



To: Water Rescue and Emergency Response Instructor Candidates
From: Chris A. Calhoun – Course Coordinator
Date: 11/22/2011
Re: Course Information

Dates, Times, and Location of Training:

H.R. Stackhouse, Bellefonte, PA – See attached directions
March 30-31 and April 1, 2012

- Friday – Classroom
 - **Start time 12:00 pm**
- Saturday – Classroom and pool session
- Sunday – Classroom and outdoor practical

Training Course Overview:

This three day course will instruct the student how to teach the following Pennsylvania Fish and Boat Commission (PFBC) water rescue curriculums:

- Water Rescue Awareness for the First Responder – 1670 Awareness Level
This classroom course is for anyone who may respond to a water emergency. Topics include scene assessment, activation of the Emergency Response System, evaluation of potential and existing water hazards, scene management, rescue vs. recovery, and personal safety measures.
- Water Rescue and Emergency Response – 1670 Operations Level
Classroom and practical hands-on training includes: planning, medical considerations, rescue equipment, self-rescue and shore-based rescue techniques. Students must demonstrate teaching competency in the classroom, pool and outdoor practical sessions. They must also demonstrate all practical skills at instructor level proficiency.

Course Cost:

- PA Resident - \$425.00
- Includes tuition, dormitory style lodging, and meals
- **Payment made payable to BC3**
- Out-of-State - \$525.00
 - \$450.00 Includes tuition and dormitory style lodging – **Payment made payable to BC3**
 - **\$75.00 Meals - Payment made payable to PA Fish and Boat Commission**
 - Meals – Friday Dinner – Saturday B/L/D – Sunday B/L

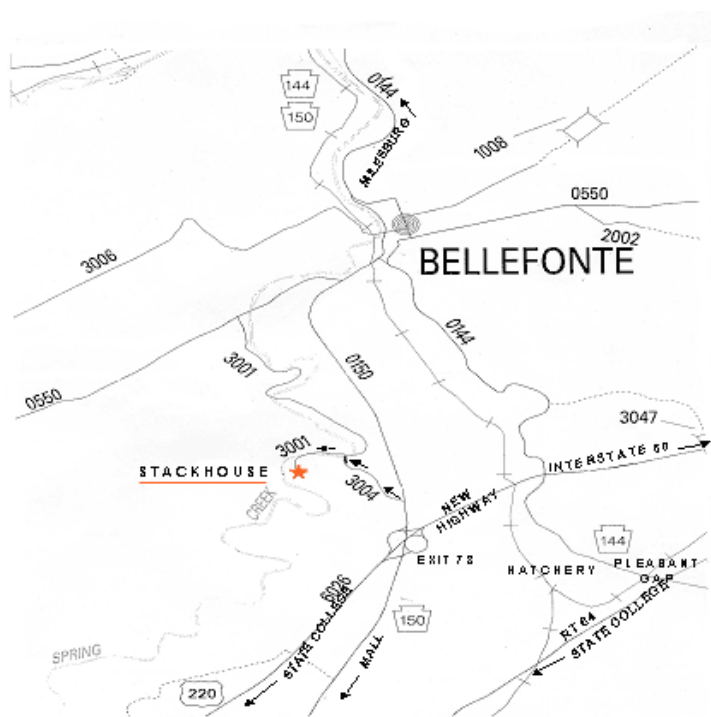
Prerequisites (**must** be submitted with registration form):

Student prerequisites include:

- Water rescue training - PFBC Water Rescue and Emergency Response or equivalent (Rescue 3 or other nationally recognized program)
- CPR and first aid training
- Teaching experience in EMS, rescue, fire, or similar discipline

Location of Training:

Directions to H. R. Stackhouse School



From Southeast: US Route 322 West to State College - Exit 73 onto US Route 220/PA Route 26 North to Exit 78 (Bellefonte). Take PA Route 150 North for approximately ¼ mile to the first traffic light (Paradise Road). Turn left (west) & travel to bottom of hill to stop sign. Turn left (south) & travel to terminus of road & drive straight thru gate to Stackhouse.

From Southwest: Route 26, 45, 220 or I-99, go to US Route 322/220 intersection (Exit 73) adjacent to Penn State University and exit onto US Route 220/PA Route 26 North to Exit 78 (Bellefonte). Take PA Route 150 North for approximately ¼ mile to the first traffic light (Paradise Road). Turn left (west) & travel to bottom of hill to stop sign. Turn left (south) & travel to terminus of road & drive straight thru gate to Stackhouse.

From Interstate 80: Take Exit 161 (Bellefonte-old exit 24) to US Route 220 South/PA Route 26 toward State College. Take PA Route 150 North for

approximately ¼ mile to the first intersection which is Paradise Road. Turn left (west) & travel to bottom of hill to stop sign. Turn left (south) & travel to terminus of road & drive straight thru gate to Stackhouse.

Hazards of Training:

Students must be prepared to engage in strenuous activities in **extreme weather and water conditions**. Students must be able to swim. If a student has a known medical condition that could foreseeably jeopardize his/her safety during participation or be aggravated by participation, **the student should not participate**.

Water Hazards:

- Cold, deep, and swift water
- Water obstructions (i.e. rocks, strainers, free floating debris, etc.)
- Other water users (fishing and boating) – please be courteous.

Environmental Hazards:

- Uneven walking surface and loose debris
- Slippery rocks, steep slopes, and shoreline
- Poisonous plants, animals, and insects.
- Traffic

Weather Hazards

- Temperature – hot (hyperthermia) or cold (hypothermia)
- Storms – lightning (all training will stop until storm has passed). Students will be directed to shelter. Rain, snow or hail may or may not stop training exercise. Weather emergencies will be handled at the discretion of the instructor/trainers.
- Sun – risk of sunburn

Student Equipment Requirements:

- Customized US Coast Guard approved PFD Type III or V with knife, 2 locking carabineers, and whistle
 - **Note: Force 6 Rescue PFD is not approved for training because they are not USCG approved.**
- Water rescue helmet
 - Must provide front, side, and back of head protection (i.e. Pro-Tec Full Cut Water Helmet or similar design)
- Appropriate thermal protection for weather and environmental conditions:
 - Dry suit **required** (Note: cold water exposure, immersion, survival, and ice rescue suits are prohibited for moving water)
 - Layering
 - Inner wicking material (i.e. polypropylene, silk, etc)
 - Middle insulation material (i.e. polyester, wool, wet suit, etc)
 - Outer protective material (i.e. coated nylon or breathable water and windproof shell)
- Pool session clothing
 - **Extra set of clothing – students will enter the water fully clothed to simulate falling in wearing a uniform.**
 - Swim suit and towel
- Hand protection for working with rope - neoprene gloves
- Feet protection – river sneakers or neoprene water rescue boots with synthetic or wool blend socks
- Straps for glasses
- Fluids (water or sports drink)
- Food (high energy snacks)
- Sun screen – SPF 15 minimum recommended
- Personal items (first aid needs (i.e. inhalers, EpiPen, hygiene items, etc.))
- Towel
- Gear bag and large garbage bag to hold wet items

If you have any questions regarding the training, please contact me at 724.287.8711 ext. 8238 or by email chris.calhoun@bc3.edu (include in the subject line of the email **water rescue training** – I will not open email from unknown senders because of email virus concerns).

