



READY WHEN DISASTER STRIKES.

WE ARE REST

When there's an incident requiring specialist rope or swiftwater skills, the emergency services may call out REST

REST stands for the Rescue and Emergency Support Team. We are a team of trained volunteers run by Palmerston North City Council as part of the Civil defence act 2002.

REST was registered as the New Zealand's fourth official response team in 2004 with the designation NZRT-4. This registration recognises our ability to provide emergency response anywhere in New Zealand if requested.



**Rescue & Emergency Support Team
Palmerston North City Council**

**Private Bag 11034
Palmerston North**

rest@pncc.govt.nz

www.pncc.govt.nz
& search for 'rescue team'

www.facebook.com/nzrt4





BECOMING A TEAM MEMBER

The members of the team are committed and dedicated. To be selected, you will need to be prepared to provide a minimum of 80 hours of rescue support per year.

To maintain operational readiness, we train every week and hold four full day trainings per year. In addition, every member conducts formal training to international standards. Occasionally, the team attends events such as Field Days and emergency services displays to promote the civil defence **'Get Ready, Get Thru'** message.

WHERE WE OPERATE

The team provides an emergency response throughout the Manawatu region for high angle rope and swiftwater rescues, as well as flood and storm response.


We also support Palmerston North's rural fire team and maintain a light urban search and rescue capability (USAR).

RECRUITMENT

To operate effectively requires a very close knit team, so we choose new members carefully. The process includes an interview and a residential selection weekend followed by a five month probation period.

For more details including when we are next recruiting check our web or facebook page.

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