

# Forward

The contents of this manual reflects the swiftwater course taught in the Adventuresports program at Garrett College. The materials contained in this manual follow closely the content of the course and represents the evolution of the course over the years. The materials in this manual represent over twenty-five years of instruction.

The manual presents some new information. For example, there is a primer on the experience and the search component as applied to a swiftwater rescue situation. Although it occurs infrequently, it may be necessary to find the victim. The manual provides a primer on search techniques as applied to swiftwater rescue situations. On a smaller scale there are new innovative techniques such as the pendulum effect. The anatomy of an eddy is one of my favorite additions. It precisely delineates the parts of an eddy. Most publications draw the currents in an eddy incorrectly, if at all. Also, under river hazards, a new addition is a diagram of an undercut rock.

A unique and valuable contribution of this manual is that it provides diagrams of most of the on-river exercises. There are over 90 original diagrams. The strainer and throw bag drills are two examples. The diagrams present the basic setup for the activities conducted as part of the course. Most traditional materials focus on rescue situations. Few materials focus on course exercises and materials.

Organizationally, I believe the materials presented in the manual have a good flow. In Chapter 2, it breaks the materials into wading, swimming, and crossings. Chapter 3 covers throw bags and then covers shore based rope rescues, swimming based rope rescues, and cinches. The chapters on knots and mechanical advantage are modules that I have used elsewhere. The chapter on river dynamics is an outgrowth of materials developed for the ACA book on *Canoeing* and *Kayaking*.

As with any publication, it involves other people. I would like to thank Terry Peterson who has co-taught the course and who has provided considerable input into the materials developed including the basic structure of the course. Also, I would like to thank Mike Logsdon who has provided support for the course over the years. Also, we have worked with countless co-instructors and students on an interim basis. I would like to thank Steve Storck with whom I taught the course many years ago. Last, I would like to thank Charlie Walbridge. He is referenced in many of the chapters and his pioneering book on swiftwater rescue provided a contextual backdrop for much of the materials presented in this manual.

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