



# LIFESAVING RESOURCES INC.

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AQUATICS SAFETY • WATER RESCUE • ICE RESCUE

## WATER RESCUE TECHNICIAN COURSE COURSE CONFIRMATION PACKET

**Saturday**  
**September 18, 2010**  
**08:00 – 18:00 hrs.**

*Course Location:*

**Lifesaving Resources Inc.**  
**Cheshire Mill Complex**  
**71 Main St.**  
**Harrisville, New Hampshire 03450**

This is to confirm your registration to participate in the upcoming Water Rescue Technician Course. Please read this entire packet prior to your arrival at the course on the date and location specified above.

The Water Rescue Technician Course will include a 4.5 hour classroom session followed by a 4 hour in-water practical session conducted in a static water environment.

The classroom session will be conducted at the Lifesaving Resources' Training Center in Harrisville, NH. The static water practical session on Saturday will be conducted in Harrisville Pond.

### CONTACT INFORMATION

**Lifesaving Resources Inc.**  
[www.lifesaving.com](http://www.lifesaving.com)  
P.O. Box 905 • 71 Main St.  
Harrisville, NH 03450-0905  
Office: 603.827.4139  
Cell: 603.682.4507  
E-mail: [admin@lifesaving.com](mailto:admin@lifesaving.com)



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## SCHEDULE

The course schedule is as follows:

08:00 AM - 12:30 PM	Classroom Session (Harrisville)
12:30 PM - 01:15 PM	Lunch
01:30 PM - 05:30 PM	Practical Session (Static Water Harrisville)
05:30 PM - 06:00 PM	Debriefing & Clean-up

Our schedule is extremely tight and every minute of the day will be absolutely accounted for. Therefore, we will need your complete cooperation during the classroom session, breaks, practical sessions, lunch break, and while transferring from the classroom to the practical session locations.

The transfer from the classroom to the lake will be in personal and/or department vehicles. We will share transportation to cut down on parking whenever possible.

Your health and safety, as well as our endeavor to meet our instructional objectives for the course, will be our primary concerns throughout the course. So, please dress appropriately, bring your spare clothes as directed below, and please act responsibly while in, on and around the water. Our professional and highly experienced faculty will be here to instruct, guide and supervise you throughout the course. Please give them your utmost respect.

We look forward to working with you during this intensive and physically demanding course. Please make note of the following:

1. This course is a **physically** and **emotionally** demanding one. Therefore, please come *well-rested* and *prepared*, both physically and mentally, to participate in this program.
2. The course schedule is from **08:00 AM** to **06:00 PM**. ***Don't be late!*** Lifesaving Resources' training programs **start** on time and **end** on time. Report to class at least 15 – 30 minutes prior to the scheduled starting time to allow time to sign-in.
3. Please bring a change of clothes (pants, underwear, t-shirt, socks, and sweater or fleece. This clothing will be transported with you, along with your shoes to and from the practical session location.
4. You are required to wear either long pants and t-shirt or a **Wetsuit** or **Swiftwater Rescue Dry Suit** for participation in the practical evolutions. In addition, you will need **wetsuit booties** (or tennis shoes). We also recommend a pair of **wetsuit gloves** or light gloves. If you don't own or have a wetsuit or drysuit available, these may be able to be rented from SCUBA dive shops. Otherwise, the long pants and t-shirt is acceptable.
5. **Water Rescue Helmets** and Water Rescue **Personal Flotation Devices (Lifejackets)** will be issued to you for use during the course.



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6. Lifesaving Resources is a **non-smoking campus**. Therefore, smoking will not be allowed on campus, or off campus during the practical sessions. If you need to smoke, you may only do so in your own vehicle, while it is parked on campus, and you are responsible for disposing of all butts, as well as other trash, appropriately.
7. Lunch will be provided. If you have any special dietary needs, please make the necessary arrangements and bring your lunch with you.
8. All **course fees must be paid for and received prior to the start of the class**. Therefore, please confirm with your department that your course registration fee has been paid prior to class. If payment is not received 10 days prior to the start of the course, Lifesaving Resources reserves the option of canceling your registration and opening your slot for others on the course waiting list. Please call our office (603/827-4139) prior to the class to confirm that payment has been received.
9. Prior to the start of the course, all participants are required to have their **vital signs** (pulse, respiration, and blood pressure) assessed and recorded. These assessments will be kept confidential and are maintained as your baseline measurements for transfer to EMS personnel should a medical emergency or injury occur during the course.
10. Photographs will be taken during both days and will be posed online. To obtain the link to download the photos, please send an e-mail to Lifesaving Resources at [admin@lifesaving.com](mailto:admin@lifesaving.com) to request the link after the completion of the course.



