

**Kinda Awesome Testimonial:** "XXX told me in his 30 years in outdoors work and expeditions, your course is the best course of any type he's ever done."

## 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
- Simple & Advanced 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), Flips & re-entry
- Foot Entrapment Extrication
- Strainers
- Tethered & other Towing Systems, Kayak Pin Extraction
- Tyrolean highline ("Tensioned Diagonal". Course site dependent.)
- Multiple, Challenging Scenarios & our patented "Running Scenarios"

### COVID LOCKDOWNS & SAFETY:

- If course is cancelled due to lockdowns, there will be a full refund.
- Masks are required during all indoor classroom portions.
- Otherwise social distancing is required at all times.
- Students must inform lead instructor before class if showing any signs of possible illness. Full refund if so.

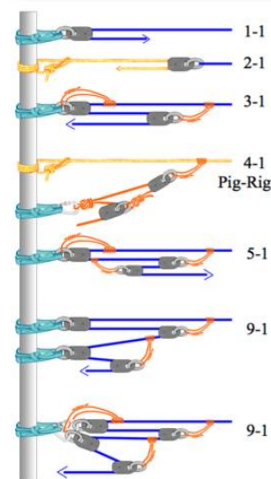


### Section 2 - Throw Bags, Knots, Anchors, Mechanical Adv.

#### 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.



Notes:

Swiftwater Safety Institute

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## 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 add how inexpensive it was compared to other organisations :)

Keep up the great work."

"No Faults – Perfect. Should train some instructors I have dealt with."

"Jeffe's experience shone through... Not only was the information easy to understand, Jeffe's personality allowed for an extremely comfortable environment which allowed for much more confidence to grow."

"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

## Testing:

- Practical examinations during course (One on one with course instructor)
- Observation (Constantly throughout course)
- Written examinations: International exam online prior to course, Australian ATP on-site at end of course.
- Student Skills Assessment "Core Competencies" checklist, and Australian competencies as follows:

### Unit Code **UPDATED FOR 2021!:**

- **SISORSC004** Demonstrate self-rescue skills in White water
- **SISORSC005** Demonstrate white water rescues and recoveries (2-day "first responder" doesn't include this component)
- **SISOBWG004** Apply river crossing skills



*This qualifies for ATP continuing education!*

### **\*SPECIAL ADVANCED COURSE/RECERTS:**

We offer a 2-day "*Advanced Hybrid*" course suited for advanced and recertifying students:

- Students must have a current river rescue certification (we accept other training organisation's students for recerts. Current ATP optional, but if you don't have one, and want one, there will be an extra \$100 charge.)
- Students must watch pre-course training videos & pass pre-course written tests online to participate.
- Testing will occur first thing on DAY 1. Students **must** pass to continue, no refunds from this point.
- The rest of the intensive 2-days is getting wet! Advanced techniques and scenarios galore! You'll be surprised at the cool new techniques.
- Includes Ankle cut-out, "Hasty Tension Diagonal", Single shore rope retrieval, the Alaska "Deadman" anchor, Night Searches & more intricate scenarios.

## Delivery Method:

Theoretical & practical. Generally over a 2.5 day period utilizing both the classroom and practical course site "hands-on" training on the river. **ALL COURSES NOW INCLUDE A HALF DAY OF PRE-COURSE ONLINE VIDEOS & ASSESSMENTS!** Students come much better prepared for our fast-paced, fun, and challenging training, plus this leaves time to be on the water more. Our last day includes our awesome trademark "Rock-n-Roll Running Scenarios".

## Attainment of Certification:

After successful completion of the outlined swiftwater rescue training (SRT1) 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 for "Swiftwater Rescue Operator", a.k.a. Swiftwater Technician, auspiced by our Registered Training Organisation: 5Star.

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, 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 7 students & may be cancelled with full refund if less. Ideally there will be 10. If we get more than 10 (depending on number of experienced students), 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 other organisations. We also offer a shortened 2-day Australian Training Package course for "Swiftwater Rescue First Responder" for beginners and paddlers living on Ramen noodles & peanut butter.



