



COMMERCIAL CANOE INSTRUCTOR COURSE



DURATION 4 days



FOR WHO

This course is aimed to all those who want to become canoe instructors at professional and commercial level, to give lessons and accompany people on river of level II and III.



PREREQUISITES

good physical health, good swimming skills, navigation in canoe up to level III, eskimo.



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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Rescue Project canoe instructor course is a unique course specifically elaborated for those who want to accompany people in river with a commercial license.

To have access to this course it is required to be skilled on rivers of III level, practicing eskimo efficiently and knowing fundamentals techniques of kayak navigation in rivers.

What will be acquired:

- Rescue license
- BLS-D first assistance certificate
- PHTC trauma management in hostile environment
- Hoxygen administration certificate
- Correct use of PPE in accordance with Italian applicable law D.Lgs 81/08
- Information and formation in accordance with D.Lgs 81.
- Rescue Project School canoe instructor license, recognized for commercial and professional activities

The program is structured in 4 days of formation, organized in theoretical technique parts, rescue and self rescue parts, first assistance, hiking basics, such as correct reading of geographical map and basic orientation. Progressive didactics and training methods for river canoe will be enhanced.



PROGRAM

Commercial canoe instructor

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 9:00	Meeting Compilation of registration form Presentation of the course
9:00 – 11:00	River reading, navigation lines, edges, swimming and navigation with canoe, where and when to use it Basic techniques Theoretical lessons Law's requirement and behaviour in water (D.Lgs 81/08) Navigation regulations Priorities of rescue during navigation with canoe DVR and safety plan
11:00 – 12:00	PPE and correct use
12:00 – 13:00	Lunch
13:00 – 15:00	Descent in canoe 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, ferries, capsizing management, self rescue, rescue with canoe
18:30 – 20:00	Video, basic knots – first part First assistance – part 1

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	How to rescue a person, foot joint, zipline double lashing, management of tie, joints, syphon, hole, recess Quick and efficient rescue with canoe
12:30 – 13:30	Lunch
13:30 – 18:30	Tour techniques: surf on a hole, wave, navigation in rapids, whitewater navigation techniques with canoe, capsizing management Canoe 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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HOURS

ACTIVITIES & CONTENT - DAY 3

8:30 – 13:00	Theoretical and practical parts : Topographic maps reading, orientation, danger analysis on different kinds of rivers and creek, use of gps, how to do an emergency call, hydrometers and pluviometers reading How to repair a canoe, how to charge material, what to bring Double lashing, zipline, transshipments, difference between river of creek and flow Tie management Advancement paddling techniques in whitewater, leaning, canoe 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, canoe towing Techniques of first assistance in hostile environment, trauma management, immobilization and intensive care – third part
17:30 – 18:30	Rescue with vertical movement techniques - last part, DVR and safety plans for workers

HOURS

ACTIVITIES & CONTENT - DAY 4

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 Canoe leading techniques
12:30 – 13:30	Lunch
13:30 – 17:30	Descent in river with rescue and victim stabilization tests in short time. Charge of material management Simulation of traumatized victim stabilization
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 canoe
- Canoe leading license
- First assistance certificate in hostile environment
- Correct use of PPE



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Commercial canoe instructor



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
- Canoe
- Paddle
- Splash guard

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

- How to **plan** a safe descent
- **Analysing** river and dangers
- **Developing** river reading skills about rapids and risks
- **Knowing** main techniques of **self rescue** and quick, efficient **rescue**
- Descent management with a group
- **Knowing canoe** and its specific PPE
- Knowing main procedures of **first aid** , emergency call, trauma management
- Knowing main orientation basics
- **Acquiring advanced techniques** of canoe leading, paddling, leaning, rudder, edges, surf in holes.
- Management of a descent in safety
- Management of emergency with canoe towing, rescue and self rescue
- Knowing the basis of **maintainance** of canoe: repair, storage of material
- Practicing main techniques of vertical movement , transshipment
- Learning **teaching techniques** to instruct others
- Knowing applicable rules and laws for operation with packraft in workplace