



SELF RESCUE AND RESCUE / RIVER SUP

 **DURATION 2 days**



FOR WHO

This course is for all those who want to acquire the skills and main knowledge of rescue in whitewater with the use of a SUP.



PREREQUISITES

good physical health, good swimming skills, consolidated experience with river SUP



TRAINING METHODOLOGIES

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



INFO & BOOKING

info@rescueproject.it
www.rescueproject.it

0463.973278 - 3292743226

This course is aimed at all those who want to acquire the skills and main knowledge of rescue in whitewater with the use of a SUP.

Rescue Project Whitewater Technician Rescuer course, specifically for SUP leaders, has a duration of 2 days, divided in both theoretical lessons and practical parts in water.

This course is for anyone who wants to approach to river in a safe and responsible way, by acquiring standard techniques in matter of river rescue, by using a SUP.

The main goal is to sensitize on theme of rescue on river with SUP, starting from the needed equipment, advanced techniques of self rescue and rescue, such as managing a capsizing, a joint, a foot joint and much more.

It is fundamental to remember that the course is only a starting point and that all of the techniques have to be constantly updated and trained, to keep an efficient and proper mindset.



PROGRAM

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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 Navigation with one or mor SUPs How to use a SUP as a rescue tool
12:30 – 13:30	Lunch
13:30 – 14:30	Practical lessons of swimming in water Practical lessons of rope throwing and leash
14:30 – 18:30	Personnel equipment analysis Rescue with SUP Communication and signals in water Zip-line rescue procedure, foot joint, double lashing Low and high risk rescue
18:30 – 20:00	Video, knots De - briefing of day

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	Applicable law 81/08 Types of SUP and their use Joint management with SUP, (dangers and procedures) Foot joint Trauma management and transport with SUP Techniques in case of loss of SUP Techniques of SUP salvage
12:30 – 13:30	Lunch
13:30 – 18:30	Tests of management of more SUPs and capsizing Tests of rope cutting in case of emergency Weight management on SUP Vertical movement and slanted surface
18:30 – 20:00	De - briefing Satisfaction questionnaire Judgment and licenses release End of the course



PROGRAM

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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
- SUP and SUP equipment

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** main procedures of self rescue and rescue in whitewater, to use in case of emergency
- **Using** with safety and skills **equipment**
- **Practicing** self rescue and rescue maneuvers
- **Swimming communicating, assure safety** in case of emergency
- **Knowing how to intervene** with basic rescue skills
- **Managing** in safety a SUP trip