

Swiftwater Rescue Awareness What's your 101?

Nate Ostis

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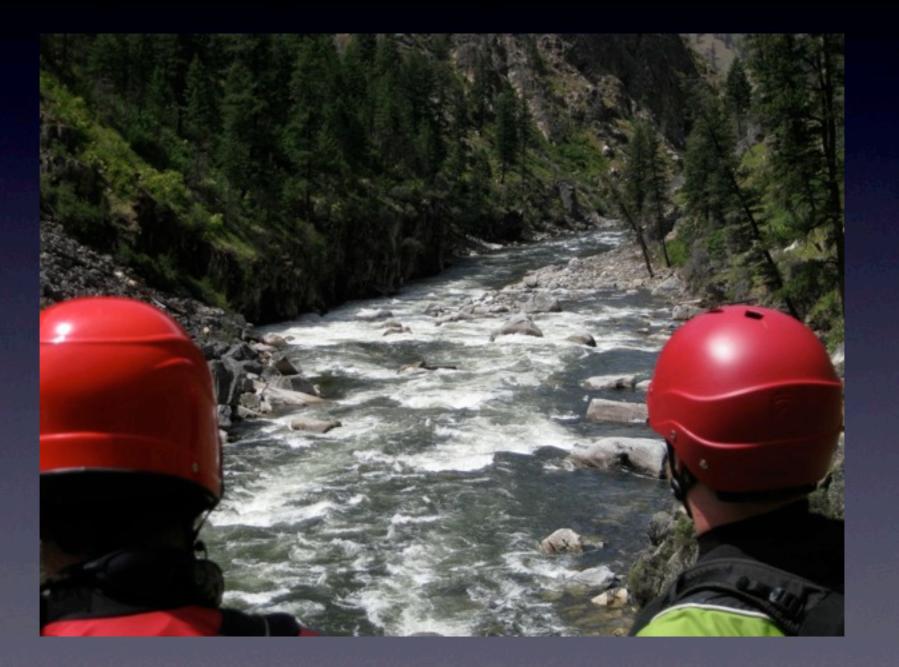
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Rivers = Avalanche

Safety vs. Risk Management



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Incident Reviews

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

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The Progression of Apprenticeship unconsciously incompetent - consciously competent - unconsciously competent - unconsciously competent



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Novice

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RESCUE ANALYSIS	LOW RISK	HIGH RISK	/wrmc (800) 7-
HIGH PROBABILITY	GO	Maybe	10-6657 x3
Low Probability	Maybe	STOP	

RISK-BENEFIT ANALYSIS

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Low Risk to High Risk

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



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Rescue Priorities

- Ist Priority = Self
- 2nd Priority = Team
- 3rd Priority = Patient
- 4th Priority = Victim
- 5th Priority = Equipment



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Scene Size-Up

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

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Avoid Tunnel Vision



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

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Be Flexible



- Infancy Stage
- Avoid Absolutes
- Focus on Principles

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

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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.

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Proactive vs. Reactive

- Preplanning
- Avoid Complacency
- Prevention



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Stay Hungry Seasoned, Mature Rescuers are a Result of:





Practice

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Practice

Experience & Judgment of the author, 10/11

Equipment Acquisition

Good Fortune





The End nate@wilderness-rescue.com

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