



To: Advanced Line Systems Rescue Instructor Candidates  
From: Chris A. Calhoun – Course Coordinator  
Date: 1/9/2023  
Re: Course Information

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Dates, Times, and Location of Training:

November 4-5, 2023

- 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 direct contact rescue techniques using swift water rescue vests and complex rope rescue systems that expose personnel to potentially life-threatening hazards. These systems should only be used when lower risk options have been exhausted and 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.
- Affect the rescue or recovery.
- Tear down the system.

Classroom and practical hands-on training include: knot tying, webbing and rope anchor techniques, static line systems such as the moveable control point (MCP), methods of mechanical advantage, tension diagonal (zip line) and direct contact rescue techniques using swift water rescue vests. Students must demonstrate competency in the classroom, pool, and outdoor practical sessions.

Students must be prepared to engage in strenuous activities in extreme weather and water conditions. If a student has a known medical condition that could foreseeably jeopardize his/her safety during participation or be aggravated by participation, they should not participate. **Note: Basic Ropes and Rigging course is highly recommended additional training.**

YouTube video link: <https://youtu.be/XVFJ-Yt8YkM>

Student Course Prerequisites Include:

- Water Rescue and Emergency Response Instructor - Advanced Line Systems Rescue (basic) or equivalent nationally recognized ice rescue training program - CPR and first aid training - Teaching experience in EMS, rescue, fire, or similar discipline. **Copies of certifications must be sent with application.**

Course Cost:

PA Resident	Out-of-State
<ul style="list-style-type: none"><li>• \$450</li><li>• Cost include lodging and meals</li></ul>	<ul style="list-style-type: none"><li>• \$550</li><li>• Cost include lodging or meals</li></ul>

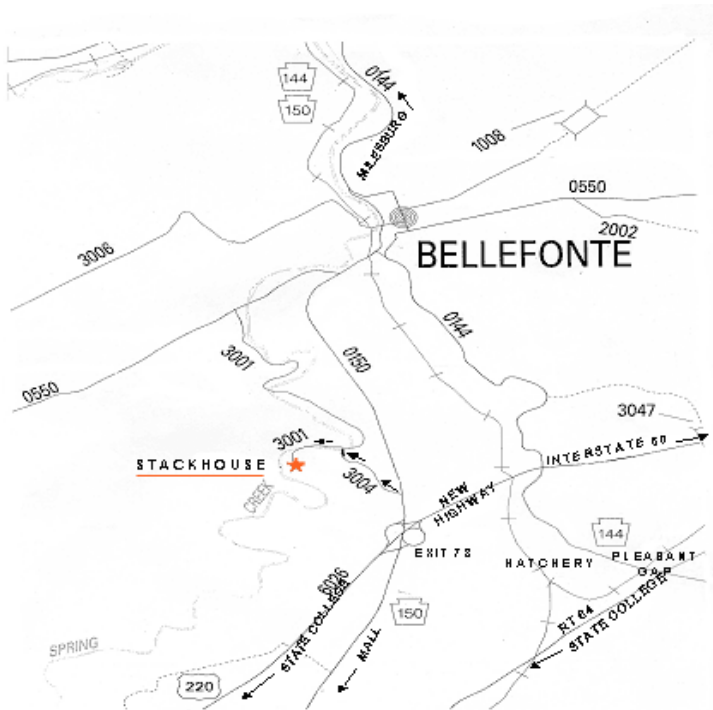
Lodging and Meals:

- Dormitory style (3/room) lodging is available. **Sheets, towels and pillows are NOT provided...you must bring your own if you want to stay at Stackhouse.**
- Bring personal hygiene items (soap, shampoo, toothpaste, toothbrush, etc.).
- Bring personal first aid needs (medications, inhalers, EpiPen, etc.)
- The following meals are provided – Saturday B/L/D – Sunday B/L
- You are responsible for fluids and snacks at the pool and outdoor practical session.

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.

## **Instructor Prerequisites:**

### **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/testing evaluated at the pool session on day 1. **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!!!**

### *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 – 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 – wear sunscreen

### *Student Equipment Requirements:*

- Customized **U. S. Coast Guard** approved PFD **Swift Water 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 rope work – neoprene with reinforced palms and/or leather gloves
- Feet protection – river sneakers or water rescue boots with synthetic or wool blend socks
- Fluids (water or sports drink) and food (high energy snacks)

- Sun screen – SPF 30 minimum recommended
- Personal items (straps for glasses, 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](mailto: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.

