



SSI PLUS

*OUTER EASTERN TRAINING INSTITUTE (OETI) & SSI with
RTO APPROVED AUSSIE QUALS!*

Swiftwater rescue training at the Pinch: February 19-21 (Fri-Sun), 2016
OR March 5-7 (Sat.-Mon)

\$450 per student for three intensive days of internationally recognized swiftwater rescue PLUS Australian National Training Package (NTP) quals on the best river venue in Victoria. Why pay 50% more for the same training?



*Don't go out there without the
training!
Play Hard – Stay Safe!*

Swiftwater Safety Institute (SSI) lead instructor Jeffe Aronson will be providing a fifth year of 3 day Swiftwater Rescue Courses with international certificates in February & March of 2016. Passing students will receive an *Internationally Recognized "Statement of Attainment"* recognized by outfitters worldwide and good for *three years*, PLUS the *National Training Package certificate* required for Australian river professionals.

***Australian Qualifications/RTO:** SSI recognizes that some Australian outdoor ed facilities require this for their instructors. In order to fill this need, we are offering a course through OETI., an RTO. We are committed to affordable pricing and will remain the least expensive, highest quality river rescue course in Australia. Unlike others, we do *not* charge extra simply for the final assessment.

See video of our course here: <https://www.youtube.com/watch?v=BGI1ysqLsp8>

SSI has been training river guides all over the world for more than a dozen years. (to see our course for OARS guides in Idaho in May 2014, click here);
https://www.youtube.com/watch?v=j6t_OBTvOBg&feature=em-upload_owner

SSI also offers an advanced course for Disaster relief groups, Police and Fire Department Personnel, Search and Rescue Groups, and can also offer a hybrid course for all types of river personnel. This course would involve equipment and techniques not relevant to the typical outdoor educator or guide. We also offer discounted courses for Park rangers, volunteer organizations, and/or private paddlers wanting to train for safety but not needing the Australian Package qualifications. Contact Jeffe for details.

Who's it for?

- River guides
- Outdoor educators
- Kayak instructors
- Recreational Paddlers
- Police, Fire, SES, Rangers
- Anyone working on or around moving water

SSI's course concentrates on the specific needs, environment, and available equipment for any group on a typical river trip with students, clients, or friends.



Hey Jeffe,

Thanks for your lesson, suggestions and solutions during the swiftwater course in Moab. Yours seemed to be the most effective and simple of all the ideas and suggestions. Perhaps you can chalk it up to the thousand of years you have been on the river! Either way, you a valuable and effective teacher and we thank you.

Happy flows,

Troy and Trisha Anderson

TRAINING OBJECTIVES:

Training Time:

SRT - 24 hr. course over 3 days

- SSI & International Rescue Philosophy - "Simple is smooth and smooth is fast"
- Hazard Identification, Risk Management & Safety Systems
- Low-risk to high-risk rescue techniques
- Self-rescue
- Throwbag Rescues
- Contact Rescues
- Shallow Water Crossings
- Hydrology
- Communications & Team/Incident Controls
- Medical Considerations
- Personal Protective Equipment (PPE)
- Technical Rescue Equipment (Repair and Maintenance)
- Knots & Anchors
- Mechanical Advantage Systems
- Swimming (Passive and Aggressive)
- Boat Pins (Course site dependent)
- Foot Entrapment Extrication
- Strainers
- Tethered & other Towing Systems, Kayak Pin Extraction
- Tyrolean highline (Course site dependent)

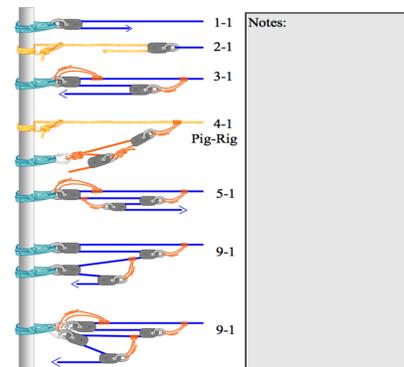


Section 2 - Throw Bags, Knots, Anchors, Mechanical Adv.

Mechanical Advantage

Mechanical advantage is a way to amplify the force exerted on fixed objects without requiring additional input power to do so.

Mechanical advantage may not be advantageous if we don't have the ability to set up multiple point self-equalizing anchors. For example, tying to one D-ring on your boat or anchoring off to one small tree may not hold the forces that mechanical advantage haul systems can potentially create.



Swiftwater Safety Institute

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Just want to say thanks to you and Riley for such an awesome course - I learned so much and you really increased my confidence too. I really appreciated that you also put extra things in there such as the boat flip to give a few of us extra practice. Caroline

Testimonials:

First off, I cannot speak high enough of both Eric and Jeffe, they were relaxed, humble, knew everything there was about white water safety; and their teaching styles were complimented by their happy and positive attitudes.

I have been involved in various white water safety courses previously, both through University, Tafe, and Canoe Vic, this course trumps the lot. :) The location... was a great location as we had everything so close.

They utilised a combination of both audio/visual, diagrams, spoken word, physical equipment, and text to ensure their message was heard... I would also like to ad how inexpensive it was compared to other organisations :)

Keep up the great work. Jimmy O'Hagan



"Best damn rescue course I ever took!"
Wyatt

Testing:

- Practical examinations (One on one with course evaluator/instructor)
- Observation (Constantly throughout course)
- Written examination (at end of class.)
- Student Skills Assessment "Core Competencies" checklist, and Australian competencies as follows:

Unit Code:

- SISOWWR201A Demonstrate self-rescue skills in White water
- SISOWWR302A Demonstrate white water rescues and recoveries
- SISOBWG404A Apply river crossing skills

SPECIAL ADVANCED COURSE/RECERTS:

We can offer a course suited for advanced and recertifying students upon request. The requirements are; students charter a full course (10 or more students) and all have current river rescue certs/quals (SSI accepts previous Rescue 3 students for recerts). Testing will occur on DAY 1. All students ***must*** pass to continue, and there is a 2-day intensive recert option).

