



# CANOE COURSE: TECHNIQUE AND SAFETY

 DURATION 2 days



## FOR WHO

This course is for canoeists who want to improve and perfect canoe and rescue techniques.

This course is aimed to all those who are interested in perfecting their canoe techniques and learn fundamentals of self rescue and rescue with a canoe

Canoe technique and safety course is a program specifically elaborated for canoeists who can already go canoeing on rivers of level II-III and want to improve their skills, earn new experience on river and perfect their technical profile, also regarding rescue abilities. It is suggested to be already able to do eskimo.



## PREREQUISITES

good physical health, good swimming skills, navigation skills up to level II-III.

It is therefore required to already be skilled canoeists to take part to the course. The 2 days of training are very specific, with both theoretical lessons and practical simulations both in water and out of water, with particular attention at prevention, emergency and rescue management in canoe.



## TRAINING METHODOLOGIES

Theoretical lesson, practical simulation, role-playing. De-briefing, team work.

There will be also lessons and tips for a better technique of navigation, paddling, self rescue procedures, capsizing management, joint management.

## @ INFO & BOOKING

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

0463.973278 - 3292743226



# PROGRAM

## Canoe Technique and safety

### HOURS

### ACTIVITIES & CONTENT - DAY 1

<b>8:30 – 9:00</b>	Meeting Compilation of registration form Presentation and explications on course days
<b>9:00 – 12:30</b>	Theoretical lessons and out-of-water tests: Rescue in swiftwater: Priorities, phases, rescue at low and high risks Self rescue and quick rescue Foot joint, other kayak tail joint , strait, syphon Swimming techniques in swiftwater
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 14:30</b>	Practical lessons of swimming in water Techniques of hole exit Practical lessons of rope throwing and leash
<b>14:30 – 18:30</b>	Personal equipment analysis Communication and signals in water Zip-line rescue procedure, foot joint
<b>18:30 – 20:00</b>	Video, Basic knots De - briefing

### HOURS

### ACTIVITIES & CONTENT - DAY 2

<b>8:30 – 12:30</b>	Theoretical lessons and out-of-water tests: Safe trip planning with more kayaks Techniques of canoeing, paddling Movement on vertical and slanted surface – safety procedures Transshipment management
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	Practical simulations: canoe cow tail, when and how to use it kayak and people salvage – tests and simulations trip management in safety how to improve techniques in river first aid – traumatized person management - BLS in hostile environment
<b>18:30 – 19:00</b>	De briefing Satisfaction questionnaire Evaluation and license End of the course



# CANOE TECHNIQUE AND SAFETY



## 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
- Canoe, paddle, splashguard and all canoe PPE

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

- Knowing and using main **knots** for canoe in river
- Knowing main **canoe techniques**
- Knowing and using main **communication** signs in river
- knowing main **rescue and self rescue** techniques in water
- knowing **equipment**
- using main procedures of **emergency** management