



Instruction in Swiftwater Rescue, Wilderness First Aid,
Technical Rope and Technical Animal Rescue.

TRAIN HARD | BE SAFE

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sierrarescue.com

Hello from Sierra Rescue!

Thanks so much for your interest in this Whitewater Rescue Technician Class on the South Fork American River in Coloma, Ca.

MEETING TIME AND PLACE!

9 AM SHARP: We will meet at the Mother Lode River Center in Coloma, CA. We will meet at the picnic tables in the morning for introductions and paperwork and then move to the river . We will be in the water all afternoon; so please be prepared to get in the water the first day.

Class times will be: Day 1: 9 am to 5 pm
 Day 2: 8:30 am to 5 pm
 Day 3: 8:30 am to 4:30 pm

When driving from Sacramento:

Go East on Highway 50. Exit at the N. Shingle Springs/Ponderosa Road off ramp. At the top of the off ramp turn left and go over the freeway. Take the first available right turn onto N. Shingle Road. In approximately 4.5 miles this road turns into Lotus Rd. (you will probably not even know it when it happens). Stay on Lotus Rd until it dead ends at Hwy. 49 (approx. 5 miles). Turn left onto Hwy 49 and you will cross over the South Fork of the American River. Mother Lode Camp is located on the left side of Hwy. 49, 2.3 miles from this bridge and opposite County road marker 26.51. Our physical address is 6280 Hwy 49. Approx. driving time is 1 hr from Sacramento.

WHAT TO BRING!

For the water:

-Drysuit or Full Wetsuit! (Drysuits are always recommended because we spend so much time getting in and out of the water and the weather is always variable)

Drysuits can be rented from:

pacificriversupply.com

Pacific River Supply will ship you the drysuit by UPS and you only pay for the days you use it. Great and easy option.

-PFD Type 3 or Type 5 with whistle and knife (knife optional)

-Helmet: Lightweight swiftwater or climbing helmet.

-Hard soled wetsuit booties or good shoes for walking in the river and on the banks with wool socks and/or wetsuit socks

-Wetsuit gloves (optional)

-Fins (optional)

-Lunch, snacks and water!

-Extra warm clothes

FULL EMERSION!

Please plan on very active days and homework at night. We integrate the classroom stuff throughout the course and you will be in the water the first afternoon. The class will be as much scenario and case study based as possible. We will emphasize self rescue, throw bag rescue, entrapments, thinking through a rescue, simple rope tricks and rescue techniques that have been tested and proven successful in real rescues. Please feel free to let us know what is most important to you as we go through the training.

OVERALL BASIC OUTLINE OF THE DAYS:

DAY 1:

AM:

Introductions and paperwork

Introduction DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue

Heads Up presentation:

PM:

Swimming: defensive, aggressive, barrel rolls, accessing eddies

Throw bags: when, where, coils, belay, back-up, vector pull

Contact rescues: defensive, counter panic passengers

Live-Bait jackets; use, release, self-rescue techniques

DAY 2:

AM:

Shallow Water Crossings

Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body

Entrapment, Kayak Entrapment

Strainer drills

PM:

Contact Rescues and Live Bait continued

Raft handling and flip drills

River boarding; handling and rescues

C-Spine rolls and parbuckling

DAY 3:

AM:

Knots, Hitches, Anchors

Mechanical Advantage

Wrapped boats: rafts and kayaks: The real scoop on freeing them.

PM:

Zip Lines

Scenarios

Debrief written homework, test, paperwork completion

Fill in the gaps

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 few days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you or your agency may face.

WHERE TO STAY!

For CAMPING:

You can camp right at Mother Lode River Center! There are grassy spots, platforms and hot showers! The fees are \$10/person per night. Just send us an e-mail and let us know you will be camping; we will take care of the rest. If you arrive the night before the class, you will need to check out the map at the top of the hill and find a comfortable spot on your own. We mostly use the Upper Kitchen for the classes and there are usually many spots to camp in and around that kitchen area.

Mother Lode has asked us to spread the word on a few camp rules: no dogs and no kids under 12 are allowed on the grounds. There are no facilities for motor home camping or hookups. This is a private camping area and is only available to Mother Lode River Trip guests and Sierra Rescue students.

For HOTELS:

You have some choices for accommodations. There are some B&B's and an older hotel right in the Coloma area. The other hotels and eating options are either in Auburn, CA or Placerville, CA. Placerville is about a 20 minute drive and Auburn is about 30 minutes.

In and around Coloma:

Sierra Nevada House - Historic facility provides restaurant and bar, outdoor cafe, event hall, nine hotel rooms, wedding and catering services. Only a 5 minute drive from Malode.

American River Resort - American River Resort offers premier riverside lodging in Coloma, CA. River Rafting, Camping, Cabins, RV Hookups, Wedding and Banquet Facilities are just a few of the amenities ARR offers their guests. 530-622-6700.

Café Mahjaic & Lotus Inn - The Lotus Inn & Café Mahjaic are ideally located on the American River just 5 minutes from Malode. Built in 1857, the Lotus Inn offers six rooms of varying size and accommodation.

Coloma Country Inn - Nestled in the Sierra Nevada foothills between Lake Tahoe and Sacramento, The Coloma Country Inn bed and breakfast provides the perfect setting for an exciting family adventure or a romantic getaway for two.

Coloma Resort - Campground located on the South Fork of the American River, with RV and tent camping sites on one mile of river-front spaces. 1-800-238-2298

In and around Placerville:

Best Western Placerville Inn - www.bwplacervilleinn.com

6850 Green Leaf Dr, Placerville - (530) 622-9100

Gold Country Inn - Located on Broadway Street near downtown Placerville, this motel offers clean, comfortable, affordable rooms.

Holiday Inn Express - Located on Hwy 50 in El Dorado Hills, 30 minutes from our campground.

Historic Cary House Hotel - Nestled in the heart of the California gold country, the Cary House is "The Jewel of Placerville."

In and around Auburn:

Auburn Holiday Inn - Located on I-80. 30 minutes from Mother Lode River Center

Best Western Golden Key - Located on I-80, 30 minutes from Mother Lode River Center.

Comfort Inn - Located on I-80; 30 minutes from Mother Lode River Center.

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