

CANYONING COURSE AND SAFETY IN GORGES

DURATION 3 days





FOR WHO

This course is for all those who want to approach to the world paying canyon, particular attention to safety.



PREREQUISITES

good physical health, good swimming skills

TRAINING **METHODOLOGIES**

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



(INFO & BOOKING

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This course is aimed to all those who want to approach to the world of canyoning, paying attention to safety, self rescue and quick rescue in gorges

Canyoning and safety in gorges course is thought for all those who want to approach to the world of canyoning, with particular attention to safety.

A canyon is characterized by both aquatic environment and a vertical surface, therefore it is necessary to know both water and rock specific precedures.

Depending on the specific canyon, there may be only water slides, or particular parts that require the use of ropes. Sometimes it is required to show off climbing skills.

The main goal is to give participants the fundamentals of whitewater and movement in canyon.

The 3 days of training as follows:

- First day: self rescue, quick rescue in whitewater
- Second day: knots and first entrance in canyon
- Third day: simulations of rescue and movement.



PROGRAM

Canyoning safety in gorges

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 - 9:00	Meeting
	Compilation of registration form
	Presentation and explications on course days
9:00 - 12:30	Theoretical lessons and out-of-water tests:
	Rescue in swiftwater: Priorities, phases, rescue at low and high risks Phases of a "LAST" kind of rescue
	Morphology of river: hydrodynamics, flowings, terminology, risks and
	dangers
	River PPE: typologies, laws and certifications. Specific equipment
	Swimming techiques in swiftwater
12:30 - 13:30	Lunch
13:30 - 14:30	Practical lessons of swimming in water
	Practical lessons of rope throwing and leash
14:30 - 18:30	Personal equipment analysis
	Comunication and signals in water
	Zip-line rescue procedure, foot joint
	Video, basic knots
18:30 - 20:00	De - briefing

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 - 12:30	Theoretical lessons and out-of-water tests:
	SIZE UP: Risks management – rescue intervention
	incident commander system: team roles and set ups
	Complex rescue maneuvers
	Anchoring and advanced knots
12:30 - 13:30	Lunch
13:30 - 18:30	Simulations of previous day's lessons
	Entrance in canyon
	First aid in hostile environment
<i>18:30 - 20:00</i>	Psychology of emergency: stress and its consequences
	Stress
	- Mechanism of stress under emergencies
	- Communication, panic, fear and communicative distortions
	De - briefing



PROGRAM

Canyoning and safety in gorges

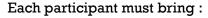
HOURS

ACTIVITIES & CONTENT - DAY 3

8:30 - 14:30	Entrance in canyon 2 Simulation of movement, lowering, rescue, first aid, exit
14:30 - 15:30	Lunch
15:30 - 17:30	Quick review and explanation of doubts
17:30 – 18:30	De - briefing Satisfaction questionnaire Evaluation and licenses End of the course



EQUIPMENT



- 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

- Development of confidence with specific river environment and needed knowledges for rescuers and other staff who work in whitewater or canyon
- Proper use in safe awareness of rescue equipment
- **Knowing and practicing** main river and flood rescue techniques and maneuvers
- Skilled swimming
- Communication, safety guarantee during emergencies in whitewater and gorge
- Proper intervention with basic procedures of rescue and first assistance in arduous environment