
Swiftwater Rescue Technician Level 1

The Course

Training could take place on a variety of rivers dependant on water levels. The programme is designed to enhance awareness about the hazards of moving water. Personal safety and self rescue will be an emphasis throughout the days. The course will also involve an array of techniques required by the river rescuer, such as, throw lines, tensioned diagonals, lowers, entrapments and line crossings. The order and emphasis of information is dependant on participants background and requirements.

There will also be at least one early evening workshop up to 1900 hrs.

What Equipment Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. A kit list is included when booking. If you have your own kit please bring it along. We advise that you do not rush out and buy kit for the course, but use ours as a chance to find out what best suits your needs.

We can supply all the equipment and technical clothing you will need i.e dry suits but if you have any of the following then bring it along, as it is important to know how your own gear performs.

Helmet
Buoyancy aid with chest harness
Dry suit
Robust booties (thin neoprene booties are not recommended)
15 – 25 Metre throw bag
River knife
4 Metres of unsewn tape
1 'pear shape' locking karabiner

You will have to supply all the thermal garments to wear under your dry suit. We would recommend fleece bottoms and top with a thermal underneath. As an alternative you could wear one of our wet suits underneath your dry suit to ensure warmth. If you have any neoprene gloves then bring them along as well.

Stores will be open 19.00 – 20.00 hrs the evening before the course starts subject to demand.

Equipment Lists

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Bouyancy aids
- ✓ Helmets
- ✓ Small drybags
- ✓ Dry suits
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner

- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellant – it may be midgey!***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**