



HYDROSPEED COMMERCIAL GUIDE COURSE

 **DURATION 2+4 days**



FOR WHO

This course is aimed to all those who want to acquire the skills to become commercial hydrospeed guides on rivers up to level III.

Rescue Project hydrospeed instructor course is a unique course specifically elaborated for those who want to accompany people in river with a commercial license and all the rescue skills needed.



PREREQUISITES

good physical health,
good swimming skills,
consolidated
hydrospeed
experience

Rescue Project Schools's teachers have developed a precise training program, thanks to their skills and experiences as rafting guides, hydrospeed guides, canoe instructors, river rescue instructors.

What will be acquired:

- Swimming skills certificate
- Rescue license
- BLS-D course certificate
- PHTCH management of trauma in hostile environment license
- Correct use of PPE certificate in accordance with Italian applicable law D.Lgs 81/08
- Information and formation in accordance with D.Lgs 81/08 for hydrospeed guide and safety



TRAINING METHODOLOGIES

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

The program is structured in 6 days of formation, organized in theoretical technique parts, rescue and self rescue parts, first assistance. For those who already own the license as Whitewater technician rescuer 1 it is possible to have access to the course from 3rd day on (skipping the first two days of lessons).

@ INFO & BOOKING

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PROGRAM

Hydrospeed commercial guide

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 9:00	Meeting Compilation of registration form Presentation of the course
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	Personnel equipment analysis Communication and signals in water, equipment analysis Zip-line rescue procedure, foot joint
18:30 – 20:00	Video, Basic knots De - briefing of day 1

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	Practical tests: quick practical review of previous day Simulation of Thirolean with safety systems Swimming in swiftwater part 2 First assistance in arduous 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 of day 2



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HOURS

ACTIVITIES & CONTENT - DAY 3

8:30– 11:00	Hydrospeed : river reading, navigation lines, edges, swimming and navigation with hydro Basic techniques of hydrospeed Theoretical lessons Law's requirement and behaviour in water (D.Lgs 81/08) Navigation regulations with more hydro and with safety kayak Priorities of rescue during navigation with hydro DVR and safety plan
11:00 – 12.00	PPE and correct use
12:00 – 13:00	Lunch
13:00 – 15:00	Hydrospeed descent with group management, efficient briefing, scouting, stopping in river Safety rules during navigation Technical rules during navigation Procedures to follow in water, distances, signs and emergency management
15:00 – 18:30	Paddling techniques, loss of hydrospeed, capsizing management, self rescue, rescue
18:30 – 20:00	Video, basic knots – first part First assistance – part 1

HOURS

ACTIVITIES & CONTENT – DAY 4

8:30 – 12:30	How to rescue a person who lost the hydro or didn't follow the line, foot joint, zipline double lashing, syphon, hole, recess
12:30 – 13:30	Lunch
13:30 – 18:30	Tour techniques: surf on a hole, wave, navigation in rapids, whitewater navigation techniques with hydro, capsizing management Hydro salvage in a hole, person salvage in a hole, recess. Vertical movement techniques and correct use of PPE - second part
18:30 – 20:00	First assistance in hostile environment basics and management of trauma – second part



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ACTIVITIES & CONTENT - DAY 5

8:30 – 13:00	Theoretical and practical parts : Danger analysis on different kinds of rivers, hydrometers and pluviometers reading Double lashing, zipline, transshipments Advancement paddling techniques in whitewater, hydro management on medium and difficult rivers
13:00 - 13:30	Lunch
15:30 – 17:30	Advanced techniques for navigation, surf, paddling, ferries, capsizing management, swimming, team management, scouting, transshipments, river reading, navigation in rapids, hydro towing Techniques of first assistance in hostile environment, trauma management, immobilization and intensive care – third part
17:30 – 19:30	Rescue with vertical movement techniques - last part, DVR and safety plans for workers

HOURS

ACTIVITIES & CONTENT - DAY 6

8:30 – 12:30	DAY OF EXAM Tour in water with management of a group, how to pull, how to rescue, management of people and material in water Hydro leading techniques
12:30 – 13:30	Lunch
13:30 – 17:30	Descent in river with rescue and victim stabilization tests in short time. Practical tests of navigation, surf, paddling,
17:30 – 19:00	Emergency management tests in water, first aid, simulation of intervention as a guide Final test Licenses and evaluation

Acquired certificates:

- River technician rescuer with specialization hydrospeed
- Hydrospeed leading license
- First assistance certificate in hostile environment
- Correct use of PPE



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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
- Hydro and flippers

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

- Knowing the river and its dangers
- Acquiring all skills to manage hydrospeed tours on rivers up to level III.
- Knowing responsibilities and troubles of a hydrospeed guide
- **Acquiring** navigation techniques with more hydros , the rules and the role of safety kayak
- **Knowing and practicing** basic first assistance procedures in case of emergency
- Managing in safety conditions a hydrospeed descent on rivers up to level III.
- **Acquiring specific techniques** of navigation, how to use flippers, surf on holes, people and material salvage
- Correct use of PPE
- Knowing how to manage a group of people during navigation.