



# RAFT AND KATARRAFT LEADING BY OARS



**DURATION 3 days**



## FOR WHO

This course is aimed to all those who need a technical formation for raft or kataraft leading by oars.



## PREREQUISITES

good physical health, good swimming skills, paddling leading skills on rivers up to level III.



## TRAINING METHODOLOGIES

Theoretical lessons, simulations, role-playing. De-briefing, team work.



## INFO & BOOKING

[info@rescueproject.it](mailto:info@rescueproject.it)  
[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226

This course has the goal of teaching basic techniques of raft or kataraft leading with oars in river.

Rescue Project Oars Navigation Course has the goal of teaching basic techniques of raft or kataraft leading with oars in river.

It is important for participants to already own navigation skills by paddle on river up to level III and they should also know how to “read” the river, in order to dedicate all attention to specific techniques and practical tests of navigation by oar.

Rescue by oar floating will be enhanced during the course.



# PROGRAM

## Raft and Kataraft leading by oars

### HOURS

### ACTIVITIES & CONTENT - DAY 1

<b>8:30 – 9:00</b>	Meeting Compilation of registration form Presentation of the course
<b>9:00 – 12:30</b>	<ul style="list-style-type: none"> <li>- Knowing oar raft, reading river</li> <li>- How to set a frame and use oars</li> <li>- Analysis of pins, rings, oars, which to choose</li> <li>- Oaring techniques and management</li> <li>- Navigation tests, ferries, entrances</li> <li>- Use of oar raft or kataraft for rescue</li> </ul>
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	<ul style="list-style-type: none"> <li>- Navigation in calm water: I technical part</li> <li>- Set of raft or kataraft</li> <li>- What to bring on raft or kataraft – Kit and equipment</li> <li>- Capsizing management with oar raft</li> <li>- Transport management of oar raft</li> </ul>
<b>18:30 – 20:00</b>	De - briefing

### HOURS

### ACTIVITIES & CONTENT - DAY 2

<b>8:30 – 12:30</b>	<ul style="list-style-type: none"> <li>- Anchoring and untie</li> <li>- Stopping and descending from raft</li> <li>- Person salvage with oar raft</li> </ul> Techniques and tips for trip with more rescue oar rafts or katarafths
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	<ul style="list-style-type: none"> <li>- Trip with oars without team</li> <li>- Capsizing of oar raft: risks</li> <li>- First aid (self rescue and rescue) and victim stabilization</li> <li>- Surfing in a hole with oar raft</li> <li>- Ferry management</li> <li>- Rescue techniques with oar raft</li> </ul>
<b>21:00 – 23:00</b>	<ul style="list-style-type: none"> <li>- PPE and laws on oar rafts</li> </ul> De - briefing



# PROGRAM

## Raft and Kataraft leading by oars

### HOURS

### ACTIVITIES & CONTENT – DAY 3

<b>8:30 – 12:30</b>	<ul style="list-style-type: none"> <li>- Maintenance of oar raft</li> <li>- Tests of entrance and exit</li> <li>- Tests of surfing in holes</li> <li>- Tests of rescue with raft</li> </ul>
<b>12:30 - 13:30</b>	Lunch
<b>13:30 – 16:30</b>	Group trip Group and individual exam
<b>17:00 – 18:30</b>	De - briefing Satisfaction questionnaire Evaluation and licenses End of the course

NOTES: The program may vary due to climatic conditions and team's specific needs.



### EQUIPMENT

Each participant must bring :

- River shoes or sport shoes
- 5 mm neoprene wetsuit or dry suit and proper clothing under the suit
- Homologated helmet + lashing

You can rent all the equipment by booking it at the reception and communicating size, weight and height.

It is suggested to bring snacks and drinks based on saline supplements. It is fundamental to communicate to the instructor any possible shortcoming of the activity.



### GOALS

- Giving participants basic knowledge of navigation and rescue with oar raft and kataraft
- Learning techniques of oaring in whitewater
- Knowing main risks, dangers, reading river
- Managing incidents in river, such as capsizing and joints
- Knowing standard procedures of navigation and research in whitewater