



Ice Rescue Course Objectives

Ice Rescue is Dive Rescue International's renowned two day (12 - 16 hour) training program for first responders. The Ice Rescue program prepares first responders from all public safety disciplines how to respond and carry out surface ice rescues. This class introduces students to the topics of ice hazards and formation, equipment selection, medical considerations, and the application of proven rescue methods and techniques. Successful completion of this program is measured in class participation, passing a final written exam, and completing surface and in-water skills.

Key training topics and the associated objectives include:

ICE RESCUE PROCESS

- List and describe the five basic steps of the ice rescue process
- Define and explain what a scene evaluation should include
- Identify and demonstrate how to determine a victim's condition
- Define how to assess personnel and equipment
- Describe how to develop an operational plan

ICE

- Identify the steps of ice formation
- Define the terms vertical circulation and isothermal in terms of ice formation
- Identify and describe at least six different types of ice and special ice formations
- Identify and describe at least five different contributing factors in determining ice strength
- Identify at least three warning signs of potentially weakened ice
- Describe ice strength guidelines and the Maximum Load Table

VICTIM ASSESSMENT

- Discuss the three overall goals when evaluating a victim's condition
- Define hypothermia and describe various causes and types
- Identify the three stages of hypothermia and describe, according to the student's medical level of training, the proper treatment
- Identify the proper way to handle a hypothermic patient and the steps that need to be taken to prevent further heat loss once the victim is rescued
- Define the following terms: fatal and non-fatal drowning, mammalian diving reflex, and "golden hour"
- Describe, according to the student's medical level of training, the proper treatment for a drowning victim
- List and explain the seven contributing factors affecting survivability

PERSONNEL AND EQUIPMENT

- Identify at least three components that should be considered when developing a response plan
- Identify at least three other agencies that should be contacted when responding to an ice rescue
- Identify the types of exposure protection and personal flotation devices used in an ice rescue and describe when they should be used and the strengths and limitations of each piece of equipment
- List at least three items included in each of the following equipment categories: personal equipment, team equipment, reach devices, throw devices, and miscellaneous ice rescue support equipment



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DEVELOPING AN OPERATIONAL PLAN

- Define the SANE approach to ice rescue
- Define and demonstrate how to conduct a Risk/Benefit Analysis and how this analysis is part of an ongoing evaluation of the rescue process
- Identify the two types of self-rescue techniques
- Describe the duties of the on-scene rescue coordinator
- List and define the four different categories of operational plans
- Identify at least two different techniques used in the “Go” operational plan
- Identify and describe the use of different types of boat rescues
- Identify and describe two uses of watercraft in an ice rescue situation

ICE RESCUE EXERCISES

- Utilize ice rescue techniques in different field scenarios at an ice site
- Demonstrate proper patient assessment, rescue technique, and patient care given the presenting scenario
- Triage patients and execute the proper techniques given a multi-patient scenario
- Students will demonstrate proficiency at planning and executing at a minimum the following rescue techniques:
 - Self-Rescue
 - Reach techniques
 - Throw techniques
- Go techniques to include: Go with Rescue Sling, Go with Ice Rescue Board
- Problems commonly encountered will be introduced after the student gains proficiency in the fundamental skills to simulate realistic challenges. These problems may include: equipment failure, ice condition changes, patient decomposition mid-rescue, and new information being introduced mid-rescue such as learning that the patient sustained a C-Spine injury which needs to be mitigated along with the rescue from the environment.

PREREQUISITES

All students must be a member of a public safety agency and at least 18 years of age.

This program is designed for personnel who are physically fit. Participants are encouraged to participate after successfully completing the IADRS Watermanship Test or testing to a fitness level of 13 MET (Metabolic Equivalents) or greater. Participants with aerobic fitness questions or concerns should consult their physician prior to in-water training. Participants who have poor aerobic fitness may attend this program as surface support personnel with the approval of the instructor.

BE SURE TO BRING

All students will need a U.S. Coast Guard approved Personal Flotation Device (PFD) with a knife and whistle, adequate clothing for working outside, and pen and paper for taking notes. If the student has access to a cold water rescue suit or dry suit, they should bring it to class. It is advised that students bring a dry set of clothing.

DAY 1

8:00-8:30	Registration
8:30-12:00	Classroom
12:00-1:00	Lunch
1:00-5:00	Field Exercises

DAY 2

8:00-12:00	Field Exercises
12:00-1:00	Lunch
1:00-4:30	Field exercises
4:30-5:00	Review, final exam and closing



Example Schedule

DAY 1

6:00 - 6:30 p.m.	Program Introduction Class roster, medical history form, liability release and student statement of understanding Students introduce themselves and then introduce yourself Program logistics, schedule, objectives, and goals
6:30 - 7:30 p.m.	Lesson 1 Ice Rescue Process
7:30 - 7:45 p.m.	Break
7:45 - 8:30 p.m.	Lessons 2 and 3 Ice Victim Assessment
8:30 - 8:45 p.m.	Break
8:45 - 10:00 p.m.	Lessons 4 and 5 Personnel and Equipment Developing an Operational Plan

DAY 2

8:00 - 9:00 a.m.	Knots and Rigging Skills Stations
9:00 a.m. - 12:00 p.m.	Field Training Skill Stations Self Rescue, reach, throw rescues Go Rescue - Ice Rescue Sling Go Rescue - Ice Rescue Board
12:00 - 1:00 p.m.	Lunch
1:00 - 2:00 p.m.	Continuation of Stations
2:00 - 4:30 p.m.	Rescue Scenarios
4:30-5:00 p.m.	Program Review and Final Examination

Schedule is subject to change