



SAFETY KAYAK COURSE

 **DURATION 3 days**



FOR WHO

This course is aimed to all those who want to acquire the title of professional/commercial safety kayak, on rivers of level II-III-IV .

This course is for safety kayakers who want to improve and perfect their technique, but also for those who would like to become safety kayakers and need to learn notions and skills.



PREREQUISITES

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

Safety kayak course includes 3 days of lesson and it is organized for professionals who work in canoe as a safety figure during rafting, hydrospeed or packraft trips.

Self rescue, quick rescue, raft untie and other techniques will be enhanced during the training days.

The main goal will be to acquire good rescue skills for canoeists and perfect the techniques of canoe.



TRAINING METHODOLOGIES

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

It is necessary to have a consolidated experience with canoe on rivers of level III to attend this course. Particular attention will be paid to incidents that occur in canoe and to the personal equipment to bring on a canoe. There will be simulations of a trip with incidents and rescue.

This course will be held by a Rescue Project instructor, Italian Canoe, Rafting and Kayak Federation Instructor.



INFO & BOOKING

info@rescueproject.it

www.rescueproject.it

0463.973278 - 3292743226



PROGRAM

Commercial safety kayak course

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, canoe navigation, when and how to use a safety kayak Basic rescue techniques : rope throwing, leash, zip, double lashing Applicable law, needed PPE (D.Lgs 81/08) Navigation rules Priorities of rescue with a safety kayak
11:00 – 12:00	Necessary PPE
12:00 – 13:00	Lunch
13:00 – 15:00	Practical tests of rescue maneuvers Safety kayak trip in hydrospeed with team management, navigation lines, currents, when to pull and tow safety rules during navigation Rules and techniques during a hydro trip Distances, trip management with a group
15:00 – 18:30	Salvage techniques, ferries, capsizing management , self rescue, quick rescue
18:30 – 22:00	Video, basic knots First aid - BLS and PHTC

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	Advanced knots: anchoring, weight management Raft untie Joint management, high and low risk Victim salvage, foot joint, zipline double lashing, tie management, strait joint, syphon, hole, alcove
12:30 – 13:30	Lunch
13:30 – 18:30	Safety kayak with raft trip: trip and group management, capsizing management Procedures of capsizing management, safety procedures with people in water Victim salvage from hole or alcove Transshipment management, vertical movement, slanted surface, correct PPE , block and tackle, tie – second part
18:30 – 22:00	First aid in arduous environment and trauma management, BLS and PHTC



PROGRAM

Commercial safety kayak course

HOURS

ACTIVITIES & CONTENT - DAY 3

8:30 – 13:00	Incidents simulations First aid, stabilization and trauma management Simulations of joint, swimming, salvage and quick rescue Final de -briefing
13:00 - 13:30	Lunch
15:30 – 17:30	Final exam
17:30 – 18:30	Evaluation and licenses



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
- Kayak, paddle, splashguard

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

- **Knowing** navigation and intervention techniques with safety kayak
- **knowing** main **self rescue** and **rescue** techniques
- managing a group trip
- knowing **first aid** procedures, from emergency call to trauma management
- **acquiring techniques** of navigation and paddling
- knowing procedures of hydro and raft trip
- knowing how to manage an emergency from a safety kayak during a trip