

# Swift~Water

# Awareness



Swift Water Awareness Saturday May 21st 9-2pm Corn Lake off of 32 rd in Clifton. Cost: FREE

\*There will be 6 stations that will take 20-30 minutes to complete each one.

\*3 will be dry stations: equipment you should bring: PFD, helmet, sunglasses and gloves. \*3 will be swimming stations: you need to bring a wetsuit, boots, helmet, PFD, gloves and sunglasses.

The Dry skills are “awareness level skills” and the wet skills will get you ready for more technical work and an operations class.

## STATIONS

1. Registration, River dynamics, proper PPE, River signals, IC By COMFD
2. Knots-tension diagonals By
3. Throw bags By LVFD
4. Live bait rescues, Strainers By MCSARC
5. Shallow water crossings- Continuous loop By CFD
6. Swimming-Boogie Board rescue work By GJFD

A check off sheet and certificate will be given for all stations completed.

Please RSVP with the approximate # of participants you will bring. Please bring all your own equipment as listed, and plan for a hot day with cold water. Please make sure your departments insurance will cover your team for this event. Bring your own lunch and lots of water.

If your department would like to man a station, and to RSVP please call Mike at 216-5902 or Dave at 640-0434