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## WHAT TO WEAR

Your personal comfort, warmth, and safety is our utmost concern during your participation during the classroom, as well as during the practical evolutions. In the classroom, please dress comfortably, and we encourage you to wear your department uniform, duty shirt, or t-shirt. For the practical session, you should wear a **bathing suit** and bring several **towels**. We encourage you to have a wetsuit and wetsuit booties. However, in lieu of this, long pants and t-shirt, as well as tennis shoes, are acceptable.

## ABOUT OUR FACILITY

The Lifesaving Resources' Water & Ice Rescue Training Center is located inside an old historic mill building that has been recently renovated to accommodate our training center needs. The training center will accommodate up to 40 participants and faculty, with comfortable seating, a ceiling-mounted projector with large movie screen, restrooms, etc.

We ask everyone to respect the building and to be careful not to mark or damage the walls, doors, etc. After lunch, everyone is expected to clean their seating area before proceeding to the practical session.

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E-mail: [admin@lifesaving.com](mailto:admin@lifesaving.com)

For those who may be interested, we will have T-shirts, job shirts, gear bags, and other items available for sale during breaks, as well as at the conclusion of the course.



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## TRAINING CENTER LOCATION AND PARKING

Our office is located in the **Cheshire Mills Complex (Mill 2)**. You may enter either from the entrance on the bottom floor or Mill 2, or through the entrance for **Mill 1**. We are located on the 1<sup>st</sup> floor of Mill 2. *Please park in the upper parking lot.* If you are driving a department-owned vehicle and are willing to use this vehicle to transport students to and from the lake, please park your vehicle in the upper parking lot, by the entrance to Mill 1.

Please note that Harrisville is an old historic village. The final section of this confirmation packet contains a variety of related links should you be interested in obtaining more information about this town or our Training Center.

The **Harrisville General Store** is open from 7:00 AM to 7:00 PM and is located on Church St., almost diagonally across from our Office and Training Center. Please feel free to stop there for snacks or breakfast prior to the start of the course.

There are no gasoline/service stations in Harrisville, but there are several in the surrounding towns/cities of Keene, Marlborough, Dublin, and Peterborough. So, please be sure to plan accordingly.



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## DIRECTIONS TO THE LIFESAVING RESOURCES' TRAINING CENTER

**From Boston, MA:** Route 93-N or 128-S to Route 3 North. Cross into New Hampshire; Exit 8 marks the Monadnock Region and Route 101A. Continue on 101A to Route 101 West towards Keene and Peterborough. Pass through Peterborough and another 8 miles to Dublin. Just past Yankee Magazine, turn right at the Dublin Fire Station onto Dublin Rd. Then proceed on Dublin Road (becomes Main St.) for 3.4 miles to Lifesaving Resources which is located in the Cheshire Mills Complex (Mill 2) on the right side.

**From Connecticut, New York, New Jersey:** From Route 91 into Vermont, take Exit 3 toward Keene, NH. Proceed on Rte. 9 through Keene and then follow Rte. 101 East toward Marlborough, Dublin, and Peterborough. Continue for approximately 11 miles (through Marlborough) and turn left onto Chesham Road (just past Audrey's Café) in Dublin. Proceed on Chesham Road for 2 miles then bear right and continue on Chesham Rd. for another 2 miles which then becomes Main St. Continue to the Cheshire Mills Complex (Mill 2) on the left side.

