



# RIVER APPROACHING



**DURATION**  
**1 day**



## **FOR WHO**

A basic course with a duration of 1 day for all those who want to acquire basic information of self rescue in whitewater, in case of flood or other whitewater sceneries.

The course of river approach is a basic course with a duration of 1 day for all those who want to acquire basic information of self rescue in whitewater, in case of flood or other whitewater sceneries.

The formative day has the main goal of doing prevention, giving participants information about how to behave in case of flood and in general conditions of whitewater.

The course is very interesting for those who work in context of risk of falling in water, the program is created in accordance with Italian applicable law D.Lgs 81/08.

Therefore, volunteers and other professionals who work in such context can take advantage of this training course.



## **PREREQUISITES**

Good physical health and swimming skills

Depending of the level of risk, the program can be adapted to specific needs.

The course is not only for professionals, but also for those who are passionate in river: scout, fishermen, hiking and trekking enthusiasts...



## **TRAINING METHODOLOGIES**

Lezioni frontali, parti pratiche in acqua, con simulazioni, role-playing.  
De-briefing, lavori di gruppo.

## **@ INFO & BOOKING**

[info@rescueproject.it](mailto:info@rescueproject.it)

[www.rescueproject.it](http://www.rescueproject.it)

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# RIVER APPROACHING

## HOURS

## ACTIVITIES & CONTENT - DAY 1

<b>8:30 – 12:30</b>	Presentation of the course – first theoretical part: <ul style="list-style-type: none"> <li>• Analysis of whitewater context: river, flood</li> <li>• Risks, dangers, scenery evaluation</li> <li>• Equipment , PPE, applicable law (D.Lgs 81/08)</li> <li>• Priorities of rescue</li> <li>• Communication</li> <li>• Self rescue techniques</li> </ul> Out-of-water rope throwing tests
<b>12:30 - 13:30</b>	Lunch
<b>13:30 – 16:30</b>	Practical part Aggressive and defensive swimming Rescue with ropes Swimming in a strait Joint management First aid Simulation of self rescue or other person rescue
<b>17:00 – 18:30</b>	De - briefing Satisfaction questionnaire Evaluation and licenses End of the course

## EQUIPMENT

## GOALS

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.

- **Earning confidence** with the river and its different sceneries
- **Knowing and using** in safety all **equipment** and basic PPE
- **Knowing and practicing** main maneuvers of self rescue
- **Swimming and communicating** in case of emergency
- **Intervening** with basic rescue procedures