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Course Confirmation Packet

Water Rescue Technician Course (September 23, 2023)
Surf/Swiftwater Rescue Technician Course (September 23 – 24, 2023)

Course Location:

Kennebunkport Fire Department
Village Fire Station
32 North St.
Kennebunkport, Maine

This is to confirm your registration to participate in the upcoming 1-day **WATER RESCUE TECHNICIAN (WRT)** Course or the 2-day **SURF/SWIFTWATER RESCUE TECHNICIAN (SRT)** Course. Please read this entire packet prior to your arrival; reserve/acquire the equipment required; and complete the pre-requisite reading assignments.

We will meet at the **Kennebunkport Fire Department** on Saturday for the **WATER RESCUE AWARENESS** (classroom portion of the WRT course) classroom session, scheduled from 08:00 AM - 12:30 PM. Please plan to arrive 15 - 30 minutes prior to the course starting time. Lifesaving Resources' courses begin and end on time! Books and pens will be provided. Lunch will be provided and served at the conclusion of the classroom session. If you have special dietary requirements, please advise us as soon as possible.

The **WATER RESCUE TECHNICIAN** practical session (day 1) will be conducted from 01:30 PM - 06:00 PM in the ocean and river in Kennebunkport with a pool session at the Nonantum Resort, also in Kennebunkport. Lifesaving Resources will provide you with a Type V Rescue PFD and Helmet.

You will need the following to participate in the day-1 (WRT) practical session:

- BATHING SUIT
- TOWEL
- FOOTGEAR (i.e. tennis shoes, watershoes, or wetsuit booties)
- WETSUIT or SWIFTWATER RESCUE DRY SUIT
- A light pair of GLOVES



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If wearing a wetsuit, we recommend you wear a **RASHGUARD** shirt under your wetsuit during the practical sessions. The rashguard shirt will prevent chafing and will help you retain body heat during the in-water training session. We will have a limited supply of rashguards for sale. The cost of the rashguard is \$75 (sales tax included) and can be paid for by cash, check, or credit card. If using credit card, we will not record or capture your credit card. You will be sent an invoice via e-mail which can then be paid online using your credit card. These shirts will be available for sale on Saturday only prior to the start of the classroom session, as well as during breaks and lunch. They will not be available after that.

For those of you participating in the 2nd day for the **SURF/SWIFTWATER RESCUE TECHNICIAN** Course, that training will be conducted at the **Arundel Beach Club** (Sea Grass Lane) in Kennebunk, as well as at **Colony Beach** in Kennebunkport (Ocean Avenue) from 8:00 AM – 11:30 AM. A lunch break is planned from 12 PM – 1 PM. We will then continue the practical training from 1:00 PM – 4:30 PM.

Please note that **FOOTGEAR** must have rigid soles to protect you from glass, rocks or other debris in the ocean, on the jetty, and while on the beach. You must also have a lightweight pair of **GLOVES** to protect you as well while working with ropes, and navigating around rocks, and other debris.¹

If you need to rent a wetsuit, you may do so from any of the following local surf shops or other surf shops in your area:

Liquid Dreams Surf Shop (Ogunquit) @ 207/641-2545
Liquid Dreams Surf Shop (York) @ 207/351-2545
Aquaholics (Kennebunk) @ 207/967-8650

If you are interested in renting a drysuit, you can do so through www.immersionresearch.com.

Pre-requisites

¹ i.e. Vehicle extrication gloves, water rescue gloves, water-ski gloves.



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To participate in the Water Rescue Technician course (day 1), participants must be in good physical condition; comfortable and able to swim in deep water while wearing a PFD.

To participate in the Surf/Swiftwater Rescue Technician course (day 2), participants must be successfully complete the Water Rescue Technician course (day 1) and able to pass the following swim test:

1. Swim 100 yards continuously while wearing a Personal Flotation Device (PFD)
2. While in deep water, remove the PFD, surface dive to a depth of 9', and recover a 10 lbs. brick and bring it to the surface
3. Support a 10 lbs. brick at the surface of the water for 1 minute
4. Surface dive and swim a distance of 35' underwater

Health and Safety

Your health and safety, as well as our endeavor to meet our instructional objectives, will be our primary concern throughout both days. So, please dress appropriately and please act responsibly while in, on, and around the water.² Our professional and highly experienced Instructors will be here to instruct, guide, and supervise you throughout this training. Please give them your utmost attention and respect. Also, during the practical sessions, we will be in the public eye while training at Arundel Beach Club, Colony Beach, and at the Nonantum Resort. Please be respectful of the public and watch your language at all times.

We look forward to working with you during this training. Please make note of the following:

1. The Water Rescue and Surf/Swiftwater Rescue training programs are **physically**

² Any debris must be picked up prior to departing any venue (i.e. Village Fire Station, Arundel Beach Club, Colony Beach, Nonantum Resort). We will also not tolerate any horseplay or foul language.



