



BOREAL RIVER RESCUE



ICE SAFETY AND RESCUE TRAINING

2 DAY COURSE

INFORMATION PACKAGE



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ICE SAFETY AND RESCUE COURSE

Thank you for joining a course with Boreal River Rescue. We're looking forward to a great course with you! Please read through the following pages as you prepare and don't hesitate to contact us with any questions.

COURSE DESCRIPTION

Earn international certification in Ice Safety and Rescue. This course is for those who work on or travel on frozen waterways.

In this course, you'll gain knowledge and learn how to assess ice conditions—so you can make good decisions and work safely on the ice. You'll also get hands-on practice and experience with both self-rescue and rescuing others who fall through the ice.

This course includes 4 to 6 hours of online learning followed by two full days outside.

Your training will take place in a controlled setting on a lake, pond, or still river (NO fast current) with professional instructors.

PREREQUISITES

- 14 years and up. 14 to 17-year olds need written parental consent
- Complete the 4 to 6 hours of pre-course prep (see below)

TAKE AWAY MATERIALS

- Ice safety and rescue certification (valid for three years upon successful completion of the course) with course records maintained in our student database
- Digital practical evaluation record sheet

WHAT YOU'LL DO

- Hands-on training sessions and an efficiently-run course
- Students get increased knowledge of ice to avoid hazardous conditions
- Repeated practice with techniques for self-rescues and rescuing others
- Gain the tools to carry out effective rescues with limited resources when you're in the field
- Progress from learning skills on dry land, then practicing in a controlled setting on a lake, pond, or still river
- Gain experience and confidence through challenging simulations and drills

TOPICS COVERED

Skills

- Safe methods for approaching weak ice and testing thickness
- Using ice screws and visual identification of cracks
- Self-rescue
- Rescuing subjects in the water far from the ice edge
- Throw ropes
- Contact rescues
- Reaching tools and techniques
- Attaching and pulling on subjects
- Hauling subjects up and over the ice edge
- Rescue of panicked subjects
- Knots, anchors, and basic haul systems
- Chest harnesses and rope systems
- Rescue scenarios
- Optional: self-rescue with no drysuit (just street clothes). You can opt into this at the very end of day-1. You'll wear a PFD (flotation device).
- Elective topic: snow machine extraction

Knowledge

- General concepts of ice safety and rescue
- How ice forms in lakes, rivers, and the ocean
- How to identify ice crystals, clear/black ice, and white ice
- Sources and causes of weak ice
- Ice strengths and safe working loads
- Personal and group equipment
- Rescue scene management
- Signals and communications
- Related medical topics: drowning and hypothermia



WHAT TO EXPECT

Expect full days on and around the ice with lots of hands-on practice time. Days include a mixture of skill workshops, small group drills, rescue scenarios, practical review, and debriefing.

Anticipate intense days. Don't plan on being involved with other work or school during the duration of your Boreal River Rescue program.

You can expect excellent instructors who are professional, dynamic, and fun and a course that will be one of the best you'll ever experience.

PRE-COURSE PREPARATION

Doing the pre-course prep will help pave the way for a great course. By learning this material beforehand, we can spend more time during your course practicing where it matters: on and around the ice.

WAIVER FORM

Students under 18 must have their waiver signed by a parental guardian.

- Please click on the link below to complete your waiver form for the participant of the course; <https://waiver.smartwaiver.com/w/5daddbfa54dba/web/>
- Please make sure to read and understand the waiver
- Initial, sign, and fill out the required fields on the waiver
- Once you submit, you need to: check your email, open the email from Boreal River (Smartwaiver), and click the button in the email to confirm your email address.

EVALUATION & ATTENDANCE

Attendance for 100 percent of class time is mandatory. If you can't make a session you need to get permission from the instructor in advance. Students who miss a section of the course without pre-approval may be asked to leave the course.

One of the most valuable aspects of the Boreal River Rescue – Ice Safety and Rescue certification is that it includes practical evaluation. This means that an individual holding the certification has demonstrated competency with ice rescue and not simply attended a workshop. Your practical skills will be assessed throughout the course within a supportive, professional, and fun learning environment. You will get multiple chances to demonstrate competency with the skills.

To achieve the certification, you need to:

- Attend all sessions and participate throughout the course
- Demonstrate an understanding of ice safety and ice rescue concepts
- Demonstrate your abilities to assess conditions and perform self-rescue and subject rescues in accordance with the course standards.

