



# SWIMMING TECHNIQUE IN CURRENT



**DURATION 1 day**



## FOR WHO

This course is for all those who need to improve their swimming techniques in whitewater or need to learn the basis to swim in whitewater



## PREREQUISITES

good physical health



## TRAINING METHODOLOGIES

Theoretical lesson, practical simulations  
De-briefing



## INFO & BOOKING

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

0463.973278 - 3292743226

This is a specific course to learn techniques of swimming in whitewater .

Swimming is part of our life since the beginning: we are formed in the mother's womb, which is an aquatic environment. It's been proved that a newborn is at ease in water and knows how to move. As we grow up, if we do not keep training, we lose such skills.

We learn to swim again in pools, but when it comes to river we need to start a new chapter of training.

All the rules of regular swimming are completely altered and it necessary to try new kinds of training.

The course has the goal to form participants in order to be able to swim in whitewater, with the correct swimming techniques and the various styles for this environment. It is required to be at ease with water and to be healthy. There will be parts of theoretical lesson, practical simulations, hydrodynamics, risks.



# PROGRAM

## Swimming in whitewater

### HOURS

### ACTIVITIES & CONTENT - DAY 1

8:30 – 12:30

Presentation of the course – first theoretical lesson:

- Whitewater analysis: dangers of swimming in current
- Equipment and PPE (D.Lgs 81/08)
- Self rescue techniques
- Knowing currents, how to enter and exit
- Swimming in river: use of legs, arms
- Breathing while swimming in river

12:30 - 13:00

Lunch

13:30 – 16:30

Aggressive and defensive swimming  
Simulations of swimming with the help of hydrospeed  
Ferries in current  
Free style swimming with head out of water  
Use of arms in current  
Butterfly style in current  
Use of legs in current  
Breathing - first aid

17:00 – 18:30

De - briefing  
Satisfaction questionnaire  
Evaluation and licenses  
End of the course

### EQUIPMENT

### GOALS

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.

- **Development of confidence** with specific river environment and needed knowledges for expert **rescuers** and other staff who operate in **whitewater**
- **Proper use** in safe awareness of rescue **equipment**
- **Knowing and practicing** main river and flood rescue techniques and maneuvers
- Skilled **swimming in whitewater**
- **Communication, safety guarantee** during emergencies in whitewater
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