**From Concord, New Hampshire:** NH-9 South to Granite Lake Rd. exit in Nelson. Turn right onto Granite Lake Rd. and then take your first left onto Nelson Rd.. Continue on Nelson Rd. for 2 miles and bear right, staying on Nelson Rd. Continue following signs towards Harrisville and Dublin and stay on Nelson Rd. for 3.8 miles. Turn left at the stop sign onto Main St. and continue on Main for .3 miles. The Cheshire Mills Complex (71 Main St.) will be on the left.

*Or*

**From Concord, New Hampshire:** Travel South on Rte. 93 to 89 North to 9 South toward Keene. Exit Rte. 202 towards Peterborough and continue on Rte. 202 into Peterborough. Turn right onto Rte. 101 West towards Keene and Dublin. Pass through Peterborough and another 8 miles to Dublin. Turn right onto Dublin Road (just past Yankee Magazine and the Dublin Fire Station). Continue on Dublin Road (becomes Main St.) for 3.4 miles to the Cheshire Mills Complex at 71 Main St. (on your right).

**From Manchester, New Hampshire:** Travel Rte. 101 West through Peterborough. Pass through Peterborough and another 8 miles to Dublin. Turn right onto Dublin Road (just past Yankee Magazine and the Dublin Fire Station). Continue on Dublin Road (becomes Main St.) for 3.4 miles to the Cheshire Mills Complex at 71 Main St. (on your right).

Approximate mileage and driving times to Harrisville:

From Manchester, NH: 44 miles, 1 hour

From Boston, MA, Logan International Airport: 90 miles, 2 hours

From Hartford, CT: 116 miles, 2 hours

Traveling to Harrisville, NH by air is best accomplished by flying to Manchester (NH), Logan International (Boston, MA), or Bradley International (Hartford, CT), and then renting a car. (There is no airport limo or taxi service available). Manchester is the closest and most user-friendly airport of the 3.



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## OVERNIGHT LODGING

If you require overnight lodging the evening prior to or after the course, the following are in relatively close proximity to the campus. When making reservations, you may wish to request special pricing for Lifesaving Resources' course participants.

### **The Courtyard by Marriott**

75 Railroad Street

Keene, NH 03431

603/354-7900

(25 minutes from campus)

<http://www.keenecourtyard.com>

*Note: The Courtyard by Marriott is a preferred hotel for Lifesaving Resources Inc. When making reservations, either:*

1. Call hotel directly at 603.354.7900, or
2. Call toll-free at 1-800-Marriott, or
3. Online: [www.keenecourtyard.com](http://www.keenecourtyard.com) or [www.marriott.com/mhtdt](http://www.marriott.com/mhtdt)

*Whichever option is chosen, the **Lifesaving Resources' Group Code** is LVE and must be referenced in order to receive the negotiated rate for Lifesaving Resources Inc.*

### **Holiday Inn Express**

175 Key Road

Keene, NH

603/352-7616

(25 minutes from campus)

### **Days Inn**

3 Ashbrook Road

Keene, NH

603/352-9780

(25 minutes from campus)

### **Best Western Hotel**

401 Winchester St.

Keene, NH

603/357-3038

(25 minutes from campus)

### **E.F. Lane Hotel**

30 Main St.

Keene, NH

603/357-7070

(25 minutes from campus)

### **Jack Daniels Motor Inn**

Rte. 202

Peterborough, NH

603/924-7548

(20 minutes from campus)



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You will be physically tired upon completion of this course. If you have a long ride back home, we strongly encourage you to spend the evening in the area before your trip back the next day. For those who may be traveling to and from Manchester Airport, although we recommend you stay near the course site location (either Harrisville, Keene or Peterborough) the evening prior to the course date, you may wish to make reservations for the evening after the completion of the course at one of the hotels near the airport. Manchester is approximately 1-hour from our location. The following are two recommendations:

## **Highlander Inn**

Manchester, NH  
800/548-9248

## **SpringHill Suites**

Manchester, NH  
603/668-9400

## **ADDITIONAL INFORMATION**

Lifesaving Resources will provide ropes and rigging equipment, and a variety of other specialized water rescue equipment. We encourage you to review the **OnLine Catalog** for information on our [Water Rescue, Ice Rescue, EMS, and Technical Rescue equipment](#). Equipment will not be available for sale during the course. Therefore, order early from Lifesaving Resources if you need to purchase any equipment. **T-shirts, job shirts, hats** and additional **insignia** will be available for sale while at our training center on Saturday and Sunday morning.