CERTIFICATION & RECERTIFICATION

Your certification is valid for three years from the date of issue.

You can recertify your Ice Safety and Rescue certification by re-taking the course.

WHAT TO PACK

Please bring appropriate clothing and equipment to be comfortable during each segment of the course.

WHAT TO BRING

TO BRING OUT ON THE ICE

- Ice immersion suit - drysuit/PFD not required if using an ice immersion suit as it has built in flotation, provided for you
- Helmet (ski helmet recommended) - We will provide a helmet, although bring your personal ski helmet if you have one. Your helmet needs to fit properly, with enough space to wear a winter hat underneath (thin “beani” style or balaclava)
- Backpack for your food, thermos and extra layers
- Snacks and lunch - Keeping yourself fueled with calories is one of the keys to staying warm and happy. We usually don’t stop for a long food breaks but instead, take several shorter eating breaks so it’s good to bring lots of food and things that don’t require preparation
- Drinking water - please bring a water bottle that you can bring on the side of the river as well as a resupply of 3L of water per day
- Thermos, coffee, tea, etc.
- High calorie snacks (like power bar / chocolate bar) that you can keep in your PFD / drysuit pocket.
- Insulated lunch bag and heat pack (optional)
This is a nice option for storing food, beverages, medications, phone, and any other items you don’t want to freeze out on the ice
- Personal medications
- Sunscreen, lip protection
- Pencil and notepad / book
- Camera or action cam (Optional)
- Sunglasses or prescription glasses with strap

CLOTHING TO WEAR FOR ICE IMMERSION SESSIONS

We provide an ‘immersion suit’, please wear/ bring these items to go along with it:

- Ski helmet
- Synthetic or wool long underwear top and bottom
- Synthetic or wool winter socks
- Thick fleece or synthetic insulation layers top and bottom
- Fleece or wool warm pants (or very thick long underwear)
- Toque (warm hat)
- Winter hat (thin “beani” style) or balaclava that fits under your helmet
- Neck/face warmer
- Boot liners or synthetic ‘hut booties’ or slippers (that go up to your ankle) to wear inside the immersion suit
- Warm winter mitts and liner gloves (in addition to the gloves we’ll give you)
- Over sized winter boots or footwear (depending on the suit, you can sometimes wear these over top or inside)

CLOTHING FOR 'ON LAND' AND 'DRY' OUTDOOR PRACTICE (STILL COLD AND SNOWY)

*Note: some of these items are the same as above. However, please bring two, so you can change into a new one when the first gets wet.

- Synthetic or wool long underwear
- Synthetic or wool winter socks
- Thick fleece or synthetic insulation layers top and bottom
- Outer layer top and bottom: waterproof winter jacket / 'shell' jacket & snow pants / 'shell' pants
- Toque (warm hat)
- Neck/face warmer
- Warm winter mitts and liner gloves
- Winter boots

