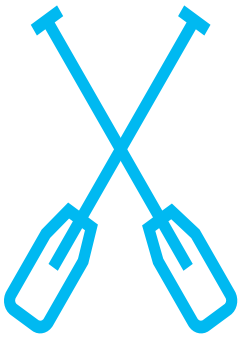




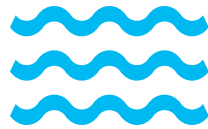
BOREAL RIVER RESCUE



WHITEWATER RESCUE TECHNICIAN BRIDGE

WRT-BRIDGE LEVEL III

**3 DAY COURSE
INFORMATION PACKAGE**



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WHITEWATER RESCUE TECHNICIAN BRIDGE COURSE

Thank you for joining a course with Boreal River Rescue. We're looking forward to a great course with you! Please read through the following pages as you prepare and don't hesitate to contact us with any questions.

COURSE DESCRIPTION

Earn international certification as a Whitewater Rescue Technician (WRT)—the standard for river guides, instructors, and paddlers— and build on your previous training to advance your skills.

During three full days of hands-on practice and challenging simulations, you'll gain experience and confidence performing effective rescues with limited resources when river running.

This course is for those with current Whitewater Rescue (WWR) Level II, Swiftwater Rescue, or equivalent certification who would like to upgrade to Whitewater Rescue Technician (WRT) Level III.

PREREQUISITES

- Current Whitewater Rescue (WWR) Level II or equivalent certification (See eligibility section below)
- **Note: Please bring your previous certification card to show your instructor on the first morning**
- 16 years and up. 16- and 17- year olds need written parental consent
- Swimming test (see below)
- Complete the 4 hour pre-course prep (see below)

TAKEAWAY MATERIALS

- Waterproof course manual: Whitewater Rescue Field Guide
- Digital certification card, digital practical evaluation record sheet, Whitewater Rescue Technician sticker

WHAT YOU'LL DO

- Gain experience and confidence through three full days of drills and challenging simulations
- Get tons of hands-on practice with professional instructors in a great learning environment
- Review and refresh your existing skills and add more techniques to your rescue 'toolbox'
- Increase your proficiency carrying out effective rescues with limited resources when river running

WHAT YOU'LL DO CONTINUED

TOPICS COVERED

Knowledge

- General concepts of whitewater and swiftwater rescue
- Personal and group equipment
- River safety and scene management
- River signals and communications
- River features and hydrology
- Related medical topics: drowning and hypothermia

Basic Skills

- Swimming in moving water: self-rescue and whitewater maneuvers
- Throw ropes
- Contact rescues
- Quick release safety harness and 'live bait' rescue
- Rescue of panicked subjects
- Shallow water crossing techniques
- Knots, anchors, and basic tensioning systems
- 'Strainer' swim

Advanced Skills

- Transportation systems
- Advanced anchors and compound mechanical advantage systems
- Supervised swim in a hole and hole rescue
- Advanced swimming, throwing, and 'live-bait' rescues

Rescue Problems & Scenarios

- Advanced foot and body entrapment
- Canoe, kayak, and raft pins and wraps
- Team rescue drills and extended simulations



WHAT TO EXPECT

Expect full days on and around the river with lots of hands-on practice time. Days include a mixture of skill workshops, small group drills, rescue scenarios, practical review, and debriefing.

Anticipate intense days. Don't plan on being involved with other work or school during the duration of your Boreal River Rescue program.

You can expect excellent instructors who are professional, dynamic, and fun and a course that will be one of the best you'll ever experience.

ELIGIBILITY

You can upgrade to the Whitewater Rescue Technician (WRT) Level III certification by taking the 3-day Bridge (WRT-Bridge) course within 3 years of your last certification.

To successfully upgrade in just 3 days it's important that you arrive for your course ready to use your skills and knowledge from your previous training courses and experiences.

3 DAY BRIDGE VS 5 DAY COURSE?

The 3-day bridge is great if you have been practicing most of your skills regularly and spending time in and around rivers during the three years since your last course.

We recommend taking the complete 5-day WRT course if you would like more supervised practice time, if you haven't spent very much time around rivers since your last course, or if you aren't able to perform the skills outlined in the pre-course prep assignment.

CERTIFICATION FROM OTHER PROVIDERS

You can take the WRT-Bridge course if your current certification is through a provider other than Boreal River Rescue. Please contact the office for approval.

