

# Technical Rescue Courses

2019

Version 4

**Swiftwater Rescue**

**Rope Rescue**

**ITRA**  
FOUNDING SPONSOR

[www.swiftwater.training](http://www.swiftwater.training)



This course introduces how to provide initial response to flood incidents, effect shore based or wading rescues, and be able to effect self-rescue. It is aimed at those working in or around flood water such as drainage workers, utility workers, hydrologists, scientists, dam operators, park rangers and personnel from emergency management support agencies. Emergency response personnel should take our ITRA Introduction to Swiftwater Responder (ISR) or ITRA Introduction to Swiftwater Technician (IST) courses.

The FWS course contains learning objectives from the ITRA Introduction to Swiftwater Responder syllabus. Students can complete the remaining learning objectives to be awarded a programme completion certificate.

<b>Pre-Requisite</b>	Basic swimming ability
<b>Typical Duration</b>	1-1.5 days
<b>Course Code</b>	FWS
<b>Certificate</b>	ITRA Attendance Certificate



**Course Syllabus:** Hydrology, communications and signals, rescue equipment, environmental care and biosecurity, swiftwater hazard management, medical considerations, vehicle drowning prevention, contamination/decontamination, swiftwater swimming techniques, throw bag rescues, shallow water crossing methods, entrapment drills, cinch rescues, shore based vehicle stabilisation, culvert and storm drain rescue, reach based rescues, and wader safety. This course can be fully customised to meet client needs, so we can add favourites such as contact rescues and strainer drills, and much more.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** This attendance based course should be refreshed every three years or more frequently if the risk warrants it.

#### Recommended Student Equipment

- Personal Floatation Device (PFWD)
- Wet-suit or dry-suit
- Water rescue helmet
- Pea-less whistle
- River knife
- Water rescue throwbag
- River or sports shoes
- Dive or river gloves (recommended)

Available in New Zealand from:



[www.swiftwater.training](http://www.swiftwater.training)  
[info@publicsafety.institute](mailto:info@publicsafety.institute)



This course introduces how to provide initial response to swiftwater and flood incidents, effect shore based or wading rescues, and be able to effect self-rescue. It is aimed at those wanting to learn the basics of swiftwater rescue in preparation for Introduction to Swiftwater Technician (IST) course and/or assessment against the ITRA Level 1 Swiftwater Responder Qualification.

The ISR course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

<b>Pre-Requisite</b>	Basic swimming ability
<b>Typical Duration</b>	2 days
<b>Course Code</b>	ISR
<b>Certificate</b>	ITRA Programme Completion ITRA Attendance Certificate



**Course Syllabus:** Overview of ITRA, incident command, rescue and safety laws, management of animals in emergencies, communications and signals, command tactics, night operations, knots, rescue equipment, anchoring, hydrology, environmental care and biosecurity, swiftwater hazard management, medical considerations, vehicle drowning prevention, contamination/decontamination, water craft types, swiftwater swimming techniques, throw bag rescues, shallow water crossing methods, entrapment drills, cinch rescues, shore based vehicle stabilisation, boat on tether, inflatable fire hose, culvert and storm drain rescue, river search strategies, reach based rescues, and determining rescue/recovery mode.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 1 Swiftwater Responder), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Personal Floatation Device (PFWD)
- Wet-suit or dry-suit
- Water rescue helmet
- Pea-less whistle
- River knife
- Water rescue throwbag
- River or sports shoes
- Dive or river gloves
- Alloy locking karabiner
- Prussik cord

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This course builds on the ITRA Introduction to Swiftwater Responder course (or may be delivered together) and introduces how to carry out contact rescues using swim and boat based methods up to Class II. It is aimed at those wanting to learn intermediate level skills required for swiftwater rescue in preparation for Introduction to Swiftwater Advanced (ISA), Introduction to Swiftwater Boat Operations (ISB) course and/or assessment against the ITRA Level 2 Swiftwater Technician Qualification.

The IST course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association. PSI is the exclusive swiftwater training provider at the Mangahao White Water Park (EWWPT), so we can provide realistic level training all year around. We also can run this course at the Vector Wero white water park in Auckland.

