



To: Advanced Line Systems Rescue Instructor Candidates
From: Chris A. Calhoun – Course Coordinator
Date: 11/5/2018
Re: Course Information

Dates, Times, and Location of Training:

November 16-17, 2019

- Saturday– Classroom, pool session, and outdoor practical – start time 8:00 am
- Sunday – Classroom and outdoor practical – end time 5:00 pm

Training Course Overview:

This two-day course will instruct the student how to teach the Pennsylvania Fish and Boat Commission (PFBC) Advanced Line Systems Rescue curriculum.

Course Description:

Advanced Line Systems Rescue course trains rescue personnel in complex rescue systems that expose personnel to potentially life threatening hazards. These systems should only be used when lower risk options have been exhausted and when the team has the training, equipment, and skills to utilize these techniques.

The systems taught in the course require rescue personnel to:

- Select the appropriate system or technique for the situation
- Establish and operate the system
- Effect the rescue or recovery
- Tear down the system

Classroom and practical hands-on training includes: static line systems rescues such as the moveable control point (MCP), 3:1 mechanical advantage (also known as z-drag or z-rig) and zip line (tension diagonal). Tethered rescuer techniques using Type V rescue personal flotation devices (PFD) are also addressed. Students must demonstrate teaching competency in the classroom, pool and outdoor practical sessions. They must also demonstrate all practical skills with instructor level proficiency. YouTube video link:

<https://youtu.be/XVfJ-Yt8YkM>

Note: Basic Ropes and Rigging course is highly recommended additional training.

Course Cost:

- PA Resident - \$450.00
 - Includes tuition, dormitory style lodging, and meals (Saturday B/L/D – Sunday B/L)
- Out-of-State - \$550.00
 - Includes tuition and dormitory style lodging (Saturday B/L/D – Sunday B/L)

Student Prerequisites – Certificates Must Be Submitted with Registration:

- ✓ Water Rescue and Emergency Response Instructor
- ✓ Advanced Line Systems Rescue (basic level or other nationally recognized program)
- ✓ CPR and first aid training
- ✓ Teaching experience in EMS, rescue, fire, or similar discipline.
- **Swim 200 yards without a PFD in 12 minutes or less using the following strokes:**
 - 100 yards American Crawl stroke or free style (aggressive swimming position)
 - 50 yards Breast
 - 50 yards Side

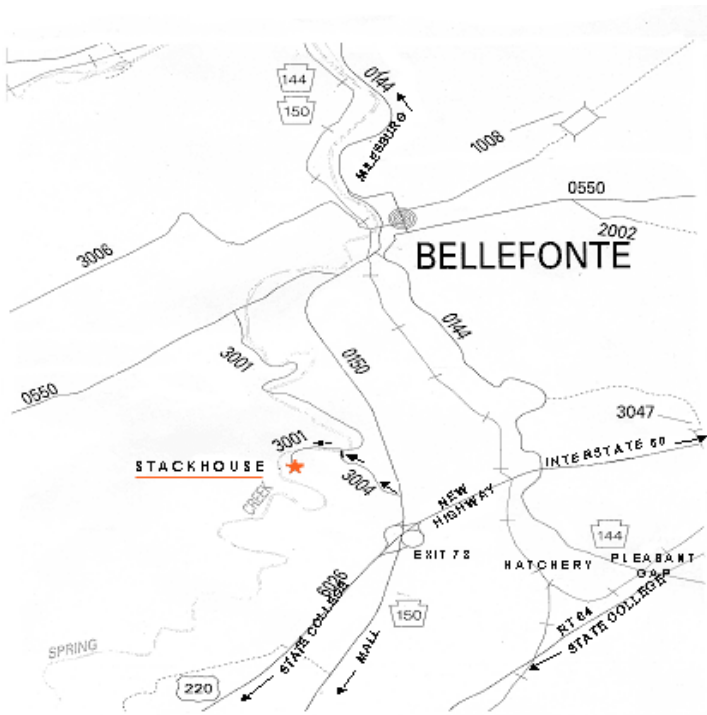
● **Tread water – 10 minutes**

- Note: swimming proficiency will be evaluated at the pool session on day 1 of the training. **If unable to pass swim test, student WILL NOT be permitted to participate in day 2 of training. Please train and condition prior to the course!!!**

Location of Training:

Physical Description	Latitude	Longitude
PFBC – Stackhouse Training Facility 1150 Spring Creek Road Bellefonte, PA 16823 Phone: 814-355-4159	40°52'48.70"N	77°47'34.60"W

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.

Lodging and Meals:

- Dormitory style (3/room) lodging is provided. **Sheets, towels and pillows are NOT provided...you must bring your own.**

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

Environmental Hazards:

- Uneven walking surface, slippery rocks and shoreline, steep slopes and loose debris
- 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 **U. S. Coast Guard** approved PFD **Type V Rescue Vest** with knife, 2 locking carabineers and whistle
- Water rescue helmet - must provide front, side, and back of head protection
- Appropriate thermal protection for weather and environmental conditions:
 - **Mandatory** - Dry suit (Note: cold water exposure, immersion, survival, and ice rescue suits are prohibited for moving water) - Thermal layering under dry suit - inner wicking material (i.e. polypropylene) - middle insulation material (i.e. polyester)
- Pool session clothing - 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) and food (high energy snacks)
- Sun screen – SPF 15 minimum recommended
- Personal items (first aid needs (i.e. inhalers, EpiPen, hygiene items, etc.)
- 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).

