.3 Management techniques with and without a towline e.g. rafting up, assisted kayaking, shove, "instructor draw"
- 1.4 Assisted ferry glide (with and without a towline)
- 1.5 Bow (or T) Rescue, H Assist, Barrel Roll
- 1.6 Deep water rescue
- 1.7 Getting a swimmer across the river by; a bow carry, a stern deck carry and a tow
- 1.8 Coaching a swimmer while retrieving gear
- 1.9 Moving kayaks and paddles around the river without use of a towline
- 1.10 Towing; a kayak and a paddle
- 1.11 Rescue of an unconscious swimmer

Bank based rescues:

- 1.12 Rescue a swimmer using a throw bag; attention gained, accurate throw, stable belay, safe pendulum
- 1.13 Set up a simple 3:1 hauling system ie Z-drag (for efficiency this can be done as a simulated rescue on land)
- 1.14 Methods for dealing with foot entrapments

### 2. Selection and correct use of kayak gear and safety equipment commonly used in New Zealand

The participant will learn:

- 2.1 About equipment commonly used in New Zealand, including the types, characteristics, advantages, limitations, cost, care, maintenance and storage for a range of equipment e.g. kayaks, PFD's, spray decks, paddles, helmets, dry tops/paddle jackets and other clothing and footwear suitable for kayaking
- 2.2 The importance of using equipment that is in good condition and well maintained for use in a class 2 white water environment
- 2.3 Appropriate choice of clothing and footwear for the environmental conditions

- 2.4 Gain a working knowledge of a range of simple safety equipment e.g. air bags, survival bags, towlines, throw bags, slings, karabiners, Prusiks, knife, saw, split paddle

### **3. Common river hazards**

The participant will learn:

- 3.1 How to identify common river hazards e.g. recirculating hydraulics, undercuts, sieves, sweepers, 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. Organise and lead a group to deal with rescue scenarios**

The participant will learn to:

- 6.1 Identify the required rescue and best approach
- 6.2 Maintain 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)

# Canoe based Syllabus

## Technical Skills

### 1. Self, boat and bank based rescues

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

Self rescue:

- 1.1 Swim to shore with tow and fully loaded canoe using painter line then bail the canoe
- 1.2 Right a fully loaded boat (with leashed gear) and re-entry without shore access (open water technique)

Boat based rescue:

- 1.3 Tow canoe
- 1.4 X-rescue
- 1.5 Curl
- 1.6 Effectively manage the group while dealing with a canoe over (multiple swimmer)
- 1.7 Rescue of an unconscious swimmer

Bank based rescue:

- 1.8 Rescue a swimmer using a throw bag; attention gained, accurate throw, stable belay, safe pendulum
- 1.9 Set up a simple hauling system/Z- drag/3:1 system with a pin kit (for efficiency this can be done as a simulated rescue on land)
- 1.10 Methods for dealing with foot entrapments

### 2. Selection and correct use of canoe gear and safety equipment commonly used in New Zealand

The participant will learn:

- 2.1 About equipment commonly used in New Zealand, including the types, characteristics, advantages, limitations, cost, care, maintenance and storage for a range of equipment e.g. canoes, PFD's, paddles, helmets, dry tops/paddle jackets and other clothing and footwear suitable for canoeing
- 2.2 The importance of using equipment that is in good condition and well maintained for use in a class 2 white water environment
- 2.3 Appropriate choice of clothing and footwear for the environmental conditions
- 2.4 About and gain a working knowledge of a range of simple safety equipment e.g. buoyancy, survival bags, towlines, throw bags, slings, karabiners, prusiks, knife, saw, spare paddles, bailer and painters.
- 2.5 The use and care of emergency communication equipment appropriate for use on a day trip e.g. flares, VHF radio, satellite phone, Personal Locater Beacon

### **3. Common river hazards**

The participant will learn:

- 3.1** How to identify common river hazards e.g. recirculating hydraulics, undercuts, sieves, sweepers, 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. Organise and lead a group to deal with rescue scenarios**

The participant will learn to:

- 6.1** Identify the required rescue and best approach
- 6.2** Maintain 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)