



## MAST-165 – Swiftwater Rescue Technician 3

### Business

**Effective Term & Year:** Fall 2025

**Course Outline Review Date:** 2030-03-01

**Program Area:** Tourism, Recreation, & Hospitality

#### Description:

This four-day certification course equips participants with essential river rescue skills, focusing on self-rescue, team rescues, and risk mitigation in swiftwater environments. Students will practice site assessments, rescue techniques, effective communication, and the use of rescue equipment.

#### Program Information:

This is a recommended river rescue certification course.

**Delivery Methods:** On-campus (Face-to-Face), Practicum

**Credit Type:** College of the Rockies Credits

**Credits:** 2

#### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	8
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	24
Co-op/Work Experience	
Other	

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Total	32
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**Course Requisites:**

None

**Prior Learning and Recognition: Yes**

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy [2.5.5 Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

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**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

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**Textbook Resources:**

Students are required to complete pre-course readings and a pre-course knowledge test. This is in place of a physical textbook.

*Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.*

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**Learning Outcomes:**

Upon the successful completion of this course, students will be able to:

- demonstrate the ability to perform self-rescues and assist in team rescues;

- identify and use key river features such as eddies, hydraulics, and currents;
- correctly select and use personal protective equipment and river rescue tools (e.g. throw bags, ropes, carabiners) in a variety of rescue scenarios;
- conduct site assessments, identifying river hazards and making decisions based on the three Human Safety Matrices;
- effectively use hand signals and whistle signals to communicate in river environments;
- demonstrate proficiency in throw bag deployment, dynamic and static belay techniques, and safely rescuing a subject;
- practice responding to common entrapments (e.g. foot, Personal Flotation Device, log); and
- set up and operate mechanical advantage systems (e.g. 3:1 haul systems) to manage complex rescues, such as removing a pinned boat.

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### Course Topics:

- The 3 Human Safety Matrices (Priority Matrix, Low to High Risk, and Simple to Complex)
- The 13 Absolutes
- Personal Protective Equipment (PPE)
- Hydrology and river features
- Communication in swiftwater environments
- Swimming techniques
- Throw bag techniques
- Wading techniques
- Rescue harness and tethering techniques
- Site assessments and safety management
- Knots and anchors in swiftwater rescue
- Mechanical advantage systems
- Entrapment rescues
- Subject profiling and rescue approaches
- The Incident Command System
- Medical and first aid considerations

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

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## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Students are required to perform the following skills: graded as	
1. Complete pre-course knowledge and assessment	30%
2. Swim competently in class 3 whitewater	15%

3. Perform self and assisted team rescues	15%
4. Select and use PPE and river tools effectively	10%
5. Conduct site assessments and make sound decisions for the complexity of the environment and situation	10%
6. Deploy a throw bag and perform belay techniques effectively	10%
7. Practice escaping common entrapment situations	10%
<b>Total</b>	<b>100%</b>

### Grade Scheme

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Completed to the minimum defined standard	No credit granted – less than minimum defined standard

**Pass requirements:** Students must complete all exams and assignments to pass this course

#### Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

#### Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

#### Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for MAST 165 may not receive additional credit for ATBO 230.

Prior Course Code: SERS 119 Swiftwater Rescue >> MAST 165 Swiftwater Rescue Technician 3

Date changed: March 2009

**Course Changes:**

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.