



CANYONING COURSE AND SAFETY IN GORGES

 **DURATION 3 days**



FOR WHO

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

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.



PREREQUISITES

good physical health,
good swimming skills

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

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.



TRAINING METHODOLOGIES

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

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.

@ INFO & BOOKING

info@rescueproject.it
www.rescueproject.it

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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 techniques 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 Communication and signals in water Zip-line rescue procedure, foot joint
18:30 – 20:00	Video, basic knots 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
18:30 – 20:00	Psychology of emergency: stress and its consequences Stress <ul style="list-style-type: none"> - 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

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

- **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
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