

Zone 1 Technical Rescue

Rescue Swimmer

40 Hour Initial Certification

(Class meets NFPA 1670 and 1006 Standards)

May 12 - 16, 2025

\$1199 per Student

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



King County Zone 1 Technical Rescue

Address:

123 5th Ave
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Email:

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**TO REGISTER FOR THIS COURSE PLEASE
GO TO OUR WEBSITE: www.kctr1.org**