CLOTHING FOR YOUR TRAVEL TO AND FROM THE COURSE

- Change of clothes and winter boots for your way home

- Gear bag to store your equipment for transport

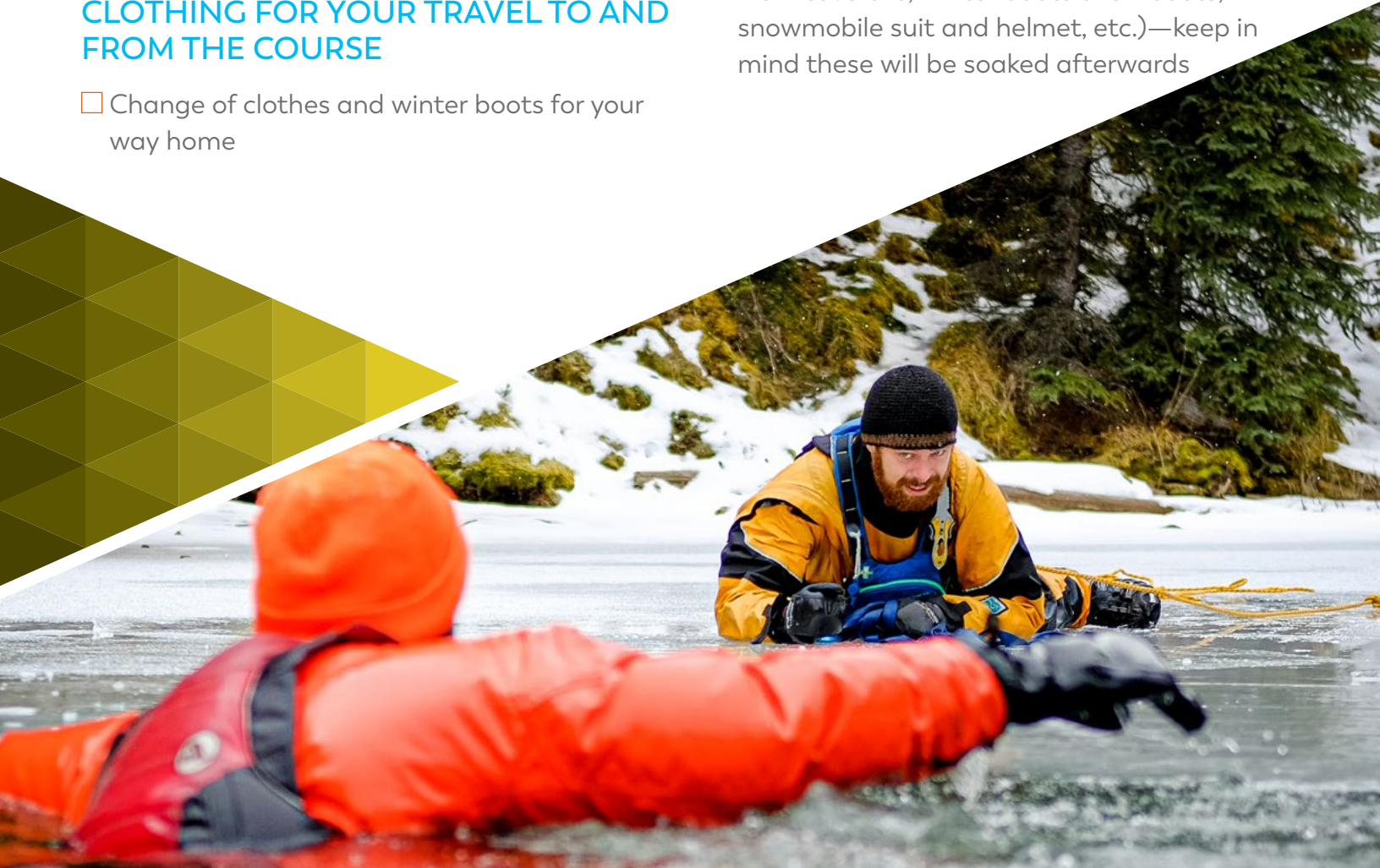
CLOTHING FOR OPTIONAL 'NO-DRYSUIT SELF-RESCUE'

At the end of day-1, you'll have the opportunity (100% OPTIONAL) to experience going into the ice water with no drysuit and rescuing yourself. (Your instructor will be right there and closely watching you if you need a hand).

You'll wear a PFD (flotation device) and 'street clothes' or base layers.

If you're considering doing this, please bring:

- An extra set of street clothes or base layers which will get soaked
- A bag or container to transport the wet stuff in afterwards
- Any other outdoor gear or work clothes you want to try falling in the water with (examples: xc-skis and poles, snowshoes, work coveralls, winter boots or ski boots, snowmobile suit and helmet, etc.)—keep in mind these will be soaked afterwards



ABOUT BOREAL RIVER RESCUE

Boreal River Rescue provides skills training and certification courses across Canada and internationally.

BUILDING CONFIDENCE, SKILLS AND KNOWLEDGE

At Boreal River Rescue, you can expect to be challenged. Whether it is swiftwater rescue courses, ice safety training, or wilderness first responder instruction, you will gain huge amounts of hands-on experience with lifelong results.

CONSISTENTLY HIGH-QUALITY, PROFESSIONAL PROGRAMS, ADAPTED FOR YOU AND YOUR GROUP

Each program's success is built on our commitment and effort towards great customer service, quality training, and high safety standards. We sweat the details and put in hours of prep time and refinement, striving to make each course 'the best one yet'.

EXPERIENCED, PROFESSIONAL INSTRUCTORS

With years of experience, our instructors are experts in their fields who enjoy helping participants gain knowledge, skills, and confidence.

CONNECT WITH US!

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