



# PRO-GUIDE COURSE



**DURATION 3 days**



## FOR WHO

This course is for all those who want to acquire leading skills, perfect their safety procedures and update their rescue techniques.

This course is aimed at all those who want to acquire leading skills, perfect their safety procedures and update their rescue techniques.

This course is structured in order to work among professionals and rescue teams with high quality standards, the main goal is to perfect one's raft conduction skills and learn new rescue techniques.



## PREREQUISITES

good physical health,  
excellent swimming skills,  
experience in rafting

The program has been developed by a team of School teachers, that are rafting guides, hydro and canoe instructors, rescue instructors.



## TRAINING METHODOLOGIES

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

What will be acquired:

- Swimming skills certificate
- BLS-D course certificate
- Correct use of PPE certificate
- Information and formation about risks at workplace with water in accordance with Italian law D.Lgs 81/08

## @ INFO & BOOKING

[info@rescueproject.it](mailto:info@rescueproject.it)

[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226



# PROGRAM

## Pro-guide

### **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 Phases of a “LAST” kind of rescue Morphology of river: hydrodynamics, flowings, terminology, risks and dangers River PPE: typologies, laws and certifications. Swimming techniques in swiftwater Simulations of rescue with ropes
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 14:30</b>	Management of a trip with more rafts Navigation and paddling techniques Capsizing management , emergency management, rescue of person First aid
<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 of day 1

### **HOURS**

### **ACTIVITIES & CONTENT - DAY 2**

<b>8:30 – 12:30</b>	Theoretical lessons and out-of-water tests: Complex rescue maneuvers Anchoring and advanced knots
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	Practical tests: quick practical review of previous day Capsizing management Surf in a hole with raft Use of raft for rescue with simple and complex maneuvers First aid BLS part 1
<b>18:30 – 19:30</b>	Psychology of emergency: stress and its consequences The role of Trip Leader De-briefing of day 2



# PROGRAM

## Pro-Guide

### HOURS

### ACTIVITIES & CONTENT - DAY 3

8:30– 11:00	BLS part 2 River crossing by foot Simulation of rope cutting in case of emergency Swimming in a strait Transshipment management and vertical movement
11:00 – 12.00	PPE: what to bring on the raft
12:00 – 13:00	Lunch
13:00 – 16:00	Trip management with more rafts – the role of safety kayak Simulations during the trip
17:00-18:00	De-briefing 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 skills of rescue in whitewater
- **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
- **Proper intervention** with basic procedures of rescue and first assistance in arduous environment