

Swiftwater Rescue Training

Viking Canoe Club

July 29-31, 2006

You and your paddling buddies are having a good time paddling one of your favorites fall streams, everyone is doing fine entering the next bend, a tight, blind drop right above another major rapid. You know the potential always exists following a heavy rain, but today's the day..... a new strainer lays in your path. The trip leader is first to run the rapid and moments later shouts "strainerrrr!", but the group is following too tightly and one of your party is unavoidably swept under the tree. Everyone is looking for the boat and swimmer to reappear, but nothing surfaces. Chaos erupts and everyone is scrambling to help.....Will you know what to do in a matter of moments if this situation occurred to you?

Viking Canoe Club is offering an ACA Advanced Swiftwater Rescue Clinic to it's members on the weekend of July 29-31. The course will be taught using a combination of land- and water-based instruction. Learned skills will be reinforced through participation in staged rescue scenarios. The class will officially start on Saturday morning at 8am, but those arriving on Friday night will have the opportunity to get ahead of the group by practicing some rope and knot skills. The site will be Ratlif Hole (Gorge Takeout) at the Breaks Interstate Park.

Course Objectives

Teach effective skills for whitewater rescue, including self-rescue techniques, rope handling skills, and approaches for dealing w/boat pinning and entrapments. Special emphasis is given to teaching simple, effective skills that make good use of the limited gear that whitewater paddlers carry.

Subject Areas:

Prevention of accidents

Rescue Organization

Equipment

Swimming Skills

Throw Ropes

Anchors

Releasing Pins

Hypothermia

Rescue Philosophy

Liability Issues

Rescue PFD

Wading Drills

Knots

Mechanical Advantage/Z-Draggs

Entrapments

Drowning/Near-Drowning

Class size is limited to 12 students so don't wait to sign up!

Site: Breaks Interstate Park, Elkhorn City, Ky

Date: July 29-31, 2006 (Class officially starts at 8am on Sat. morning)

Tuition: \$85 per student (Pre-registration is required, non refundable unless class fills up)

\$10 Additional fee charged to non-ACA members (insurance fee, goes directly to ACA)

The club will pick up the camping fee at the designated campsite location.

Students will need to supply some necessary equipment. The equipment list will be mailed out w/student packet once registration and payment have been received.

Make checks payable and mail to:

Viking Canoe Club

c/o: Kevin Jones

417 Leyton Ave

Louisville, KY 40222

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone (Day): _____ (Eve): _____

Email: _____

ACA Membership # _____