



COURSE & UPDATE



DURATION 2 days



FOR WHO

This course is aimed to those who already own Rescue Project rafting commercial guide and the IRF or FIRAFT license + license for rescue at work, commercial raft leading, BLS-D + correct use of PPE + swimming skills certificate.

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It is accessible to those who have already acquired a professional formation and need to attend a final test.



PREREQUISITES

Good physical health, ownership of IRF + rescue project commercial guide license, bls-d



TRAINING METHODOLOGIES

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



INFO & BOOKING

info@rescueproject.it

www.rescueproject.it

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UPDATE COURSE AND CONVERSION WITH OTHER TITLES

ONLINE FORMATION FOR LIFEGUARD ASSISTANT COMPLETED

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 9:00	Meeting Compilation of registration form Presentation of the course
9:00 – 12:30	Lesson in calm water, swimming perfecting Plunge techniques Grab techniques Apnoea and material salvage from bottom
12:30 – 13:30	Lunch
13:30 – 14:30	Swimming techniques and recover Specific equipment
14:30 – 18:30	Swimming for rescue How to come out of water with the victim
18:30 – 20:00	De-briefing

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	Swimming exam with different styles Recover of victim Emergency management
12:30 – 13:30	Lunch
13:30 – 18:30	Exam underwater phase Plunge Buoyancy Blocking in water technique Unconscious person rescue
18:30 – 20:00	De - briefing of day Evaluation and licenses



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EQUIPMENT

Each participant must bring :

- River shoes or sport shoes
- 5 mm neoprene swimsuit or dry suit with proper clothing under the suit
- Homologated helmet + lashing

It is possible to reserve and rent all equipment by booking it at reception in advance communicating exact height and weight.

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

- **Earning confidence** in water and managing emergencies in swimming pool.
- **Using** in safety and skills **equipment** of salvage
- **Knowing and practicing** main maneuvers of self rescue and rescue
- **Swimming , communicating, assure safety for oneself and for others** during emergencies
- **Intervene** with basic procedures of first assistance