<b>Pre-Requisite</b>	ITRA Introduction to Swiftwater Responder
<b>Typical Duration</b>	3 days
<b>Course Code</b>	IST
<b>Certificate</b>	ITRA Programme Completion



**Course Syllabus:** Helicopter safety, rigging mechanical advantage systems, in-water spinal rolls, zip lines, strainer negotiation, combat and towed swim, live bait/tethered rescue swimmer drills, V lower rescue, use of capture plates, boat on basic highline rigging, knowledge of rescues from high hazard features (low head dams, aqueducts, canals, ice, mud etc), quick release harness operation, wading based vehicle rescues, power boat types, line crossing methods, zip line deflection and using curtain captures on tension diagonals.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 2 Swiftwater Technician), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Personal Floatation Device (PFD)  
*With Quick Release Harness*
- Wet-suit or dry-suit
- Water rescue helmet
- Pea-less whistle
- River knife
- Water rescue throwbag
- River or sports shoes
- Alloy locking karabiner
- Prussik cord

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This advanced course introduces how to carry out contact rescues from vehicles in swiftwater, as well as perform rescues and body recoveries from a range of challenging river and flood environments, including low head dams and aqueducts. It is aimed at those wanting to learn advanced level skills required for swiftwater rescue, body recovery from water and/or assessment against the ITRA Level 3A Swiftwater Advanced Qualification.

The ISA course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

<b>Pre-Requirement</b>	ITRA Introduction to Swiftwater Technician
<b>Typical Duration</b>	4 days
<b>Course Code</b>	ISA
<b>Certificate</b>	ITRA Programme Completion ITRA Attendance Certificate



**Course Syllabus:** boat on reeving highline, class III advanced swimming, rescues from low head dams and aqueducts, pack floats, wader safety, body recovery legal issues, use of river fins, disaster victim identification, recovery incident management, basic forensics for body recovery, infectious diseases in body recovery, paddle boat handling Class III, using adjuncts in water rescue, below surface drowned victim recovery, vehicle behaviour in water, rescue methods from vehicles in water, night operations, cargo net rescue/recovery, rescue swimmer vests and more.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 3 Swiftwater Advanced), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Personal Floatation Device (PFD)  
*With Quick Release Harness*
- Wet-suit or dry-suit
- Water rescue helmet
- Pea-less whistle
- River knife
- Water rescue throwbag
- River or sports shoes
- Karabiners and prussiks
- Waterproof headlamp for helmet

#### Available in New Zealand from:



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This course is for swiftwater technicians who want to specialize as a swiftwater/flood rescue boat operator. It is aimed at those wanting to learn swiftwater boat crewman, boat based rescue swimmer and skipper roles up to and including Class III and/or assessment against the ITRA Level 3B Swiftwater Boat Operations Qualification.

The ISB course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

**Pre-Requisite** ITRA Introduction to Swiftwater Technician\*

**Typical Duration** 5 days

**Course Code** ISB

**Certificate** ITRA Programme Completion  
ITRA Attendance Certificate



\* Other local mandatory courses such as Coastguard Boating courses may be required.

**Course Syllabus:** Class III paddle boat handling and swimming. Boating: pre-launch checks, engine faults, launching/trailing, trip planning, maritime rules, radio distress procedure, engine start up, low speed manoeuvring, high speed manoeuvring, crew calls/coordination, holding station, J turns, eddy glide, man over board drill, rescue swimmer drop off and pick up, casualty pick up, pacing with another craft, flips and righting, search patterns, night operations, ladder access, vehicle access, fast landing, mid-stream object touch, emergency procedures, recommissioning, power boat handling Class I-III, inflatable boat repairs, docking and boat assembly.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 3B Swiftwater Boat Operator), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Personal Floatation Device (PFD)  
*With Quick Release Harness*
- Wet-suit or dry-suit
- Water rescue helmet
- Pea-less whistle
- River knife
- Water rescue throwbag
- River or sports shoes
- Karabiners and prussiks
- Waterproof headlamp for helmet

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This course is for swiftwater technicians who want to specialize as in rescues from vehicles in swiftwater. It is aimed at those wanting to learn about vehicle dynamics in flowing water and how to carry out wading and contact rescues from vehicles in flow and may help prepare students for assessment against the ITRA Level 3V Swiftwater Vehicle Rescue Qualification.

The ISV course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

<b>Pre-Requirement</b>	ITRA Introduction to Swiftwater Technician
<b>Typical Duration</b>	2 days
<b>Course Code</b>	ISV
<b>Certificate</b>	ITRA Programme Completion ITRA Attendance Certificate



**Course Syllabus:** submerging vehicle escape, vehicle behaviour in water, hazard identification and management of vehicle rescues from water, myths and science around vehicle rescues, case studies, glass management, shore based vehicle stabilisation methods, capture devices/snag plates, tethered and paddle boat access methods, ladder based options, zip lines and scenarios.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 3V Swiftwater Vehicle Rescue), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

**Exclusive:** We are the exclusive swiftwater rescue training provider for the Mangahao White Water Park (EWWPT), near Palmerston North. We also can deliver your course at the Vector Wero white water park in Auckland.

