



To: Water Rescue and Emergency Response Instructor Candidates
From: Chris A. Calhoun – Course Coordinator
Date: 11/5/2018
Re: Course Information

Dates, Times, and Location of Training:

April 5-7, 2019

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

Course Focus: The three days of training will teach you how to instruct the standardized water rescue curriculum of the Pennsylvania Fish and Boat Commission. The course will provide an overview of each curriculum and instruct participants in teaching techniques and tools used to deliver the program in the classroom, pool and outdoor practical sites. Instructor trainers will evaluate your technical water rescue skills and focus on improving these skills to instructor level proficiency.

Students will understand the importance of preplanning and the significant logistical demands required for the delivering these courses. They will learn how to prepare and manage risks associated with the training. Management of course records (legal documents, evaluations, and other administrative requirements) of your Authority Having Jurisdiction (AHJ) will also be addressed.

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.
- YouTube video clip of WRER training: <http://youtu.be/Iy3t9UWvStg>

Prerequisites:

- 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

Instructor Level Swim Test Standard:

- 200 yards unaided swim – (should demonstrate all four strokes – American Crawl, Breast, Side and Back Strokes) – 12 minutes
- 100 yards full clothed (long pants and T- shirt) and PFD and helmet – 8 minutes
- 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 and 3 of training. Please train and condition prior to the course!!!***

Course Cost:

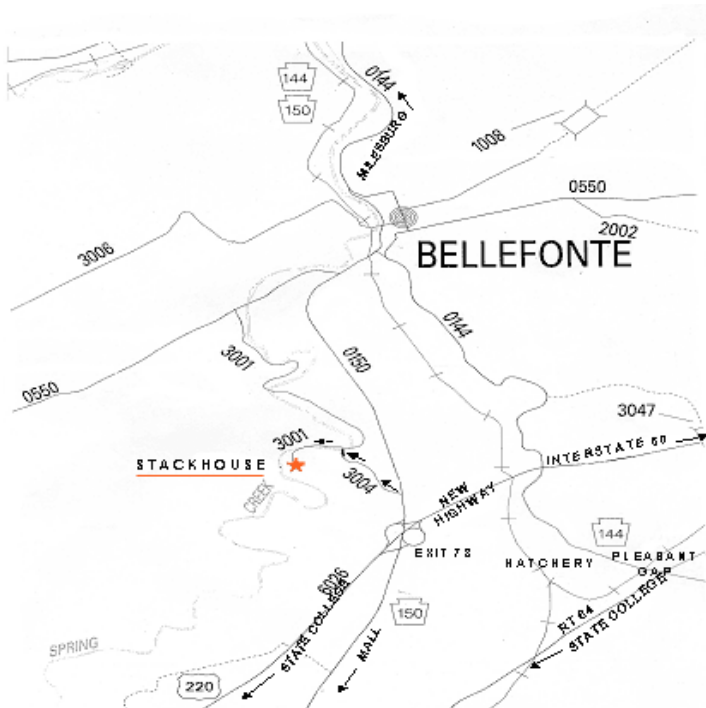
PA Resident - \$450	Out-of-State - \$550
<ul style="list-style-type: none"> • Meals – Friday Dinner – Saturday B/L/D – Sunday B/L 	<ul style="list-style-type: none"> • Meals – Friday Dinner – Saturday B/L/D – Sunday B/L

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

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.

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 – lightening (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 III or V 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)
- 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
- Pool session – swim suit, pants and T-shirt
- 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).

