

River Safety & Rescue 2 (RSR 2)

Introduction

The RSR 2 is a two -day course designed for intermediate and advance level canoeists who wish to undertake relevant training in River Safety and Rescue techniques appropriate to water of Grade 3 and above difficulty. This is a follow on from RSR 1 introducing more advanced rescue and safety training and techniques.

1.00 General aims of the RSR 2

The RSR 2 aims are to enable candidates to

- 1.01 To further enhance the understanding of rescue / safety protocols
- 1.02 To apply the correct method and equipment for a given situation
- 1.03 Execute self-rescue
- 1.04 The rescues of others in grade 3 / 3+ water
- 1.05 The recovery of equipment from grade 3 / 3+ water

2.00 Course Outline

This is designed to be a flexible course to allow for students needs and previous experience- notwithstanding this the core element of the syllabus must include:

- 2.01 Personal Equipment
- 2.02 Prioritising Rescue
- 2.03 Systematic approach to Rescue
- 2.04 Extraction of Foot / Body Entrapments, Broaching / Pinning
- 2.05 Self Rescue
- 2.06 Throw Rope Rescue Techniques
- 2.07 Advance Hydrology / Dynamics of River Features
- 2.08 Advance Anchor Points and Belaying
- 2.09 Shallow Water Crossing Methods
- 2.10 Defensive, Aggressive and Combat Swimming
- 2.11 The Use and Applications of Vector Pull, Tensioned Diagonal, V-Lower, Z Drag
- 2.12 Communication
- 2.13 Leadership roles and decision making on a riverbank.

3.00 Applying to attend a course

This course is open to all who have completed RSR1 and wish to build on their river safety skills.

- 4.00 Recommended Equipment List
- 4.01 Buoyancy Aid with integrated harness
- 4.02 Throw Bag
- 4.03 Knife
- 4.04 Length of Webbing / Open Sling 4 /5 metres in length
- 4.05 Closed Sling
- 4.06 Screw Gate Karabiner x 2
- 4.07 Prussic Loop x 2
- 4.08 Adequate Footwear
- 4.09 Wet suit / Dry suit
- 4.10 Thermals
- 4.11 Helmet
- 4.12 Whistle

Guidelines

- The RSR 2 training course should be delivered and run on water of Grade 3 / 3+ difficulty at a static site.

RSR 2 course can only be delivered by a currently registered Level 4 Instructor who is a member of the RSR 2 Course Trainer Panel.

- The course student / trainer ratio is a maximum of 4:1