



# PACKRAFT AND SAFETY COURSE

 **DURATION 3 days**



## FOR WHO

This course is for those who want to approach or to perfect their packraft techniques sticking to safety conditions.



## PREREQUISITES

Good physical health, good swimming skills



## TRAINING METHODOLOGIES

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

## @ INFO & BOOKING

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

0463.973278 - 3292743226

The course of packraft is structured in 3 days of formation and is aimed to all those who want to improve their techniques or approach to this matter.

Packraft is a very adaptable floating and was born in the world of hiking/exploration. Its weight (not much more than 5kg) and its versatility have made it a very useful tool for intervention in case of necessity, for ferries and short navigations. It is for sure more practical than a kayak.

It is much easier to learn to use a packraft than a kayak and it lets beginners enter river in a shorter time. It may be used on mixed territories and it can be easily transported in a backpack while riding a bike or walking and it can be floated charging a bike.

Even if it is simple to use, it is still important to pay attention to environmental risks where it will be used.

The program concentrates the most on technical aspect, related to rescue, self rescue and first aid. It is also fundamental to pay attention to some hiking basics, such as reading a geographical map and orientation.

The course is held by rescue instructors, rafting instructors, canoe instructors.



# PROGRAM

## Packraft and safety course

| <b>HOURS</b>         | <b>ACTIVITIES &amp; CONTENT - DAY 1</b>  |
|----------------------|--|
| <b>8:30 – 9:00</b>   | Meeting<br>Compilation of registration form<br>Presentation of the course  |
| <b>9:00 – 12:30</b>  | Theoretical lessons and out-of-water tests:<br>Rescue in swiftwater: Priorities, phases, rescue at low and high risks<br>Phases of a “LAST” kind of rescue<br>Morphology of river: hydrodynamics, flowings, terminology, risks and dangers<br>River PPE: typologies, laws and certifications. Specific equipment<br>Swimming techniques in swiftwater<br>Navigation techniques with packraft, when and how to use it<br>Main incidents that occur with packraft<br>Type of packraft for each kind of water |
| <b>12:30 – 13:30</b> | Lunch  |
| <b>13:30 – 14:30</b> | Practical lessons of swimming in water<br>Practical lessons of rope throwing and leash   |
| <b>14:30 – 18:30</b> | Techniques of paddling, ferries, capsizing, self rescue and rescue with packraft<br>Trip management with packraft, team management, briefing, stopping scouting  |
| <b>18:30 – 20:00</b> | Video, basic knots<br>De - briefing of day   |

| <b>HOURS</b>         | <b>ACTIVITIES &amp; CONTENT - DAY 2</b>   |
|----------------------|---|
| <b>8:30 – 12:30</b>  | Theoretical lessons and out-of-water tests:<br>salvage of a person with Packraft<br>foot joint, zipline double lashing,<br>tie management, swimming in a strait,<br>syphon, hole          |
| <b>12:30 – 13:30</b> | Lunch   |
| <b>13:30 – 18:30</b> | Practical tests:<br>trip management with packraft, waves, rapids, capsizing<br>basic techniques of transshipment, vertical movement, slanted surface<br>charging , ties, block and tackle |
| <b>18:30 – 20:00</b> | Advanced knots<br>First aid in arduous environment  |



# PROGRAM

## Packraft and safety course

### HOURS

### ACTIVITIES & CONTENT - DAY 3

|               |   |
|---------------|---|
| 8:30 – 12:30  | Reading topographical maps, orientation, analysis of dangers on different rivers, gps, emergency call, hydrometers reading, pluviometers reading<br>How to repair a packraft, how to charge material, what to bring<br>Movement with a charge, management of emergency on slanted surface |
| 12:30 - 13:30 | Lunch   |
| 13:30 – 16:30 | Trip with advanced techniques of surf, paddling, ferries, capsizing management, swimming, scouting<br>Navigation in rapid, packraft towing<br>First aid in arduous environment<br>Immobilization and trauma management  |
| 17:00 – 18:30 | De - briefing<br>Satisfaction questionnaire<br>Evaluation and licenses<br>End of the course   |



### 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

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

- **Planning** a safe packraft trip
- **Analysing** river and its dangers
- **Knowing** main rescue techniques
- **knowing packraft** , different types and PPE
- **Knowing** the basis of first aid, emergency call
- **Using** main techniques of packraft leading
- **Managing** an emergency with a packraft
- **Repairing** packraft and other material