

Congratulations, you are going to take a Lifeguard Systems Surface Ice Rescue class!

You can take the program at the technician or operations level. The difference is technicians must complete all operational level skills plus all on ice/water skills. A third operation is the Fast Team I Certification Level. This level requires students to pass a series of timed rescue scenarios that require not only proficient skills but a high-level of endurance and physical fitness. Technicians with Fast Team status should be sent in first for victims who are close to the submerging status – when seconds could make the difference between life and death.

Day One – Indoors.

What you will need:

- Plenty of note-paper and 2-4 different colored pens
- Clothes that you can perform floor exercises in
- Gloves that you can manipulate line and carabiners with
- A few EMS need to bring BP cuffs and Stethoscopes because we check all technician-level students' BPs the first day and each day thereafter.
- Students should bring the ice gear they already have so we can teach them how to use it as effectively as possible (for use in land drills).
- Each team should bring at least one piece of paraffin wax (candle wax) in a plastic bag or box for the ice rescue suit zippers.

Day Two – Outdoors.

The first part of the day consists of outdoor skills. At approximately 1430 hrs students collect, clean, and organize gear. The written examination can be taken while students eat lunch or immediately afterwards. The final part of the course is the debriefing of the examination. The exact course end time will depend on the number of students, how quickly everyone assists to collect and clean gear, and skill performance.

What you will need for Day Two:

- snacks and drinks for the first part of the day, since lunch will be late
- A change of clothes is needed for technician-level students as they may become wet in the surface ice rescue suits. The best kind of clothes to use are fleece or wool, since they work well when wet. Fleece or wool socks and glove liners are much recommended.
- All students need several pairs of gloves or one pair that will keep them warm when wet – they must be able to work with the gloves (tie knots, work with carabiners)
- Boots are necessary.
- Students will need personal flotation devices to work in the operation skill stations

- Tarps will be needed to lay out gear in several of the stations
- An inflatable boat would be very helpful for the roll-up strap station
- Students should bring the ice gear they already have so we can teach them how to use it as effectively as possible.
- Each team should bring at least one piece of paraffin wax (candle wax) in a plastic bag or box for the ice rescue suit zippers.

Lunch arrangements: _____

Optional:

Each successful student will receive a wall certificate of completion. Successful students can purchase photo-ID Certification Technician I, Fly-Team Technician I or Operation cards (great for accountability tags) at \$25 each. All Certification cards ordered from Lifeguard Systems AFTER the last day of class cost \$26.00 each.

The **Surface Ice Rescue** Book by Hendrick and Zaferes, published by Fire Engineering is strongly recommended. The cost is \$35.00 (no shipping charges for those ordering in advance of course. Please let us know you are taking this course at time of order). Ask about quantity discounts.

If you have any questions please do not hesitate to contact Lifeguard Systems at (845) 657-5544 or lgs@teamlgs.com