

Whitewater Rescue Technician - Professional (WRT-PRO) skill sheet contents

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WRT-PRO

| Theory | |
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| 1. | Rescue 3 philosophy |
| 2. | Training standards |
| 3. | Best practice guidelines |
| 4. | River hydrology and hazards |
| 5. | Personal equipment |
| 6. | Technical and group equipment |
| 7. | River running considerations |
| 8. | Assessing risk |
| 9. | Managing an incident |
| 10. | Medical considerations |
| 11. | Night/poor visibility considerations |
| 12. | Introduction to searching rivers |
| 13. | Communications |
| Practical | |
| 14. | Whitewater swimming techniques |
| 15. | Strainer swim |
| 16. | Conditional rescues – throwbags |
| 17. | Shallow water techniques |
| 18. | Foot/body entrapments |
| 19. | Knots and anchor systems |
| 20. | Tensioning systems and mechanical advantage |
| 21. | Tethered rescues |
| 22. | Line crossing methods |
| 23. | Tensioned diagonals/zip lines |
| 24. | Flips, rights and crew/client recovery (optional) |
| 25. | Boat pins and wraps |
| 26. | Tethered boat techniques |
| 27. | Victim/casualty management |
| 28. | Belay systems |
| 29. | Boat on a highline (optional) |
| 30. | Scenarios |
| Other | |
| Optional: | |