

Swiftwater Survival Guide

The 15 “Absolutes” of Swiftwater Rescue:

1. Always wear a PFD.
2. Use upstream spotters.
3. Priorities: Me, Us, Them
4. Always have a backup plan.
5. Use (multiple) downstream backups.
6. Keep it simple.
7. Use the right equipment.
8. Never put your feet down when swimming in swiftwater.
9. Never count on the victim to help in his own rescue.
10. Never tie a rope around a *rescuer*.
11. When tensioning a line across moving water, do so at 45 degrees to the current.
12. When tensioning a line across moving water, always stand on the upstream side of the rope (and outside the bight).
13. Once the victim is contacted, never lose contact.
14. Given the choice between a fire helmet and no helmet, always go with no helmet.
15. Always be proactive.

ReThRoG:

- Reach
- Throw
- Row
- Go
- (Helo)

Survival

Swimming:

- On your back
- Feet **UP**
- Head upstream
- Set ferry angle
- Back paddle
- Watch for obstacles

Whistle

Commands:

- 1 short blast=look at me
- 2 short blasts=upstream
- 3 short blasts=downstream
- 1 long blast=HELP