

Rescue Swimmer 2019

Description: This Rescue Swimmer 3 certification is directed toward emergency first responders with a rapid response. The course provides didactic training, skills building, and scenario based response specifically geared toward fire, EMS, law enforcement and military responders.

The concept of the program is to provide immediate response by the first unit on scene. The course will provide a properly equipped first responder with the knowledge and skills typically needed to safely and immediately respond to someone in distress in the water. The course also provides skills practice to rescue someone who has sunk just below the surface of the water during the rescue phase.

Topics include: Basic physics of water and interaction - Safety and First Aid Review – Personal Protective equipment, use, sizing, donning and care – Scene size up, selecting entry and egress points and extrication techniques – Common complications, anticipation and negotiation – Swim techniques above and below the water – Victim acquisition, surface and sub-surface – Victim tows, airway maintenance, ventilatory assistance in the water – Cervical trauma tows - Elevated entry (where available) – Packaging stokes baskets and long spine boards among other important aspects of RS response.

Where: New Orleans, LA (location provided upon registration fee). Bring lunch on day two.

Time: 8:30am to 5:00pm This NFPA compliant, internationally recognized certification is a 16hr performance-based course valid for two years. Refresher training is one 8hr, performance based day.

Pre-requisites: Students should be very comfortable in the water and excel in basic swim and breath hold techniques. Students should be experienced and comfortable swimming in open water. Current CPR and First Aid from a recognized training agency with no less than 30 days prior to expiration.

Course Fees:

\$	NFPA compliant, internationally recognized certification course
\$	Non-certification course (certificate of course completion will be provided)
\$	Refresher fee

Registration fee of \$50/pp required. (P.O., PayPal, company checks, cash, credit cards w/ 3.2% fee. Completed Medical Questionnaire *prior* to attending

Physical Requirements: Each student must complete several watermanship exercises based on the level of training requested. Watermanship may include: 300m top water swim, up to 20 min tread, weight retrieval, underwater swim.

Equipment requirements: Student must *own their own*- mask, snorkel, open heel fins with water shoes or boots, weight belt as well as lead weights*. These items are available through our sister company on line at diveandrescue.com

* = Weights can be purchased and delivered to class. Weight will vary based on student weight and level of exposure protection.

Registration: Please call 504-362-5731 for reservations or questions

Cancellations: Full refunds up to two weeks prior to class. \$50 registration fee is nonrefundable within two weeks of class. Cancellation within one week of class, or no shows, are still due and payable with credit for the course up to one year. *If weather/lighting, contaminate spillage or any other concern outside of GSDR control causes course suspension, course will be rescheduled. Refunds will not be available unless course is cancelled by GSDR.*

Minimum Numbers: New Orleans, LA area – 4 students. Outside New Orleans, LA please call 504-362-5731 for specifics.

[More information and pictures of this course can be found at www.diveandrescue.org](http://www.diveandrescue.org)