

Swiftwater Rescue

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Training

vs

Assessment

TRAIN

IN THE

TRUCK

L.A.S.T.

RIG

TO

FLIP

Recovery Training

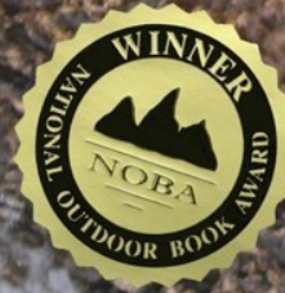
Stress Continuum



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Episode 61

“Tools for the River Guide”



NOLS RIVER RESCUE GUIDE

Nate Ostis