Delivery Method:

Theoretical and practical. Generally over a three day period utilizing both the classroom and practical course site "hands-on" training on the river.

Attainment of Certification:

After successful completion of the outlined swiftwater rescue training (SRT) provided by SSI, the student is given an Internationally Recognized "Statement of Attainment" by SSI and we certify that the student has met all outlined standards of such training. The successful student will also retain a carbon copy of the "Core Competencies" worksheet as well as a certification card issued by SSI. The Statement of Attainment as well as the certified course by SSI will be branded by SSI and will hold the internationally recognized levels of said training. IN ADDITION the student will have the Australian National Training Package certification with the abovementioned Core Competencies.

Uni, TAFE, and other students who have taken river guiding courses in Australia with a river rescue component will recognize and have some experience with most or all of the listed objectives. However, the SSI course will focus on intensive training of river rescue only, and will provide a certification that the student can use for guiding, outdoor education, or any other river job in the world that requires Swiftwater Rescue training certs. It is demanding, exhausting, and a heck of a lot of fun!

*This course will run with a minimum of 6 students. Ideally there will be 12. If we get more than 12 (depending on number of recerts), we may opt for either an additional instructor for the course, or we may be able to run a parallel course. We will recert students whose original cert was from RQ3.

*If enough students request Wilderness First Aid (WFR), we can add another course for that component as well. Many companies who run trips on rivers around the world, including Canada and the US, require both Swiftwater Rescue and WFR for their employees. We can offer: Wilderness First Aid (24hr.) Wilderness Advanced First Aid (40 hr.) or Wilderness First Responder (80 hr.) depending on the student's needs.

Application for the Course:

The course cost is \$450. A deposit of \$100 will be due within 2 weeks from the date of application. The balance will be due two weeks prior to the course. Cancellation penalties may apply. Apply directly with Jeffe Aronson:

Best is via email: (please be patient as Jeffe is on the river quite a bit.)
jeffe0101@gmail.com

Between the months of September & mid-March you may call:
 03-5159-7252

Course dates:

October 22-24, 2015 (Thursday thru Saturday)

Venue:

To be determined by water levels in Victoria. At present, we expect the Mitta Mitta to be perfect for spring courses, the Pinch on the Snowy for summer or autumn courses (It's only a half-hour farther than driving to the Joker on the Mitta from Melbourne). Camping will be available at Anglers Rest, CRB, and Joker campgrounds for Mitta courses, or the Pinch campground on the Snowy.

Swiftwater Safety Institute Website: <http://www.swiftwatersafetyinstitute.com>

Contact Jeffe for course details, personal equipment needed, directions, etc.



SSI Recommended Clothing and Equipment List:

Clothing:

- Warm synthetic layers for classroom and land training sessions
- Clothing for in-river activities (adjusted to wetsuit or drysuit)
- Dry clothing to change into after class
- Rain jacket/pants for on-land demonstrations in poor weather
- Warm gloves for outside classroom time
- Warm hat or sunhat (weather dependent)

Equipment list:

- PFD - type III or V (rescue vest recommended, but not necessary)
- River knife (one handed accessible)
- Helmet
- Wetsuit or Drysuit
- Splashtop or drytop if using a wetsuit
- River booties or sneakers appropriate for river swimming - closes toed shoes
- River gloves (Not necessary, but nice to have)
- River whistle (one handed accessible)
- Throw bag (if you have one)

Other:

- Sunscreen
- Towel
- Camera
- Pen/Pencil
- Food for the day
- Drinking water

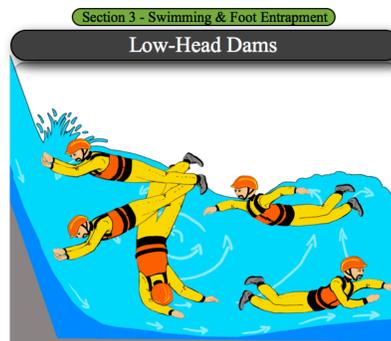
What SSI provides:

All group rescue equipment including ropes, webbing, carabiners, pulleys, throw-bags and all other technical rescue gear. SSI also provides a field training manual, on-land and in-river instruction, all teaching material and a course completion wallet card as well as on-going administrative support and record keeping.

"As a professional guide from rivers such as the Nymboida and Tully (Australia), I've completed numerous swift water training days and courses. This was by far the best delivery, quality and quantity of information I have experienced in facilitated training. Many thanks!"
 Laura Oakley

"Brilliant, informative, fast-moving, sensational instructor! Great feedback, great pace for participants, great scenarios, good examples and stories, easy to follow and understand. Safe, calm, efficient. Thanks, Jeffe, you're a bloody champion, mate!"

"Jeffe you are an inspirational person to be around with your experience and passion for rivers."



A Low-Head dam is different than a "pour-over" hydraulic caused by naturally occurring sub-surface river bed features. Natural river features generally lack the symmetry of a low-head dam and because of this, low-head dams pose an extreme threat.

The perfect symmetry of a low-head dam creates a nearly impossible hydraulic to escape from. We have determined that the best possible way to escape is to swim at the face of the dam and to cup your hands to catch the face of the water. Actively swim down and attempt to swim out the bottom. You will not be able to swim downstream on the surface of the boil line, so it's important to swim beneath the boil line.

If you are in the recirculating water of low-head dam, try not to fight the current, try to find something floating to hold on to (wood), and move laterally towards the shore if possible. Any controlled movement at the surface is limited. You need to actively find "green" water sub-surface if possible.