



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

**TRAIN HARD | BE SAFE**

**530.284.1004 :: 800.208.2723**  
**sierrarescue.com**

Hello from Sierra Rescue!

Thanks so much for your interest in the Swiftwater Rescue Technician Unit 1 on the Kern River in CA! This is an incredible course location and we're glad you may be joining us for this great class!

#### MEETING TIME AND PLACE!

Class times will be:

Day 1: 9:00am to 5 pm - Sierra South Mountain and Paddle Sports Store, located just east of the Kern River on Hwy 155 in Kernville. Please do not park directly in front of the store but on the nearby streets. We will meet outside in front of the store on the benches.

Day 2: 8:00 am to 5:00 pm - Location TBA

Day 3: 8:00 am to 4 pm - Location TBA

#### **From Los Angeles:**

Take I-5 north to Bakersfield. Once you leave the mountains and enter the San Joaquin Valley the I-5 SPLITS into two Highways: Hwy 5 and Hwy 99. **Take Hwy 99 to Bakersfield.** Once you get to Bakersfield look for the exit sign for the Hwy 178 turnoff (you want to go east towards Lake Isabella). LAX to Bakersfield is approximately 2 hours.

Travel east on Hwy 178, through downtown Bakersfield and then through the Kern River Canyon. Follow signs to Lake Isabella. Look for the offramp that says "Lake Isabella/Kernville" (Not just "Lake Isabella", that one is the wrong one). Turn left onto Hwy 155, heading north. Travel approximately 10 miles (go past Wofford Heights), to Kernville. As you drive into Kernville, stay on the main road until you cross the Kern River and immediately on the right will be Sierra South. Kernville is approx. 1 hour from Bakersfield.

#### **From Eastern locations (east of Lake Isabella)**

From Hwy 14 or U.S. 395 drive west on Hwy 178, Walker Pass Road. Continue west over Walker Pass, past Onyx and Weldon. About 1.5 to 2 miles beyond Weldon look for

a right hand turn marked "Kernville." This is Sierra Ave., which becomes Sierra Way. Shortly after leaving Hwy 178 you should cross the South Fork of the Kern River. This road works its way around the lake to the town of Kernville. Turn left on Kernville Road. If you get to the "James Store" you went to far. Proceed ¼ mile and Sierra South is on your left.

## FULL EMERSION!

Please plan on very active days and homework at night. We integrate the classroom stuff throughout the course, but most of the two water days are going to be in the water. The class will be as much scenario and case study based as possible. We will emphasize self rescue, throw bag rescue, entrapments, ways of 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

#### PM:

Knots, Hitches, Anchors

Mechanical Advantage

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

### DAY 2:

#### AM:

Swimming: defensive, aggressive, barrel rolls, accessing eddies

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

Contact rescues: defensive, counter panic

#### PM:

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

Raft handling and flip drills

River boarding; handling and rescues

### DAY 3:

AM:

Entrapment Rescue Dryland  
Shallow Water Crossings  
Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body  
Entrapment, Kayak Entrapment  
Strainer drills

PM:

Zip Lines  
Scenarios  
C-Spine rolls and parbuckling  
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 couple days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you or your agency may face.

WHAT TO BRING!

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](http://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!

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-no open toed sandals please.

Wetsuit gloves (optional)

Fins (optional)

Lunch, snacks and water!

Extra warm clothes

WHERE TO STAY!

### **Lodging:**

Whispering Pines (760) 376-3733

Sequoia Lodge (760) 376-2535

Kernville Inn (760) 376-2206

River View Lodge (760) 376-6019

Sierra Gateway Cottages (760) 376-2533

Barewood Inn (Woffard Heights) (760) 376-1910  
Lake Isabella Motel (Lake Isabella) (760) 379-2800

**Camping:** Numerous Camping opportunities around the lake and along the river that are run by the Forest Service They are about \$18-20 per night. Private campgrounds with shower facilities and hook-ups are available. They average about \$35-40 per night.

Frandy Park (760) 376-6483  
Camp James (760) 376-6119  
Rivernook (760) 376-2705  
Riverview Park (760) 376-2345

**Food:** Be prepared to pack a sack lunch each day. Our class locations can change due to water levels and weather conditions. Food will not always be readily available during the class day. If you wish to shop both Lake Isabella (Vons) and Kernville (James Store) have fully stocked markets. Both communities offer limited fast food, diners, casual restaurants, and pub style eateries. Be aware after 8:00pm you may not be able to find anything open in Kernville.

**Weather:** If your class is before June or after September be aware that the weather can go from really hot to really cold(rain and snow) overnight. Please check the extended weather the day before your class and bring warm clothes. If you have a driesuit and wetsuit, it is always recommended to bring both. The Upper Kern is direct snow melt while the Lower Kern (below Lake Isabella) is dam release and a bit warmer. Our class will likely be held in both locations.

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for your interest and commitment to this class!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue