



ACA LEVEL 4: SWIFTWATER RESCUE COURSE SCHEDULE

Day 1

Introductions & Expectations
Course Overview
Rescue Philosophy
Pre-Trip Planning
Communication
Hydrology
Equipment Review
Throw Rope Practice & Belays
Travel to River
River Wading Techniques
Swimming in Moving Water
Rescue PFD Use
Tethered Swimmer Rescues

Day 2

Review
Knots & Anchors
Unpinning & Towing Boats
Basic Mechanical Advantage
Travel to River
Ferrying Lines
Boat-Based Rescues
Strainer Bar
Simple Cinches
Incident Command System
Mock Rescue
Course Closure