Prior to the start of the course, [all participants will be required to read and sign a Waiver of Liability Statement](#).

Individuals who only complete portions of the Water Technician Course, due to the inability to complete all practical evolutions, will be awarded **Water Rescue Awareness** or **Operations** level certifications, depending upon their level of participation. Upon successful completion of the course, you will receive a **Course Completion Certificate**, in addition to **insignia**. The certificate is valid for 5 years from the course completion date.

## **PHOTOGRAPHY**

Photos will be taken throughout the course. To obtain copies of the photos, please send an e-mail requesting the link to [admin@lifesaving.com](mailto:admin@lifesaving.com).



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## PRE-COURSE RECOMMENDED READING

In preparation for your training, we advise you take the opportunity to read the articles listed within the [Issues in Safety and Rescue Section](#) of the **Lifesaving Resources' website** at::

<http://www.lifesaving.com/issues/index.php>

These articles include the following:

1. The Need for First Responders to be Trained and Equipped to Perform Domestic Animal Rescues
2. Hypothermia Prevention, Recognition and Treatment Protocols
3. NFPA 1670 Standard for Technical Rescue
4. The Power of Water
5. Escape and Rescue from Submerged Vehicles
6. Prevention of Pediatric Submersion Incidents in Apartment and other Multi-Family Complex Facilities
7. Automatic External Defibrillators (AEDs): Their Deployment and Use within the Lifeguard, Aquatics Safety & Recreation Sector
8. Layers of Protection for Class C Public Swimming Pools
9. Drowning and Aquatic Injury Facts
10. Hotel Pool and Spa Safety Begins with P.R.M.
11. Working with EMS can Enhance your Rescuer Services
12. The Need for Collaborative Agreements between Fire and Rescue Agencies and Aquatic Recreation and Lifeguard Agencies
13. Safe Diving Principles
14. Meeting the Standard of Care for Spinal Injuries
15. Standing Take-Down Maneuver
16. Pool & Spa Entrapment
17. Low-Water Crossings - "The Hidden Danger"
18. Emergency Procedures During Thunder & Lightning Storms
19. Spinal Injury Management in Deep Water
20. Firefighter Survival in the Water



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## JOIN OUR MAILING LIST

If you haven't already done so, we encourage you to JOIN OUR MAILING LIST to receive monthly newsletters (E-Blasts) developed specifically to provide Public Safety and Rescue and Lifeguard and Aquatic Recreation professionals with current information pertaining to Water Rescue, Ice Rescue, EMS, or Technical Rescue issues. Please go to our **Home Page** at [www.lifesaving.com](http://www.lifesaving.com) and **JOIN OUR MAILING LIST**.

We look forward to working with you during your Ice Rescue Technician Training Course. Meanwhile, if you have any questions concerning the materials, the course content and curriculum, or equipment, please feel free to e-mail ([donna@lifesaving.com](mailto:donna@lifesaving.com) or [admin@lifesaving.com](mailto:admin@lifesaving.com)) or call the office at 603/827-4139. Cell phone service is spotty at the course location, but if necessary, you can try to reach us at 603/682.4507 or 603/682.4527.

We look forward to working with you during your training.

*Donna J. Dworkin*

Donna J. Dworkin  
Executive Director  
Educational & Training Programs  
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## ABOUT HARRISVILLE, NEW HAMPSHIRE

The mill village of Harrisville was, from its earliest days, defined by water—ten square miles of upstream ponds and watershed—and by the ravine where the outlet stream of Harrisville Pond falls 100 feet over the course of a quarter mile. Goose Brook, as it was then called, became the setting for a cluster of water-powered woolen mills, storehouses, boarding houses, tenements, and homes, most of which were built during a 50-year period, roughly 1820-1870, when textile mills transformed the economy of New England.

Because of the confines of the narrow, rocky ravine, mills in Harrisville were placed astride the brook, and their turbines were powered directly by the flow of the stream. For nearly 150 years, they manufactured woolen cloth and were the lifeblood of the community. As much as 45% of the village population worked in the mills as carders, spinners, dyers, weavers, finishers, and mechanics. Beyond that, the countryside supplied wool for spinning, wood for the boilers, and food for the population.

