



Rescue 3 New Zealand

Whitewater Rescue Technician (WRT)

For river kayakers



Get Internationally Qualified...

Designed specifically for those not providing a public safety response to water emergencies, this course is aimed at river runners such as Kayakers.

This stand alone course focuses on shore, boat and contact based rescues in a group activity situation.

This course is run by experienced volunteer instructors from Rescue 3 New Zealand, which is a division of SARINZ.

It is developed by kayakers for kayakers.

This customised Whitewater Rescue Technician (WRT) course is for recreational kayakers who want to advance their whitewater safety and rescue skills and gain an internationally recognised certification.

The three day course starts with a half/full day of theory/outside skills followed by two *full on* practical river days with scenarios customised around the students needs. It consists of intensive training using techniques and simple equipment to assess and perform river rescues. The emphasis of the class is on fast, low-tech and improvised rescue techniques. NZQA unit standards are optionally assessed at extra cost.

The initial emphasis is on developing hot zone and contact rescue skills. Other objectives include using basic rescue equipment, communications/signals, throwbags, entrapment drills, strainer drill, boat wraps,/ pins, zip lines, combat swim, spinal rolls, helicopter safety, river crossing, aggressive/defensive swimming, hydrology, incident management, basic rope systems, tethered rescue swimmer, V lowers, boat on highline/boat rescues and much more. This course does not teach basic paddle craft skills (rolls etc), which students need to have prior to attending.

Equipment requirements (Student to supply)

- Full length wetsuit or drysuit
- Kayak Type Personal Floatation Device/Vest.
- Must have quick release strap & cows tail.
- Lightweight water or climbing helmet
- Water booties or tennis shoes
- Gloves (optional)
- Thermal undergarments
- Whistle (pea-less type)
- Warm change of clothes.
- Towels (2).
- Lunch, snacks, drink bottle.
- Pen/Paper.
- Water throw bag (optional)
- Personal medication.
- *If possible, bring your Kayak and paddle too.*

Student Requirements:

Required:

- Good swimming ability.
- Kayak experience (Grade II+)

Next Course:

Taupo, NZL
27-29 March 2015
\$300+GST

**Includes manual, patch/sticker,
certificate and skillsheet.**
**Book directly with Canoe & Kayak
Taupo, Phone 07 3781003**