



**Water Rescue Course
(Surface and Swiftwater, Level I/II)**

Pre-Course Information

Cost: \$500 per student

Class Dates: 9/21/15 – 9/25/15

Location: The first day of class, on **9/21/15**, will begin at **0800**. **Location still being determined, most likely:**

**San Marcos Fire Department,
Station 5 Training Room
100 Carlson Circle
San Marcos, Texas 78666**

We will conduct a swim test on the first day consisting of a 150-meter swim (untimed), followed by 10 minutes of treading water.

Please bring appropriate attire (swim trunks, shorts, bathing suit, etc) and a towel.

Start times for subsequent days may need to be adjusted as needed. Students need to be flexible and adaptable for the duration of the course. **Due to the nature of this course, it is highly recommended that participants be placed on administrative/school leave and NOT return to duty at the end of each day.**

If you have additional questions, need to register, need directions, or you are running late call the Lead Instructor: **Michael Wofford** at **cell number 512-844-2676** or email: mwofford@wilco.org

Class Hours

This course has a lot of information crammed into one week. In general we will be working to keep things as close to 40 hours as possible. Students should come to the class with the understanding that some days may run long and the week may be longer than 40 hours. The course will start at 0800 every morning and run through 1700, with the exception of Wednesday or Thursday, when class will start at 1200 and run through 2100 to allow for night-time operations. Lunch times will be the discretion of the Lead Instructor. You may be asked to bring your lunch to maximize class time. However there will be a break for lunch the first day.

Equipment

You are required to provide your own **Water Rescue PPE:**

- Water Rescue Helmet (should float)
- Gloves (Water rescue or mechanic's gloves work well)
- PFD (Coast Guard Type V or equivalent), needs to have a live bait attachment
- Footwear (water shoes, water rescue boots)
- Wet or Drysuit
- Knife (knife must be secured to PFD)
- Helmet Light
- Whistle
- Throw bag

Suggested equipment:
Drinking Water for each Day
Sun Screen
Sun Glasses
Small Pack (for personal items)
Glow sticks
Zip ties
Towel
Swim shorts (first day only)

Weather Conditions and Terrain

Except for extreme weather conditions that would pose a risk to the students the class will proceed as scheduled. Students are advised to bring clothing and personal equipment to accommodate the expected weather conditions during the class.

One day will include land based rope evolutions. We will be working in areas where Poison Ivy/Oak/Sumac may exist. Please bring appropriate clothing and/or treatments/protection for exposures.

Pre-Course Requirements

We will review knots/bend/hitches in class but the expectation will be that you already know them. Please practice the following knots/bends/hitches prior to class:

- Overhand
- Square Knot w/ Safeties
- Figure 8 Stopper
- Figure Eight on a Bight
- Double Loop Figure 8
- Figure 8 Follow Through
- Figure 8 Bend
- Bowline w/ Safeties
- Clove Hitch w/ Safeties
- Munter Hitch
- Water Knot
- Double Fisherman's Bend
- Butterfly
- Triple Wrapped Prusik Hitch