

## Swiftwater and Flood Operations for Search and Rescue Helicopter Personnel (SAR HELO) skill sheet contents

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SARHELO

1. Rescue 3 philosophy
2. Water rescue training standards
3. Best practice guidelines for water rescue
4. Rescuer safety and survival
5. Swiftwater/flood dynamics and hazards
6. Flood theory
7. Personal and team equipment
8. Size-up, pre-planning and incident management
9. On-scene safety briefing and site control
10. Communications
11. Medical and decontamination considerations
12. Swiftwater swimming techniques
13. Shallow water techniques
14. Throwline rescue techniques
15. Strainer swim
16. Foot and body entrapments
17. Contact rescues
18. Searching rivers and floods
19. Rescues from weirs
20. Multi-agency flood ops - DEFRA concept of operations
21. Rescues from vehicles in water
22. Night/low light in-water exercise
23. Scenarios