

R3-France workshop

# IRF And Rescue3 Workshop

Whitewater Rescue Technician-Professional (WRT-Pro)  
IRF certifications (International Rafting Federation)



**Dates :**

From 02 to 08 June 2018

**Duration :**

7 days

**Location:**

FRANCE - Centron  
73210 Aime La Plagne - Savoie

**Cost::**

750,00 €/pers (\*).  
At least : 4 pers.

(\*): the IRF registration fees must be added, depending on the level of certification validated. For more information, contact us.



## Public

The "IRF and Rescue3" training course is intended for rafting guides and whitewater professionals who are already active (RAFT guides, canoe-kayak instructors), but also experienced kayakers who wish to improve or recycle their knowledge and obtain international certifications.

## Prerequisites

To be able to swim, to be 18 years old and to have a professional experience in the practice and the supervision of whitewater sports. Master the realization of specific knots (training sheet provided at registration).  
Have a valid first aid certificate.

## Goal

WRT-Pro certification  
IRF certifications (guide, trip-leader et safety-kayak).  
Acquire or recycle his knowledge and skills as a professional RAFTING guide according to the criteria of the Rescue3 WRT-Pro and the International RAFTING Federation (IRF).

## Teaching methods

Classroom theory classes with PowerPoint support and WRT-Pro manual.  
Practical lessons on land and in the water with scenarios and simulations of incidents.  
Supervision by WRT-Instructors (Whitewater Rescue Technician Instructor) and IRF Instructors (International Rafting Federation).  
Instructors : R3-France WRT Instructors and **Mark HIRST** (WRT-I and IRF instructor).  
An instructor for 8 trainees.  
Material resources provided by R3-France

## Perido of validity

3 years

**Contact :** R3-France - 57, impasse de la Verdanne-Albens 73410 ENTRELACS - FRANCE  
[contact@r3-france.com](mailto:contact@r3-france.com) - Phone : +33.(0)7.69.99.22.26.  
R3-France SAS : SIRET : 829 454 156 00011

## Program and contents

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This program is given for information and is subject to change. All the contents of the Rescue3 WRT-Pro and IRF courses will be covered during this training, the instructors reserving the right to modify the program according to the weather conditions, river flow variations and trainees level.  
(CT: classroom theory course, CPT: practical course on land, CPE: practical course on water)

### Day 1

#### **Morning and afternoon**

Rescue3 WRT-Pro (CT, CPT and CPE)

### Day 2

#### **Morning and afternoon**

Rescue3 WRT-Pro (CT, CPT and CPE)

### Day 3

#### **Morning and afternoon**

Rescue3 WRT-Pro (CT, CPT and CPE)

### Day 4

#### **Morning and afternoon**

IRF training (CPT et CPE)

### Day 5

#### **Morning and afternoon**

IRF training (CPT et CPE)

### Day 6

#### **Morning and afternoon**

IRF certifications (International Rafting Federation)

### Day 7

#### **Morning and afternoon**

IRF certifications (International Rafting Federation)

#### **Evaluation methods:**

The assessment of competencies is based on the Rescue3 Europee and IRF criterias.  
Evaluation of theoretical knowledge: written test.  
Assessment of practical skills: technical tests (guiding skills, flip test, swimming test, throwbag test, knots and mechanical advantages test, etc...).

What to bring...

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## About gear

- All or part of the equipment is available for rent or sale ;
- If you need to buy equipment before coming to the training, or if you are unsure about the type of gear to acquire, do not hesitate to call us or to contact us:
- by email: [contact@r3-france.com](mailto:contact@r3-france.com) Or by phone : +33(0)7.69.99.22.26.

## Personal equipment

- PFD with integrl quick release chest harness ;
- Helmet ;
- Throwbag with carry system (lenght between 15 and 25m) ;  
Wet-suit or Dry-suit ;
- Thermal layers ;
- Footwear ;
- Kayak and paddle (if you want to attempt the safety kayak certification).

## Personal hardware

- 4 locking carabiners ;
- 3 pulleys;
- 2 Prussiks ;
- 1 tape (width 2,5 cm, length 5 m) ;
- Whistle and knife.

## What else ?

- Rainwear (pant and jacket) ;
- Headlamp (waterproof if possible).

## Team equipment

- R3-France provides all the team equipment