COURSE HOURS

Typically, class starts at 8:30am and goes to 6:30pm.

SWIM TEST

To obtain this certification, you need to pass the Rescue Technician Swim Test (RTST-9) (or have current NLS or Bronze Cross) and submit your results before your course.

>> [See the Swim Test details and submit your results here.](#)

PRE-COURSE PREP

Doing the mandatory pre-course prep will help pave the way for a great course. By learning this material beforehand, we can spend more time during your course practicing where it matters: on and around the river.

Once registered, we'll email you the link to the online learning platform. It will likely take around four hours to complete. Please bring your answers with you to hand in to your instructor on the first morning

CONDITIONING

You'll get the most out of your course if you arrive in physical condition for the course activities. The days are long and include lots of swimming and walking on rocky riverbanks. The more swimming you can do leading up to the course, the better. The ideal swim training is 50 metre head-up front crawl sprints with a PFD on, but any swimming is good. Work on smooth and efficient swimming by reaching forward as far as you can with every stroke. It will also help you get ready for the course if you can put in some long days doing any outdoor activity.

EVALUATION AND ATTENDANCE

Attendance for 100 percent of class time is mandatory. If you can't make a session you need permission from the instructor in advance. Students who miss a section of the course without pre-approval may be asked to leave the course.

One of the most valuable aspects of the Boreal River Rescue – Whitewater Rescue Technician III (WRT) certification is that it includes practical evaluation. This means that an individual holding the certification has demonstrated competency with river rescue and not simply attended a workshop. Your practical skills will be assessed throughout the course within a supportive, professional, and fun learning environment. You'll get multiple chances to demonstrate competency with the skills.

To achieve the WRT certification, you need to:

- Attend all sessions and participate throughout the course
- Demonstrate an understanding of river safety and river rescue skills
- Pass the practical evaluation

CERTIFICATION AND RECERTIFICATION

Your certification is valid for three years from the date of issue.

You can recertify your Whitewater Rescue Technician (WRT) Level III certification by taking the three-day WRT-Recert Level III course within three years of your last certification. You can also re-take the five-day course if you'd like even more practice.

REGISTRATION

If you have not yet registered for your course, you can either call us toll free at 1-866-242-9383, e-mail info@borealriver.com, or follow the registration instructions online at rescue.borealriver.com

CANCELLATION

Read the full [cancellation policy](#) online.



WHAT TO PACK

Please bring appropriate clothing and equipment to be comfortable in and around the water for prolonged periods. (See Equipment Rental below for a full list of equipment that you can rent from us).

FOR THE RIVER

Item	Description
☐ Whitewater helmet	You'll need a whitewater helmet that fits properly. For this course you can rent a helmet from us for \$12.
☐ Personal flotation device (PFD) with 'quick-release' rescue harness	You'll need a whitewater-appropriate personal flotation device (PFD) with a 'quick-release' rescue harness. It needs to be in good condition and fit properly. *Note: It's mandatory for students on WRT, WRT-Bridge, and WRT-Recert courses to have a Rescue PFD with a 'quick release' harness. You can rent one for \$40.
☐ Wetsuit or drysuit	A wetsuit or drysuit is necessary for courses before mid-June or past September 1st in eastern or central North America and always necessary on glacier-fed rivers. For this course you can rent a full-length wetsuit (fleece-lined with full arms and legs) for \$63.
☐ Locking carabiner and 4-5 m strand of 1" tubular webbing	You need to bring your own locking carabiner (rated to min. 20kN with gate closed) and a 4 to 5 m strand of 1" tubular webbing. During the course, you'll need to store this in your PFD pocket or wear it as an appropriately sized and tightened 'flip line'. Make sure you DON'T CUT the webbing too short! Read this article for more information.
☐ River shoes (closed toe)	The ideal river shoe has full toe covering and is supportive but also lightweight, and with drainage and a grippy sole. This can be a model made specifically for the river or a lightweight running or trail-running shoe. Neoprene shoes can work if they have enough support and traction but neoprene socks or booties on their own are not adequate.
☐ Base layers, insulation, and socks	Make sure to have several of layers of socks, pants, and tops made of wool, fleece, polyester, or another synthetic material to wear in addition to your wetsuit or drysuit (or to be worn on their own on sunny days and in warm water).
☐ Lunch & snacks	Keeping yourself fueled with calories is one of the keys to staying warm and happy. We usually don't stop for a long lunch break, but instead, take several shorter eating breaks throughout the day. It's good to bring lots of food and things that don't require much preparation on the side of the river. Also, make sure to have some high calorie snacks that you can keep in your PFD pocket and eat during drills or simulations, as you would want during real-life prolonged rescues and river trips.