The large Harris family established the factory village early in the 19th-century and was followed by the Colony family and its Cheshire Mills about 1850. By 1900, no Harris family members remained in the town that bears the name.

Cheshire Mills, one of the last New England textile mills in operation, closed its doors in 1970. But there remains in Harrisville a collective memory: the clang of the work bell in the cupola that brought workers into the mill; the skills required in spinning and weaving; the sound of the factory in full operation; and what it was like to grow up in the tiny, close-knit world of the factory village.



The granite mill stands at the core of the Cheshire Mills complex and is its most significant structure historically, architecturally, and aesthetically. The building's form, a rectangular structure of ashlar granite blocks, surrounds a timber framed interior. It has stone cornices, a single stair/bell tower centered on the front gable end, and a monitor roof. The building, commissioned by Cyrus Harris, was designed and constructed by Asa Greenwood, a stonemason from Marlborough. The granite blocks were hauled by oxen from Greenwood's quarry. The wrought iron balcony and stair system is probably original. Harris died soon after the building was completed, and its subsequent sale to Faulkner & Colony, of Keene, marked the beginning of the Colony Family's mill history in Harrisville. The continuous use of the building for woolen manufacturing protected it from major alterations, and so its unique architectural record was preserved.



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Cheshire Mills built this 3 1/2-story red brick building immediately to the south of Mill No. 1 and joined the two buildings with a 2-story connector. Its lateral sides have nine bays of eight-over-eight sash windows with granite sills and lintels. A set of three round-arched windows, a stylistic motif new to the village, accents each gable end. This structure marks a refined architectural change brought to mill construction in Harrisville by the Colony Family.

The business of storekeeping in Harrisville has, for the most part, been one of private ownership, not company stores. So this building, possibly built by Cyrus Harris, has seen many storekeepers in its 170 years of existence. On Church Hill overlooking the brook and the mills, it has played an important role in Harrisville, especially so in earlier times when trips out of town were rarely made. It was built in the heyday of Greek Revival architecture and has elements, on a vernacular scale, of a Greek temple: the gable end turned to the front; a cornice return at the attic level that



suggests a pediment; granite lintels; and a columned porch. In 2000, the building was purchased by Historic Harrisville and was judiciously renovated to preserve most of its original building fabric, including the tapered columns. Large windows bring light into the first floor, which today houses a grocery store/cafe. A 2-story addition was added to the rear of the building. It included Eagle Hall on the second floor, which was vital for town meetings, Saturday night dances, and other private and public gatherings.



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## RELATED LINKS ABOUT HARRISVILLE, NH

For more information on the town of Harrisville as well as the Monadnock Region, please visit the following websites:

### Historic Harrisville

<http://historicharrisville.org/harrisville/default.cfm>

### New Hampshire Preservation

[http://www.nhpreservation.org/html/news\\_64.htm](http://www.nhpreservation.org/html/news_64.htm)

[http://www.nhpreservation.org/html/news\\_43.htm](http://www.nhpreservation.org/html/news_43.htm)

### Harrisville Designs

<http://www.harrisville.com/html/history.html>

### Keene, New Hampshire

<http://www.keenenh.com/harrisville/>

### National Register of Historic Places

<http://www.nationalregisterofhistoricplaces.com/NH/Cheshire/districts.html>

### The Heart of New England

<http://www.theheartofnewengland.com/madeinnewengland-HarrisvilleDesigns.html>

### Great American Landmarks

<http://www.nps.gov/history/hps/pad/adventure/harrisv.htm>

### American Profile

<http://www.americanprofile.com/article/1281.html>

### City Data

<http://www.city-data.com/city/Harrisville-New-Hampshire.html>

### Harrisville Community Profile

<http://www.epodunk.com/cgi-bin/genInfo.php?locIndex=18897>

### Monadnock Travel Council of Southwest New Hampshire

<http://www.monadnocktravel.com/>

### New Hampshire Employment Security

<http://www.nhes.state.nh.us/elmi/htmlprofiles/harrisville.html>