



Advanced Swiftwater Rescue Instructor Performance Objectives

Venue – ASWR instructor courses are taught on class II+ to III rapids.

Course Objectives:

- Reinforce basic rescue skills, including swimming/self rescue, throw ropes, and boat based rescue
- Practice skills during multiple scenarios
- Refine and extend critical judgment through multiple scenarios
- Develop and practice more advanced rope-based and in-water skills

General Instructor Objectives:

- Meet all general and specific objectives for swiftwater rescue instructors at a higher level of performance, appropriate for advanced certification
- Demonstrate a strong ability to solve complex swiftwater rescue problems using a variety of techniques and approaches
- Develop and coordinate multiple challenging scenarios that allow students to practice specific rescue skills, and that allow the course to be run in a scenario-based format

Beyond the general objectives above, ASWR instructors must meet the specific requirements below.

1. Anchors and Mechanical Advantage (MA)

- 1.1. Discuss and demonstrate formation of 3 point, load distributing and self equalizing anchors using a variety of natural and man-made features, in challenging conditions. Discuss the rationale for multipoint anchors.
- 1.2. Discuss and demonstrate wrap-pull anchors, and discuss their rationale
- 1.3. Discuss and demonstrate piggyback rigs and discuss their rationale
- 1.4. Use fundamental mechanical advantage principles to discuss and demonstrate higher orders (e.g., 6:1, 12:1) of MA.
- 1.5. Discuss and demonstrate application of anchors and MA to create technical rope systems (e.g., zip lines) that make use of shore and river features.

2. Stabilization, snag and cinch lines

- 2.1. Discuss and demonstrate stabilization and cinch lines on land, in water and during scenarios.
- 2.2. Discuss and demonstrate Carlson-type (closing loop) cinches, and discuss their advantages and limitations.
- 2.3. Discuss and demonstrate application of multiple appropriate cinches for gear and personnel recovery

3. Contact Rescues

- 3.1. Appropriately emphasize high risk nature of contact rescues
- 3.2. Execute and discuss rescues of passive and aggressive victims, without use of fins
- 3.3. Discuss appropriate judgment when deciding when and where to perform contact rescues.