FOR THE RIVER CONTINUED

- ☐ Drinking water – please bring a water bottle that you can bring on the side of the river as well as a resupply of 3L of water per day
- ☐ Surf shorts
- ☐ Rash guard
- ☐ Sunscreen, lip protection, bug repellent
- ☐ Small drybag or container to carry food and extra layers
- ☐ Tight fitting gardening gloves
- ☐ Optional – Neoprene gloves and head warmer (nice to have in cold water)
- ☐ Optional – Waterproof camera
- ☐ Optional – Sunglasses or prescription glasses with strap
- ☐ Optional – Whitewater boat, paddle, spray skirt, airbags

We sometimes travel by boat to get to the different training sites. If you have your own whitewater kayak or canoe, and would like to use it to get around, bring it along. If not, we'll provide a guided raft, inflatable kayak, or canoe for you.

- ☐ Optional – Other rescue equipment

FOR ON LAND

- ☐ Previous certification card to show your instructor on the first morning
- ☐ Comfortable clothing
- ☐ Comfortable shoes
- ☐ Sun hat, visor, or baseball cap
- ☐ Rain gear to wear on land before and after the river
- ☐ Gear bag or container to store your river equipment for transport
- ☐ Day pack or dry bag to store your belongings during class
- ☐ Pens and notepad to take notes

EQUIPMENT RENTAL

For this course the following equipment can be rented from us. The price includes rental for your whole course:

Helmet	\$12 plus tax
Rescue PFD	\$40 plus tax
Full-length wetsuit	\$63 plus tax

ABOUT BOREAL RIVER

Boreal River – established in 2008 – has three main divisions:

Boreal River Rescue provides skills training and certification courses.

Boreal River Expeditions leads experiential education river expeditions.

Ciel et Bois is a wilderness retreat centre and large-group cottage rental, 20 minutes from Ottawa.

BOREAL RIVER RESCUE

BUILDING CONFIDENCE, SKILLS AND KNOWLEDGE

At Boreal River, you can expect to be challenged. Whether it is whitewater rescue courses, wilderness first responder training, or leadership development, you will gain huge amounts of hands-on experience with lifelong results.

CONSISTENTLY HIGH-QUALITY, PROFESSIONAL PROGRAMS, ADAPTED FOR YOU AND YOUR GROUP

Each program's success is built on our commitment and effort towards great customer service, quality training, and high safety standards. We sweat the details and put in hours of prep time and refinement, striving to make each course 'the best one yet'.

EXPERIENCED, PROFESSIONAL INSTRUCTORS

With years of experience, our instructors are experts in their fields who enjoy helping participants gain confidence and have great experiences in the outdoors.



ABOUT BOREAL RIVER CONTINUED...

BOREAL RIVER EXPEDITIONS

[Boreal River Expeditions](#) runs experiential education programs on rivers.

Our participants are:

- International students—packrafting, rafting, and kayaking the world class whitewater and remote backcountry of Patagonia, Costa Rica, and Quebec's Magpie
- Local youth—canoeing through their territory, retracing the routes of their parents and grandparents
- Group members from non-profits, teams, and clubs exploring urban waterways

Whether on a remote fly-in trip or exploring the shoreline in the city, participants step out of their comfort zones, learn new skills, bond with each other, and connect with nature.

Some of the most amazing places in the world are only accessible by river trip. Our professional instructors specialize in making these places and experiences accessible to all.

CIEL ET BOIS



[Ciel et Bois](#) is a retreat centre and cottage rental on 6 acres of wooded land. The facility is 20 minutes from Ottawa and backs onto hundreds of acres of beautiful backcountry.

We host our medical courses here during the spring and fall. The rest of the year, we rent out the 4 bedroom, 4 bathroom cottage to other groups.

Guests leave feeling grateful, nourished, and inspired

Visit Ciel et Bois and experience its:

Dedicated studio space for yoga, classroom learning, and everything in between

Large kitchen and den areas for gathering and lounging

Top notch audio and visual technology

Intimate, collaborative, relaxing, and immersive environment.

CONNECT WITH US!

1-866-242-9383

info@borealriver.com

rescue.borealriver.com

