



lifeguard assistant course + raft commercial specialization



DURATION 4 days



FOR WHO

This course is for all those who need to acquire the title of lifeguard specialized in whitewater and only own IRF or FIRAFT license and need to acquire all the various titles.



PREREQUISITES

IRF rafting guide license or Firaft

The raft driving training course, designed for all those who are already able to conduct a rafting on rivers of II° degree and have a good base of reading the river. Through this course you will implement the technical aspect of conducting a raft. You will receive all the information of procedures in case of pin, overthrow, falling of a person, foot joints. Themes related to river navigation will be dealt with, perfecting the techniques of safe navigation, with one or more raft. Will be proposed simulations of overturning (flip), then going back up on the raft, recovery of clients and equipment, arrangement of the raft and resumption of navigation; intervention procedures will be proposed in case of pin and all preventive manoeuvres (displacement of weights, advance manoeuvres). We will show also first aid and trauma management.



TRAINING METHODOLOGIES

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

What will be acquired after 4 days of training:

- Lifeguard license
- Raft leading specialization
- Whitewater technician rescuer license
- Correct use of PPE certificate
- BLS-D certificate
- Commercial guide license if owned IRF or FIRAFT license



INFO & BOOKING

info@rescueproject.it

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ONLINE LESSON AND THEORETICAL EXAM FOR LIFEGUARD ASSISTANT

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 – 16.00	Swimming for rescue How to come out of water with the victim Plunge techniques Apnoea and material salvage from bottom
16:00 – 18:30	Equipment analysis River signs and communication zip line procedures , foot joint, rope throwing, leashing
18:30 – 20:00	Video, basic knots De - briefing of day

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	Theoretical lesson and out-of-water simulations: Complex rescue maneuvers Anchoring and advanced knots PPE and their use
12:30 – 13:30	Lunch
13:30 – 18:30	Techniques of swimming under current Trip management with more rafts River trip – navigation and paddling techniques - Capsizing simulation – emergency management – victim salvage – first aid Surf with raft on a hole Raft leading techniques Use of raft for rescue with simple and complex techniques First assistance and BLS – part 1
18:30 – 20:30	Psychological aspects, management of client and communication with team, guides– the role of trip leader De-briefing



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HOURS

ACTIVITIES & CONTENT - DAY 3

8:30– 11:00	Raft leading techniques River crossing by foot Rope cutting simulation Swimming in a strait Transshipment management and vertical movement
11:00 – 12.00	PPE what to use and bring – personal equipment on raft
12:00 – 13:00	Lunch
13:00 – 16:00	Raft trip with more rafts and guides –safety kayak Simulations during the trip Leading technique and exercise
17:00-18:00	BLS part 2 De-briefing Licenses End of the course. Greetings

HOURS

ACTIVITIES & CONTENT - DAY 4

8:30– 12:30	<ul style="list-style-type: none"> - Practical exam raft commercial and rescuer leading - Leading technique with and without a team - Reading the river - Entering the river - Capsizing and back up - Rope throwing - Swimming in pool and river - Block, tackle, knots - Client management and theoretical lesson
11:00 – 12.00	- Written test
12:00 – 13:00	Lunch
13:00 – 16:00	Rafting trip with incident simulation Emergency management Swimming exam Knots exam
17:00-18:00	De-briefing Licenses End of the course and greetings



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
- Packraft and paddle

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 context and its risks
- **Knowing and practicing** basic procedures of rescue in case of emergency
- Managing a trip with correct safety procedures
- Managing emergency with a raft
- Correct use of PPE,
- Managing a group of people during navigation