



# WHITEWATER TECHNICIAN RESCUER 1 FOR CANOEIST

 **DURATION 3 days**



## FOR WHO

This course is aimed to all canoeists who want to learn self and others' rescue maneuvers on canoe and want to learn how to manage main possible incidents that can occur during a canoe trip. This course can be attended by both expert and neophyte canoeists.

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Rescue Project Whitewater Technician Rescuer course for canoeists has a duration of 28 hours, structured in both theoretical lessons and practical simulations in water.

Canoeists can access to this course for both work or personal interest, if they wish to deal with river under safety and responsibility, by acquiring standard techniques of river rescue.



## PREREQUISITES

Good physical health, good swimming skills

It is not compulsory but it is suggested to also acquire BLS certificate and the Rescue Project Whitewater Technician Rescuer 1 license and it can be integrated to this course.



## TRAINING METHODOLOGIES

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

The main goal of the course is to sensitize canoeists about culture of safety, equipment, simple and complex rescue techniques that can be useful: managing a capsizing, a joint, a tie, a boat salvage...

This course is to be seen as a starting point: self and others' rescue skills are to be constantly updated and trained, to keep a correct and efficient mindset.

## @ INFO & BOOKING

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

0463.973278 - 3292743226



# PROGRAM

## WHITEWATER TECHNICIAN RESCUER 1 FOR CANOEIST

### ACTIVITIES & CONTENT - DAY 1

#### HOURS

<b>8:30 – 9:00</b>	Meeting Compilation of registration form Presentation of course
<b>9:00 – 12:30</b>	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 techniques in canoe, how to intervene for a rescue on kayak
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 14:30</b>	Practical lessons of swimming in water Practical lessons of rope throwing and leash
<b>14:30 – 18:30</b>	Personal equipment analysis Approaching to the zone with a kayak Practical tests of swimming in river with and without kayak Communication and signals in water, equipment analysis Zip-line rescue procedure, foot joint, double lashing Rescue with low and high risk
<b>18:30 – 20:00</b>	Video, basic knots De - briefing of day 1

#### HOURS

### ACTIVITIES & CONTENT - DAY 2

<b>8:30 – 12:30</b>	Italian applicable law 81/08, material analysis CE and EN Knots, anchoring , mechanical advantages – rope throwing Tie management with a kayak, (procedures and dangers) Foot joint Tip and tail joint
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 18:30</b>	Practical simulation of capsized kayaks – kayak salvage Practical simulation of treated topics Canoe techniques Anchoring of a kayak
<b>18:30 – 20:00</b>	Stress and fear in situations of emergency Eskimo techniques Basis of hypothermia De - briefing of day



# PROGRAM

## WHITEWATER TECHNICIAN RESCUER 1 FOR CANOEIST

### HOURS

### ACTIVITIES & CONTENT - DAY 3

<b>8:30 – 12:30</b>	Kayak trip techniques Canoe technique Vertical movement, transshipment Scouting and trip programming Trip with simulations
<b>12:30 - 13:30</b>	Lunch
<b>13:30 – 16:30</b>	River crossing by foot Immobilization of victim in water Rescue simulations: group evacuation foot joint quick zip rescue techniques with and without canoe
<b>17:00 – 18:30</b>	De - briefing Satisfaction questionnaire Evaluation and licenses 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

- **Development of confidence** with specific river environment and needed knowledges for expert **rescuers** and other staff who operate in **whitewater**
- **Proper use** in safe awareness of rescue **equipment** with kayak
- **Knowing and practicing** main river and flood rescue techniques and maneuvers
- Skilled **swimming** and kayak techniques
- **Communication, safety guarantee** during emergencies in whitewater
- **Proper intervention** with basic procedures of rescue and first assistance in arduous environment