*"Best damn rescue course I ever took!"*  
Wyatt

## **Application for the Course:**

The 3-day course cost is \$560, the 2-day Advanced is \$450. (Insurance has tripled, but we haven't increased our profit margin.) A deposit of \$100 is due within 2 weeks from the date of application. The balance is due two weeks prior to the course. Cancellation penalties may apply. Apply directly with Jeffe Aronson:

Best is via email:

[jeffe0101@gmail.com](mailto:jeffe0101@gmail.com)  
03-5159-7252

## **2021-22 Course dates:**

- **MITTA MITTA 3-DAY SRT1: September 26-28 2021 (Sunday-Tuesday) With Matt Paulding**
- **MITTA MITTA 3-Day SRT1: Oct. 1-3 2021 (Friday-Sunday) with Matt Paulding**
- **MITTA MITTA 3-Day SRT1: Friday, Oct 8-10 2021 (Friday-Sunday) with Matt Paulding**
- **MITTA MITTA: 2-DAY ADVANCED: October 15-16 2021 (Fri-Sat) with Jeffe & Matt Paulding**
- **Autumn Snowy dates TBD**

## **Venues:**

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 may be used for summer or autumn courses (It's only a half-hour farther than driving to the Joker on the Mitta from Melbourne). Free, self-catered camping will be available at Anglers Rest, CRB, and Joker campgrounds for Mitta courses, or the Pinch campground on the Snowy. Self-catered. Or contact Jeffe for accommodation at "The

Swiftwater Safety Institute Website:

*"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."*



## SSI Recommended Clothing & 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.

Confluence" [www.aussiebushretreat.com](http://www.aussiebushretreat.com)

<http://www.swiftwatersafetyinstitute.com>





## SSI PLUS+

with RTO APPROVED AUSSIE CERTIFICATIONS through 5Star, our RTO Auspice!

*Swiftwater rescue training on the Mitta & Snowy;  
Real Rivers, Experienced Instructors, The best venues in Victoria!*

*See page 4 for 2021-22 course dates\**

*(\*unique course dates available for groups of 7 or more upon request & depending on availability)*

\$560 per student for three intensive days of internationally recognized  
swiftwater rescue PLUS Australian National Training Package (ATP) quals.

Why pay more?

*(Or, for experienced river runners: \$450 per student for 2-day hybrid Advanced course.*

*Nobody else offers this anywhere on earth!*



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

Swiftwater Safety Institute (SSI) will again be providing 3 day Swiftwater Rescue Operator/Technician Courses with international certificates this coming spring & summer. 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. This course also qualifies for continuing education for those who already hold an ATP certification.

**\*Australian Qualifications/RTO:** SSI recognizes that many Australian outdoor ed facilities and the newly updated AAS standards require this for instructors & guides. We offer our courses in conjunction with 5Star, a Registered Training Organisation. We are committed to affordable pricing and to remaining as the least expensive, highest quality river rescue course in Australia. We've had to increase our prices recently due to huge insurance increases. Sorry about that, but SSI's net has *not* increased, & we're still the cheapest around!

See video of our course here: <https://www.youtube.com/watch?v=BG11ysqLsp8>

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](https://www.youtube.com/watch?v=j6t_OBTvOBg&feature=em-upload_owner)

- *Our new hybrid online/on-site course for all types of experienced river rescue personnel is the first in the industry.* A half-day of online videos & tests gets you ready for more time on the water, and earlier drive-home time at the end. We also offer discounted courses for those wanting to train for safety but not needing the Australian Package qualifications. We also offer a less-expensive, condensed 2-day "First Responder" course. Contact Jeffe for details.

"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

### 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 *super fast-paced* course concentrates on the specific needs, environment, and available equipment that any group on a typical river trip with students, clients, or friends would have on hand.

*\*Some courses are taught "in house", by instructors who've merely been a student once, with little to no real whitewater rescue experience. You sure can tell the difference with our experienced instructors!*

