



Highland Rescue

Catalog of Classes Spring & Summer 2006

Awareness: Water Rescue

Designed to introduce the student to the basic techniques and equipment for responding to a water rescue situation. Topics of instruction include how to evaluate and protect an incident as well as evaluating safety considerations at a rescue site.

Prerequisites: None.

Equipment Requirements: None

Certified by **Rescue 3 International**

Contact
Sierra College
1 day class
Lecture only

Classes for Spring and Summer 2006 - Available Upon Request

TO REGISTER:
CONTACT SIERRA COLLEGE, 916-781-0430
<http://www.sierra.cc.ca.us/>

Operations: Swiftwater First Responder

Designed for an introduction to river dynamics and rescue situations. Training emphasis will be on hazard recognition and equipment use during shore based rescues using a Technical Level rescuer.

Prerequisites: 18 years of age or older; Adequate medical insurance coverage; Excellent physical condition.

Equipment Needs: USCG Type III or V life vest; Wet or Dry Suit; Water Helmet; Water Gloves & Booties

Please bring a box lunch and your own rehydrating refreshments.

Certified by **Rescue 3 International**

\$195
2 day class Lecture &
field application

Classes for Spring and Summer 2006 - Available Upon Request

Whitewater Rescue Technician *For River Professionals*

Designed to meet the industry standard for people who work in the recreational industry such as river guides as well as for private boaters who find themselves on or around the river. Students will benefit from this extensive hands-on course using techniques and sample equipment's to assess and perform river rescue.

Prerequisites: 18 years of age or older; Adequate medical insurance coverage; Excellent physical condition.

Equipment Needs: USCG Type III or V life vest; Wet or Dry Suit; Water Helmet; Water Gloves & Booties

Please bring a box lunch and your own rehydrating refreshments.

Certified by **Rescue 3 International**

**FRI-SAT-SUN
May 26 – 28, 2006**

TO REGISTER: Call Mike Stewart 530-274-2840 or Mike@HighlandRescue.com

\$275
2.5 day class
Lecture & field
application

Swiftwater Rescue Technician (SRT 1)

Designed for the professional rescuer or boater, this course will concentrate on the situations encountered on the river. Primary emphasis is on developing self-rescue skills. Other objectives include an in-depth look at understanding water dynamics, handling hazards and obstacles, using basic rescue equipment, setting up technical rope systems and controlling in-water contact rescues.

Prerequisites: 18 years of age or older; Adequate medical insurance coverage; Excellent physical condition.

Equipment Needs: USCG Type III or V life vest; Wet or Dry Suit; Water Helmet; Water Gloves & Booties

Please bring a box lunch and your own rehydrating refreshments.

Certified by **Rescue 3 International**

**SAT-SUN-MON
April 29-30 & May 1, 2006**

TO REGISTER: Call Mike Stewart 530-274-2840 or Mike@HighlandRescue.com

\$325
3 day class
Lecture & field
application

Swiftwater Rescue Tech Advanced (SRT-A)

Completing the requirements of NFPA 1670 Technical Level, this course concatenates further on the rescue of the victim, integrating SRT 1 techniques into more difficult water and flood situations. Students will build on skill competency during a mock night river rescue scenario. Topics covered are managing rescue organization, raising and lowering systems, utilization of teams, probe poles in river searches.

Prerequisites: 18 years of age or older; Adequate medical insurance coverage; Excellent physical condition.

Equipment Needs: USCG Type III or V life vest; Wet or Dry Suit; Water Helmet; Water Gloves & Booties; Waterproof flashlight.

Please bring a box lunch and your own rehydrating refreshments.

Certified by **Rescue 3 International**

SAT-SUN-MON
May 6-8, 2006

TO REGISTER: Call Mike Stewart 530-274-2840 or Mike@HighlandRescue.com

\$325
3 day class Lecture,
field application &
night drills

Rope Rescue Technician

This five day course integrates applicable rope rescue techniques and theory from sources worldwide. Students will progress from basic over-the-bank rescues to progressively more vertical and exposed environments.

Information presented includes Stokes litter rigging, mechanical advantage systems, real and artificial anchoring, dynamic and static belaying, A-frames and tripods and vehicle anchors. It finishes with vertical rescue techniques applicable to both cliff and structures including ascending and descending ropes, rappelling, lowering and raising systems, telfers and tyroleans.

Prerequisites: 18 years of age or older; Adequate medical insurance coverage; Excellent physical condition.

Equipment Needs: Climbing or fire helmet; Climbing or sit harness; Coveralls or long pants; leather gloves

Please bring a box lunch and your own rehydrating refreshments.

Certified by **Rescue 3 International**

MON-TUE-WED-THS-FRI
June 12-16, 2006

TO REGISTER: Call Mike Stewart 530-274-2840 or Mike@HighlandRescue.com

\$595
5 day class Lecture &
field application