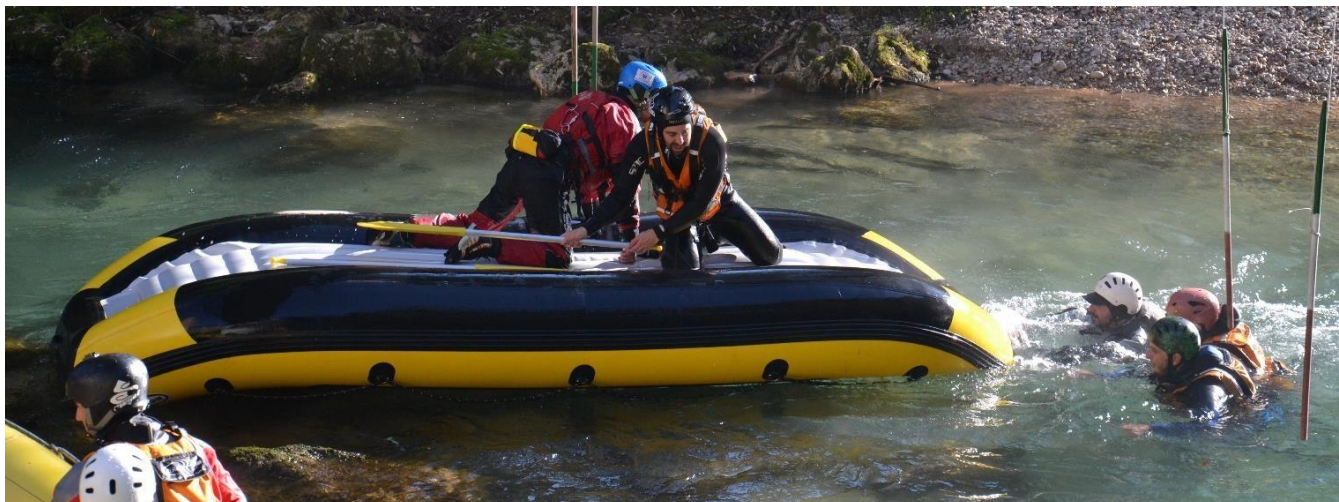




# TRAINING COURSE PERFECTING RAFT

 **DURATION 4 days**



## **FOR WHO**

Aimed at all those who need to perfect their raft-handling technique and intervention procedures in case of flips and ties



## **REQUIREMENTS**

Good physical health, good swimming skills. Ability to conduct paddle rafting on rivers of at least grade II. Experience required



## **METHODOLOGY**

Lecture, practical parts with simulations, role-playing. De-briefing, group work.



## **INFO & BOOKING**

[info@rescueproject.it](mailto:info@rescueproject.it)  
[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226

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.

The program presented is a starting point, it can be adapted according to the technical level of preparation of the participants. For information, the secretariat is at your complete disposal.



# TRAINING COURSE PERFECTING RAFT

## HOUR

## ACTIVITY- CONTENT DAY 1

8:30 – 9:00	Meeting Compilation of registration forms Presentations and explanations of the training days
9:00 – 12:30	Theory and Practice <sup>[SEP]</sup> <ul style="list-style-type: none"> <li>- Introduction to IRF and the GTE Program workshop</li> <li>- Reading the river and swimming in the current<sup>[SEP]</sup></li> <li>- Rope maneuvers and quick rescue<sup>[SEP]</sup></li> <li>- Theoretical lesson</li> <li>- safety talk for trip leader and for safety kayak</li> <li>- River descent and definition of the basic technical level</li> <li>- Practical tests of positive and negative entry into the eddy out, stopping and getting out</li> <li>- kayak tests</li> <li>- Paddling techniques, raft management in forced lines</li> <li>- Practice of navigation, ferries - raft and kayak</li> <li>- Practical tests of navigation, ferries - raft and kayak</li> </ul>
12:30 – 13:30	Lunch
13:30 – 18:30	<ul style="list-style-type: none"> <li>- practical tests of navigation I° module (raft to kayak)</li> <li>- management of raft</li> <li>- management of a rollover, procedures and methods of intervention</li> <li>- How to manage transport (loading-unloading-fixing)</li> <li>- Notes on the management of a rescue: the traumatized mod. I</li> <li>- Techniques of transporting people by kayak</li> </ul>
18:30 – 20:00	CLAP De - briefing of the day Clarification of any doubts



