



Swift Water Awareness / Rescue I Course Itinerary

NOTE: YOU WILL BE IN THE WATER EVERY DAY

Friday Afternoon: **FULL SW RESCUE PPE IS REQUIRED**

12:30 – 1:00 pm EST – Arrival and Pre-Course Paperwork at Thunder Rock Campground

1:00 – 2:00 pm EST – Team Assignments, Gear Checks, Knots Testing

1:45- 6:00 pm EST – Defensive Swims, Offensive Swims, Eddy Swims, Z-Lower Skill Station, Throw Bag Techniques (*incl. auxiliary throwing methods*), Wading Techniques, Foot Entrapment Station, Strainer Demonstration

6:00- 6:30 pm EST - Debriefing

NOTE: TIMES AND SKILLS SUBJECT TO CHANGE

Saturday: **FULL SW PPE REQUIRED, PACKABLE FOOD/HYDRATION TO SUSTAIN YOURSELF FOR AT LEAST A 12 HOUR PERIOD, AND ANY PERSONAL HYGIENE NEEDS FOR OUTDOOR ACTIVITY.**

7:45 am EST – Roll Call at Thunder Rock Campground

8:10 – 12:00 pm EST – Defensive & Offensive Swims, Eddy Swims, Swim & Catch Throw Bags (with and without victim)

12:00 pm – 1:00 pm EST – Lunch

1:00 pm – 4:30 pm EST – Wading Walks, Eddy Swims, Victim Rescue without Throw Bag Station, Eddy Swims

NOTE: TIMES AND SKILLS SUBJECT TO CHANGE BASED ON RIVER CONDITIONS AND STUDENT PROGRESSION

Sunday: **FULL SW PPE REQUIRED**

8:00 am – 11:30 pm EST – Tension Diagonal, Strainer Bar Swim, V-Lower & Blow Out, Eddy Swims

11:30 pm – 12:00 pm EST – Review, Questions, Class Evaluations & Certificates

NOTE: TIMES AND SKILLS SUBJECT TO CHANGE BASED ON RIVER CONDITIONS AND STUDENT PROGRESSION

Swift Water Rescue I Course Itinerary (cont'd)

Course Location:

Thunder Rock Campground

Copperhill, TN 37317

GPS Coordinates: 35° 4' 34.0000" N 84° 29' 8.0002"

423-338-3300

Directions to Thunder Rock: From Cleveland, TN, head east on US-64 toward North Carolina approximately 26 miles until you see the TVA Powerhouse Ocoee #3. Turn right onto Forest Service Rd. 45 and cross the bridge going immediately behind the powerhouse then follow the road to the right and down the hill to Thunder Rock Campground.

All students need to park at the entrance to the campground in the open parking area immediately at the bottom of the hill. The rally point for check-in and all exercises will be the TARS Swiftwater Trailer staged in the vicinity of site 15.

REQUIRED PERSONAL PROTECTIVE EQUIPMENT:

See attached required equipment list and knots required.

REQUIRED KNOTS (MUST SHOW PROFICIENCY IN EACH):

- Figure 8 Knot
- Figure 8 Follow Through Knot
- Figure 8 on a Bight Knot
- Alpine Butterfly Knot
- Prusik Loop
- Grapevine (Prusik) Knot
- Water Knot
- Double Fisherman's Locking Knot



Swiftwater Rescue I Course Equipment/Knots Required

REQUIRED PERSONAL PROTECTIVE EQUIPMENT:

PERSONAL FLOTATION DEVICE – Swift Water Rescue Type V or Type III/V hybrid with a quick-release tether belt.

HELMET - Water Rescue Helmet or Lightweight Technical Rescue Helmet. Must drain water and must have a 4-point chin strap. Recommended to wear a billed ballcap under helmet if helmet does not have a brim over the eyes.

GLOVES- Leather palms must stay on when swimming. Whitewater gloves, competition water ski gloves or mechanics gloves with Velcro wrist straps are acceptable.

FOOTWEAR - River work boots are preferred. No open-toed river sandals can be worn unless worn over dive boots. Dive boots do not provide adequate sole thickness or ankle support. Lace-up sneakers may be worn as a last resort. Socks are preferred but **AVOID COTTON SOCKS**.

THERMAL PROTECTION - Two-piece Farmer John wetsuits are preferred. Artificial fabric t-shirts or paddling undershirts are recommended as a base layer under the wetsuit. Full-body water rescue or dive wetsuits are acceptable but wetsuit thickness should not exceed 3.5 mils. Students wearing thick dive wetsuits or dry suits will be vulnerable to heat stress so these are discouraged. Whitewater splash tops or dry tops may be worn over a Farmer John wetsuit. Cotton underclothing is discouraged.

ACCESSORIES - Two or more locking aluminum carabiners and a 7-foot length of 1-inch nylon webbing or 7 mm Prusik cord.

THROW BAG - Each student should bring a swift water rescue throw bag containing at least 55 feet of water rescue throw rope. 70-foot rope bags are preferred.

PERSONAL ITEMS - ***Students must provide their own food water and any other desired non-alcoholic drinks. The skills are performed on a whitewater river in remote wilderness conditions. Students should plan to be self-sufficient for up to 12 hours with regards to food and hydration. Students should also bring their own sunblock, personal medications, raincoat etc.***

PROHIBITED ITEMS - Alcoholic beverages are prohibited by U.S. Forest Service regulations anywhere else in the Cherokee National Forest. The instructors are in charge at all times. If a student becomes ill injured exhausted or otherwise unable to complete a required course element the student may be restricted from further activities by the Chief Instructor after consulting with the student's team instructor and/or medical personnel.