

# Zone 1 Technical Rescue

## *Rescue Swimmer*

### 40 Hour Initial Certification

(Class meets NFPA 1670 and 1006 Standards)

May 13 - 17, 2024

\$1199 per Student



### King County Zone 1 Technical Rescue

**Address:**

123 5<sup>th</sup> Ave  
Kirkland, WA 98033  
Phone: 425-587-3698

**Email:**

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### CLASS OUTLINE

Only strong swimmers should apply. This is a labor intensive 5-day course with lots of swimming and underwater work.

- \* 500-yard open water swim
- \* Search patterns
- \* Self-rescue & escape techniques
- \* Water Rescue Craft integration
- \* Rapid Diver integration
- \* Active & passive drowning victim rescue
- \* Victim retrieval in 20' of water
- \* Rescue board techniques
- \* Flotation adjunct techniques
- \* Deep water back-boarding
- \* Datum marker placement

### Attire/Equipment Needed

You will be required to bring a swim suit, towel, personal gear and your own lunch. All PPE (wetsuit, fins, mask, snorkel, etc.) will be provided as well as drinks and snacks.

Maximum Class Size: 12 per session  
Priority will be given to Zone 1 until January 15th.  
Location will be at Station 26, Lake Washington and Peter Kirk Pool

TO REGISTER FOR THIS COURSE PLEASE  
GO TO OUR WEBSITE: [www.kctr1.org](http://www.kctr1.org)