



SierraRescue.com ~ info@sierrarescue.com ~ 530-902-6122

Hello from Sierra Rescue!

Thanks so much for your interest in the Rescue Swimmer – Advanced. This course is the core of the Rescue 3 Rescue Swimmer program. This class is aimed for students rescuing in an open water environment such as lakes or ponds of various sizes, as well as flatwater rivers and park waterfronts. This one day upgrade class is a continuation of the Rescue Swimmer Basic skills.

The only requirement for the RS-Advanced is the RS-Basic.

MEETING TIME AND PLACE!

8:30 AM SHARP: We will meet at Waterman's Landing, Carnelian Bay on Lake Tahoe. Their physical address is: 5166 N Lake Blvd, Carnelian Bay, CA 96140

We will meet for introductions and paperwork then move to the lake! We will be in the water most of the day; so please be prepared.

Class times will be: 8:30AM – 5:00PM

WHAT TO BRING!

For the water:

- **Full Wetsuit:** You will be spending lots of time in the water!
- **Neoprene Layers**
- **Footwear:** Wetsuit booties or good shoes for swimming.
- **Wetsuit gloves** (optional)
- **PFD** – any type
- **Mask**
- **Snorkel**
- **Fins**
- **Swimsuit**
- **Food and water:** Lunch, snacks and water for each day!
- **Extra warm clothes**

Note: We have extra mask, snorkel and fins-lets us know if you want to borrow.

FULL IMMERSION!

Please plan on very active day in the water! The RS-A will help rescuers improve their swimming technique, practice victim management and rescue.

A strong emphasis is also placed on dealing with victims in the open water We will work on recovery of submerged victims in cars and advanced search techniques. We will also practice with different adjuncts, SUP's, boards, etc.

Please feel free to let us know what is most important to you as we go through the training and we will make it as relevant as possible to your interest.

OVERALL BASIC OUTLINE OF THE DAYS:

DAY 1:

AM:

Introductions and paperwork

Swim and Tow Review and timing

Specialized Equipment-SUP/Boards

Sub-surface Recovery-Car Prop

PM:

Advanced Search Techniques

Patterns, Triangulation, Marking

Rescue Problem/Scenarios

The outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle in a couple days and still keep it fun and supportive. We will integrate many scenarios based on the realistic situations you may face as an inland swimmer.

WHERE TO STAY!

In years past, students have enjoyed the economical and fun Clair Tappan Hut on Donner Summit operated by the Sierra Club. The price of around \$55/ day comes with three meals! It's a great deal and a fun community environment! The Clair Tappaan Lodge was constructed in 1934 and named after Judge Clair Sprague Tappaan, an outstanding outings leader and an officer of the Sierra Club for many years. It is located in the Sierra Nevada on old U.S. 40 near Norden, two miles east of Soda Springs.

It has a capacity of 140; sleeping accommodations are in dormitories, family rooms of 5-12 bunks, and two bunk cubicles. The Lodge staff includes a manager and professional cook, as well as additional staff for summer and winter programs. Price includes accommodations and three meals daily.

<http://www.sierraclub.org/outings/lodges/ctl/>

IN AND AROUND TRUCKEE:

Holiday Inn Express Truckee Hotel - www.hiexpress.com - (877) 863-4780 -

Truckee Hotel - www.truckeehotel.com - (530) 587-4444 -

Inn At Truckee - www.innattruckee.com - (530) 587-8888 -

Cedar House Sport Hotel - www.cedarhousesporthotel.com - (530) 582-5655 -

River Street Inn - www.riverstreetintruckee.com - (530) 550-9290 -

Northstar at Tahoe - www.northstarattahoe.com - (530) 562-2267 -

Best Western Truckee - www.bestwesterncalifornia.com - (530) 587-4525 -

Hampton Inn and Suites - www.hamptonintruckee.com - (530) 587-1197 -

Donner Lake Inn - donnerlakeinn.com - (530) 587-5574 -

Loch Leaven Lodge - www.lochlevenlodge.com - (530) 587-3773

Hostel Tahoe - HostelTahoe.com - 530-542-3266

CAMPING IN THE AREA:

The closest campgrounds are Donner Memorial State Part and Cold Stream Campground..

ADDITIONAL LODGING:

Truckee is only 45 minutes from Reno, NV which offers lots of affordable room options and at the numerous casinos!

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for your interest in this class and we look forward to seeing you on the river soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue