



WILDERNESS RESCUE
INTERNATIONAL

Swiftwater Rescue Awareness

What's your 101?

Nate Ostis

WRMC Conference

Boston, MA

October 2011

www.nols.edu/wrmc | (800) 710-6827 X3

WRMIG |  **OUTWARD BOUND** 
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The Outdoor Casino



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Rivers = Avalanche

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Safety vs. Risk Management



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Incident Reviews

- **Don't blame the operator.**
- **Near-Miss or Near-Hit?**

The Progression of Apprenticeship

unconsciously incompetent - consciously incompetent - consciously competent - unconsciously competent

Novice



Expert

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RESCUE ANALYSIS	Low Risk	High Risk
HIGH PROBABILITY	GO	<i>Maybe</i>
LOW PROBABILITY	<i>Maybe</i>	STOP

RISK-BENEFIT ANALYSIS

Low Risk to High Risk

- 1. Speech**
- 2. Reach**
- 3. Throw**
- 4. Row**
- 5. Go**
- 6. Helo**



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Determine your Acceptable Level of Risk



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Rescue Priorities

- **1st Priority = Self**
- **2nd Priority = Team**
- **3rd Priority = Patient**
- **4th Priority = Victim**
- **5th Priority = Equipment**



Scene Size-Up

- **Danger**
- **MOI:** *What's Happening? Last Seen?*
- **PPE**
- **# of Patients:** *Eagle eyes.*
- **General Impression:** *Rescue or Recovery*

Avoid Tunnel Vision



- Scene Awareness: Vigilance
- Upstream & Downstream Spotters
- 1,000' view

Be Flexible



- **Infancy Stage**
- **Avoid Absolutes**
- **Focus on Principles**

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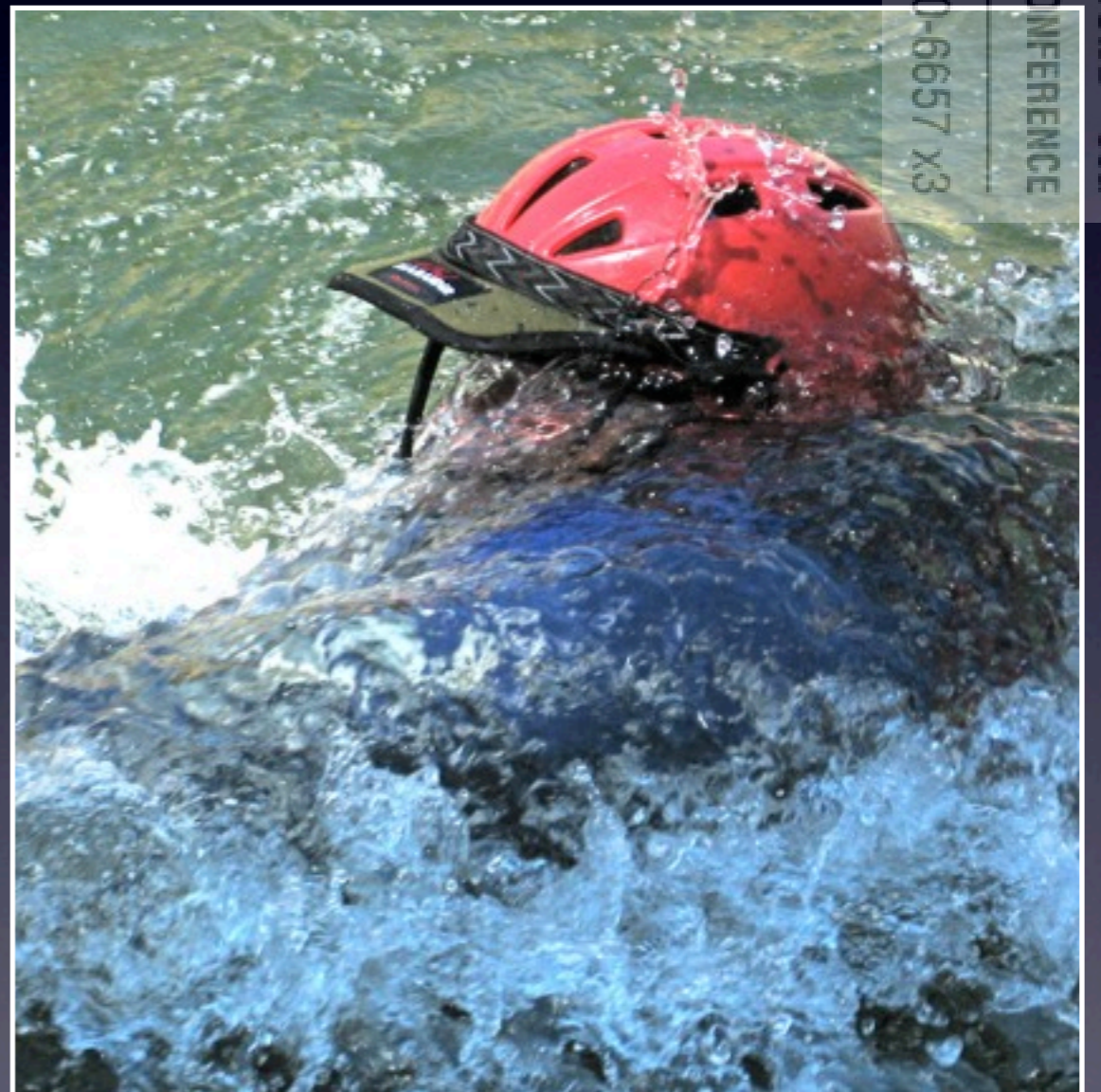
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Foot Entrapment

“Never Stand Up!”

6mph = 134 lbs

12mph = 538 lbs



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KISS Principle



use highest probability solutions

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CONTINGENCY PLANNING



PLAN A.....B.....C.....

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Intentional Communication



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Stay Cool & Spread Calm



- **Embrace your Fear**
- **Embrace Inadequacies**
- **Make difficult moves in easy rapids.**
- **Slow is Smooth, and Smooth is fast.**

Proactive vs. Reactive

- **Preplanning**
- **Avoid Complacency**
- **Prevention**



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Stay Hungry

Seasoned, Mature Rescuers are a Result of:



- Training**
- Practice**
- Experience & Judgment**
- Equipment Acquisition**
- Good Fortune**

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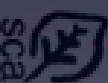
The End

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