



# RIVER BANKS MONITORING

 **DURATION 2 days**



## FOR WHO

This course is aimed to all those who operate and personnel who work in monitoring of riverbeds, river banks and other sceneries of risk of falling in water.

The course River Bank Monitoring lasts two days and it is structured in both theoretical lessons and practical parts in water. The first day is mainly gathered toward content and skills for self rescue in swiftwater and standard procedures of quick rescue. The second day is organized in order to deal with sceneries of intervention on vertical and slanted surfaces, when monitoring river banks has a higher risk of falling in water.



## PREREQUISITES

Good physical health, good swimming skills.

The necessary PPE and their specific use will be enhanced, regarding their perks and limits in case of emergency.

This course is aimed to all those who operate and personnel who work in monitoring of riverbeds, river banks and other sceneries of risk of falling in water, for example Civil Protection, Firefighters, Public Assistance, and other operators.

## METODOLOGIE FORMATIVE



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

## @ INFO & PRENOTA

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

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# PROGRAM

## River banks monitoring

### HOURS

### ACTIVITIES & CONTENT - DAY 1

<b>8:30 – 9:00</b>	Meeting Compilation of registration form Presentation of the course
<b>9:00 – 12:30</b>	Theoretical lesson and practical simulation out of water: Rescue in whitewater: priorities, phases, high and low risk River morphology: hydrodynamics, currents, terminology, risks and dangers River PPE: types, laws, regulations. Specific equipment Swimming techniques in whitewater
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 14:30</b>	Practical simulations of swimming Practical parts of rope throwing – leashing
<b>14:30 – 18:30</b>	Personal equipment analysis River signs and communication Rescue procedures, zip line, foot joint
<b>18:30 – 20:00</b>	Video, basic knots De - briefing of day

### HOURS

### ACTIVITIES & CONTENT - DAY 2

<b>8:30 – 12:30</b>	Theoretical lesson and out-of-water tests: SIZE UP : risk management – intervention of rescue Anchoring and knots Movement on slanted surface- safety procedures Equipment and PPE according to D.Lgs 81/08
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	Practical parts: anchoring and lowering falling in water management intervention simulations in case of falling in water simulations of river bank monitoring basic first aid – management of a traumatized person
<b>18:30 – 19:00</b>	De briefing Satisfaction questionnaire Licenses and end of the course



# RIVER BANK MONITORING



## 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 and using** basic knots to use in whitewater
- **analyse** sceneries of intervention
- **distinguish and recognize** low and high risk sceneries
- **knowing** main signals of communication in river
- **knowing** main techniques **of self and others' rescue**
- **knowing and using** river equipment