# TRAINING COURSE PERFECTING RAFT

## HOUR

## ACTIVITY- CONTENT DAY 2

8:30 – 12:30	<ul style="list-style-type: none"> <li>- Basic methodology, anchors and mechanical advantages</li> <li>- equipment and specific PPE</li> <li>- Anchoring and pin of the raft - dry trials</li> <li>- Low to high risk intervention procedures</li> </ul>
12:30 – 13:30	Lunch
13:30 – 18:30	<ul style="list-style-type: none"> <li>- River descent (raft and kayak)</li> <li>- Advance navigation: weight and crew management</li> <li>- Unmanned navigation</li> <li>- Practical tests of pin</li> <li>- pin manoeuvres with pulling systems</li> <li>- Overturning with a rowing raft: dangers and risks practical tests and foot intrapment</li> <li>- First aid manoeuvres (self-rescue and rescue) and stabilising the victim</li> </ul>
21:00 – 23:00	PPE and laws De - briefing



# TRAINING COURSE PERFECTING RAFT

## ACTIVITY- CONTENT DAY 3

### HOUR

8:30 – 12:30

- River descent and practical tests :
- driving with more rafts, distance management
- Overturning tests, recovery and counting, equipment recovery part II
- safety kayak role
- pin trials part II
- How to make a transhipment with a raft
- First aid simulations during a river descent: management and safety
- Management of a person in panic state with a kayak

12:30 - 13:30

Lunch

13:30 – 16:30

- Navigation and river descent :
- Scouting techniques
  - Crew management
  - The work of the safety kayaker
  - Managing a person in panic
  - Managing an unconscious person
  - BLS-D I

17:00 – 18:30

De - briefing

### HOUR

## ACTIVITY- CONTENT DAY 3

8:30 – 12:30

- Theory and practice:
- Organising and managing a multi-day raft expedition
  - How to repair a raft
  - The job of the trip leader and managing the descent
  - Trip leader : how to give and receive feedback

12:30 - 13:30

Lunch

13:30 – 16:30

- Descent and driving techniques
- Practical river trials and simulations
- Crossing a river on foot
- BLS- D II
- 

17:00 – 18:30

De - briefing  
Evaluation and awarding of certificates  
Closing of the course



# TRAINING COURSE PERFECTING RAFT

NOTE: the program is indicative and may be subject to change depending on weather conditions and to the specific training needs of the group.



## EQUIPMENTS

Each participant must have :

- River shoes or similar
- 5 mm neoprene wetsuit or dry suit with appropriate undergarments
- Approved helmet + approved life jacket with quick release abdominal harness and dissipator.

For those who do not have a wetsuit, helmet or life jacket at their disposal, it is possible to book a rental through the secretary's office, indicating height and weight to define the size.

It is advisable to bring snacks and drinks with hydrosaline supplements. It is important to remember that any contraindications to certain manoeuvres must be communicated.



## GOALS

- - Improving the technical skills of raft navigation, both in the part strictly related to navigation and reading the river and in the aspect of sitting, paddling and management of the raft
- - Refine the procedures of navigation in multiple raft with a view to implementing safety
- - Provide knowledge of the basic rescue manoeuvres to be used with the raft
- - Provide participants with the main techniques for pin up and overturning of a rowing raft
- - To know and practice the standard procedures for recovering people who have fallen from the raft and the basic first aid manoeuvres for a traumatised person.

## CERTIFICATIONS

In the end of the course you will receive these certifications

- Correct swim technique certificate
- 1 River rescue technique certificate
- Correct use of PPE
- Information and formation for raft use
- BLS-D certificate in remote heritage

After the good result of the course for who already has the IRF certificate or FiRaft certificate will receive the commercial rafting guide certificate from Rescue Project School