ATP + RIVER WATERBIKE COURSE

DURATION 3 days

FOR WHO

This course is for all those who are interested in learning how to use a waterbike in river and rescue context.

PREREQUISITES

Good physical health and swimming skills.

TRAINING METHODOLOGIES

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

@ INFO & BOOKING

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This course is aimed to all those who are interested in learning how to use a waterbike in river and rescue context and want to learn main rescue techniques with waterbike.

ATP (Auto-protection) and river waterbike course is structured in 3 days of training. The first day enhances self rescue in river and flood context, while the following two days specifically regard the use of waterbike in river.

It may seem easy to lead a waterbike, but it is not. The use of waterbike changes a lot depending on the context of usage and goal. Knowing how to lead a waterbike requires a specific formation and specific techniques of navigation.

The reading of currents, the presence of rocks, obstacles, curves, gaps, are a few of all the elements that make a trip on waterbike very interesting and complex.

During a flood a waterbike is an important resource and with this program, participants will learn main knowledge of use of waterbike in total safety.

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, dangers Approaching to the use of waterbike River PPE: typologies, laws and certifications. Swimming techiques in swiftwater
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	Personal equipment analysis Comunication and signals in water Leashing, procedures of rescue Double lashing, zip Low and high risk – first aid basics
18:30 – 20:00	Waterbike presentation Procedures of usage of waterbike/RWC De - briefing della giornata

HOURS	ACTIVITIES & CONTENT - DAY 2
8:30 – 12:30	Use of waterbike/RWC in current Removal and recover of material Starting and stopping Leading Ferries with waterbike/RWC
12:30 – 13:30	Lunch
13:30 – 18:30	Basic maneuvers Salvage of material Salvage of person with waterbike/RWC and ferry Back up on waterbike/RWC (with and without passengers) Removal and recover of material – part 2 Waterbike /RWC capsizing Recover of unconscious person
18:30 – 20:00	Maintenance of waterbike De - briefing of day

PROGRAM
A.T.P. + RIVER WHATERBIKE

HOURS	ACTIVITIES & CONTENT - DAY 3
8:30 – 12:30	Loss, capsizing and salvage of waterbike/RWC Work under corrent with rescue waterbike Simulations in water
12:30 - 13:30	Lunch
13:30 – 16:30	Simulations of intervention with waterbike Evaluation maneuvers Post-trip check of waterbike/RWC
17:00 – 18:30	De - briefing Satisfaction questionnaire Evaluation and licenses End of the course

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

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** main procedures of rescue and self rescue in whitewater and specific use of waterbike
- **Correctly using** life-saving equipment
- **Knowing use and utility** during a rescue with waterbike
- **Swimming**, **communicating**, in emergencial situations in water
- **Knowing and reading** different water sceneries, risks, dangers.
- **Practicing** basic first aid maneuvers