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- and **emotionally** demanding. Therefore, please come well-rested and prepared, both physically and mentally, to participate.
2. **Do not be late!** Lifesaving Resources' training programs **start** on time and **end** on time. Report to class at least 15 – 30 minutes prior to the scheduled starting time to allow time sufficient time for sign-in, restroom use, vehicle parking, etc.
 3. **Water Rescue Helmets** and USCG approved Type V Water Rescue **Personal Flotation Devices (PFDs)** will be issued to you for use during the training on day 1 and 2.
 4. Participants may also choose to provide your own swim fins (optional) for use during your participation in some of the practical evolutions on Sunday.
 5. You will be expected to participate in all practical evolutions. Be aware that the air and water might be quite cold. Therefore, it is critical that you thoroughly inspect, don, and be familiar with your **wetsuit** or **dry suit** prior to coming to class.
 6. We have a no-smoking policy during the classroom and practical sessions. If you need to smoke, you may only do so in your own vehicle, and you are responsible for disposing of all butts, as well as other trash, appropriately and responsibly.
 7. Lunch will be provided. If you have any special dietary needs, please make the necessary arrangements and bring your lunch with you.
 8. Students are encouraged to bring cameras to class and are welcome to take photos should the opportunity be there to do so. However, Lifesaving Resources will not be responsible for your cameras during the practical sessions. We will, however, make attempts to photograph portions of the practical sessions and will post these photos at the conclusion of the course.
 9. You need to stay hydrated throughout the training. We, therefore, encourage you to bring a filled water bottle to both classroom and practical sessions.



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What to Wear

Your personal comfort, warmth, and safety are our utmost concerns during your participation in the various practical evolutions.

For the classroom session (Saturday, day 1), department logo shirts are encouraged.

Please note that water shoes and tennis shoes typically will not provide you with the thermal protection that wetsuit booties do. If you are wearing a Swiftwater Rescue **Dry Suit**, you may need to wear **fleece** under the suit as Dry Suits do not have insulation and, although they are designed to keep you dry, they will not keep you warm in cold water or air without the underlying insulating fleece.

ADDITIONAL INFORMATION

Prior to the start of the course, all participants will be required to read and sign a **Waiver of Liability Statement**.

Individuals who only complete portions of the Water Rescue Technician or Surf/Swiftwater Rescue Technician Course, due to the inability to complete all practical evolutions, will be awarded **Water Rescue Awareness** or **Operations** level certifications, depending upon their level of participation. Upon successful completion of the course, you will receive a **Course Completion Certificate**, in addition to **insignia**. (Water Rescue Tech or Swiftwater Rescue Tech). The certificate is valid for 5 years from the course completion date. Insignia will be awarded at the conclusion of the courses, while certificates will be sent via e-mail.

Attached is a **FIRE CHIEF/TRAINING OFFICER AUTHORIZATION**. Please have this form completed and signed by your department Chief or Training Officer and please bring it to class with you.

Pre-Course Recommended Reading



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In preparation for the course, please read the selected articles contained within the **Issues in Safety and Rescue Section** of the Lifesaving Resources' website at:

<https://lifesaving.com/category/issues-safety-rescue/>

These articles include the following:

[Hyperventilation Induced Blackout \(HIB\)](#)

[NFPA 1670 Standard for Technical Rescue](#)

[Prevention and Management of Torso Reflex](#)

[Preparing for Swiftwater Rescue Incidents](#)

[Training and Preparing for Animal Rescues](#)

[Escape & Rescue from Submerged Vehicles](#)

[In the Rhythm of Saving Lives](#)

[Prevention of Pediatric Submersion Incidents](#)

[Layers of Protection for Class C Swimming Pools](#)

[The Need for Collaborative Agreements...](#)

[Safe Diving Principles](#)

[Pool and Spa Entrapment](#)

[Low Water Crossings: The Hidden Danger](#)

[Emergency Procedures During Thunder & Lightning Storms](#)

[Firefighter Survival in the Water](#)

[Prevention of Aquatic Spinal Injuries](#)

[Layers of Protection](#)

[Pool Safety Tips](#)

[Open Water](#)

[Rip Currents](#)

Equipment

We have received several requests for information pertaining to the purchase of wetsuits or drysuits, as well as accessories (i.e. wetsuit boots, gloves, etc.). The following are links to various



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companies that we use for the purchase of this equipment:

[Cestus Water Rescue/Armored Gloves](#)

[Gloves](#)

[NRS Reactor Rescue Gloves](#)

[NRS Tactical Gloves](#)

[NRS Classic Rescue Gloves](#)

[Wetsuits](#)

[Drysuits](#)

[NRS Stormboot](#)

[NRS Workboot](#)

[NRS Abyss Boot](#)

[NRS Pilot Knife](#)

[Helmets](#)

[Lifejackets](#)



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Area Lodging and Transportation

For area lodging, please access **the [Headquarters Section](#)** of our website. From there, click on the [Chamber of Commerce](#) link. We also encourage you to consider the Cape Porpoise Motel at 207/967-3370.

Meanwhile, if you have any questions concerning the materials, the course content and curriculum, or equipment, please feel free to e-mail donna@lifesaving.com or gerald@lifesaving.com or call the office at 207/967-8614. Cell phone service is spotty at the course locations, but if necessary, you can try to reach us at 207/604-4240 or 207/604-4269.

We look forward to working with you during your Water Rescue and/or Surf/Swiftwater Rescue Technician Training Course.

Sincerely,

Donna J. Dworkin

Donna J. Dworkin
Executive Director
Educational & Training Programs



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Fire Chief or Training Officer Authorization

Name of Applicant: _____

I hereby consent for the applicant to participate in the

Water and/or Surf/Swiftwater Rescue Technician Course

and verify that he/she is covered by our department (or company) insurance, is not receiving workmen's compensation at this time, and his/her physical fitness level is appropriate for the course requested. I also am confident that the above named has the aptitude and cognitive learning skills to comprehend this level of education.

Signature of Fire Chief/Training Officer:

Department: _____

Date: _____