#### Recommended Student Equipment

- Personal Floatation Device (PFD)  
*With Quick Release Harness*
- Wet-suit or dry-suit
- Water rescue helmet
- Pea-less whistle
- River knife
- Water rescue throwbag
- River or sports shoes
- Karabiners and prussiks
- Water rescue gloves

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This entry level course is for those seeking training and/or assessment against the ITRA Level 1 Rope Responder qualification covering basic high angle casualty access and low angle stretcher operations.

The IRR course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

**Pre-Requirement** Comfortable working at height

**Typical Duration** 3-4 days

**Course Code** IRR

**Certificate** ITRA Programme Completion  
ITRA Attendance Certificate



**Course Syllabus:** Overview of ITRA, incident command, rescue and safety laws, communications and signals, command tactics, knots, rescue equipment, single and multi-point anchoring, hauling and lowering systems (low angle), belay operation, edge protection, edge-lines or work positioning systems, personal ascending and descending (and change overs), on-rope self rescue, patient packaging, litter attending, rope rescue medical considerations.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 1 Rope Responder), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Certified full body rescue harness
- Rescue helmet for working at height
- Coveralls or suitable work wear
- Hiking or safety boots
- Safety goggles
- Leather gloves
- Certified auto-lock descender (11mm)
- 10 alloy triple lock karabiners
- Prussik loops or Purcell prussiks
- Whistle

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This course builds on the Introduction to Rope Responder course and is aimed at preparing students for the ITRA Level 2 Rope Technician assessment.

The IRT course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

**Pre-Requirement** ITRA Introduction to Rope Responder (IRR)

**Typical Duration** 3-4 days

**Course Code** IRT

**Certificate** ITRA Programme Completion  
ITRA Attendance Certificate



**Course Syllabus:** lowering and raising systems (high angle), stretcher and attendant rigging for high angle operations, knot passing (ascend, descend, lower, raising), artificial high directional, complex and compound mechanical advantage, horizontal highlines, system change overs, rope rescue physics (vector forces, fall factors, slope loading and T method), system analysis, pick-off rescues, stretcher edge negotiation, anchors (vehicle, deadman, ground anchors), load releasing hitches, improvised harnesses, lock out-tag out systems, and safety around aircraft.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 3 Rope Technician), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Certified full body rescue harness
- Rescue helmet for working at height
- Coveralls or suitable work wear
- Hiking or safety boots
- Safety goggles
- Leather gloves
- Certified auto-lock descender (11mm)
- 10 alloy triple lock karabiners
- Prussik loops or Purcell prussiks
- Whistle

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This course builds on the Introduction to Rope Technician course and is aimed at preparing students for the ITRA Level 3 Rope Advanced assessment.

The IRA course is attendance based and upon participation of all the respective learning objectives, a programme completion certificate can be issued to members upon payment of fee from the Association.

**Pre-Requisite** ITRA Introduction to Rope Technician (IRT)

**Typical Duration** 3-4 days

**Course Code** IRA

**Certificate** ITRA Programme Completion  
ITRA Attendance Certificate



**Course Syllabus:** Tower rescue, reeving highline systems, advanced use of artificial high directionals, pick-off rescues from suspension, contingency anchors, retrievable rappel systems, micro-haul systems, guiding line/off-set lowers, self and ground belay techniques, vertical fall arrest, on-rope back-up devices, on-rope line transfers and advanced knowledge of equipment. The IRA syllabus also has a number of optional elements to meet client needs, including night operations, mid-face litter scoop, deadman anchors, tree climbing and rope access skills.

**Course Variations:** ITRA Instructors may teach additional learning objectives. In such cases, these will be shown on the student's ITRA Record of Learning. Students may attend multiple courses from ITRA instructors to meet programme completion requirements.

**Re-Certification:** As this is not a competency qualification (like ITRA Level 3 Rope Advanced), it does not have an official expiration date. We recommend that practitioners seek to become assessed for competency with our competency qualifications, which must be re-assessed every three years to maintain currency.

#### Recommended Student Equipment

- Certified full body rescue harness
- Rescue helmet for working at height
- Coveralls or suitable work wear
- Hiking or safety boots
- Safety goggles
- Leather gloves
- Certified auto-lock descender (11mm)
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