



Day 1:

Module 1 - Theory (4 hours)

- Quick brief about IRF and its functionality.
- Program briefing.
- Personal equipment and gear for a descent and maintenance.
- Hydrology: Eddy, eddy fence, holes, standing waves, V's, drops, etc.
- Standard knots Double figure eight, directional figure eight, prussik, water knot, no knot.
- IRF suggested river signals.

Module 2 - Practice (4 hours)

- Demonstration of a functional 3:1 or 4:1 mechanical advantage system, exam.
- Demonstrate Basic Rescue Techniques i.e. a challenging swim, throw bag rescue / recoil rescue, Raft flip drill.
- Safety and Paddle Briefing, commands in Raft.
- Team management in Raft.
- Drill to climb on raft
- Flip drill

Day 2:

Module 1 - Practice / Exam (6 hours - lunch on river)

- Raft control and maneuvers: ferry and ferry glides, stop, eddy out, etc.
- Defensive and aggressive swimming on rapids.
- Flip Drill
- Throw bag Rescue

Module 2 - Theory / Exam (1hr)

- Multiple choice theory exam (minimum 80% correct answers to pass)

Day 3:

Trip Leader Exam - on river scenario (every one participates)

Trip Leader candidates are assessed at handling an emergency scenario. Candidates must pass the Raft Guide Assessment with excellent evaluation.

- River emergency scenario for Trip Leader Candidates (30 to 60min.)
- Individual debrief.

End of Workshop