

RAFTING GUIDE TRAINING, IRF, STRUMA RIVER, KRESNA – SIMITLI, BULGARIA

Official dates: 01-04.04.2014

INSTRUCTORS:

Alexander Pastir, Bosnia - IRF instructor, class 3.

Davor Kos, Croatia - IRF instructor, class 4/5.

Emil Begunov, Bulgaria - IRF instructor, class 3.

Local organizer - Adventure Net, email: office@adventurenetbg.com

Every day there will be included theoretical part and training on the river once or twice per day depending of the weather. The start will be at 9 am till 5 pm, daily.

Important! There will be organized pre-training and workshop for beginners 3 days before the official dates (from 29 till 31.03 when the beginners can prepare for the official training).

The training will include the next modules:

- 1. Common theoretical part. Safety briefing.**
- 2. Paddling techniques, guiding techniques. Flip and re-flip.**
- 3. Communication in the river. Signals.**
- 4. Rescue and self rescue techniques. Swimming in the river. Safety rope. First aid.**
- 5. Rope, nuts, rope systems.**
- 6. Scenarios and situations in the river.**

Detailed program will be announced soon.

Additional information:

Each participant shall have:

- First aid certification.
- Full equipment (paddle, helmet, life jacket, throw bag, knife, and flipline).

If you need any equipment, we can provide it upon request.

Payment and price:

The course fee is 100 euro (free for women) + additional expenses for food, transport and accommodation for the course instructors, including local transport, drivers for the participants' buses and boat trailer. Expected amount is around 20-30 E per person.

In order to be included in the IRF's guide database and to receive an IRF Guide Card, each participant must have paid registration fee to the IRF, present first aid certificate and be 18 years or older when passing the exam.

For Guides: 35 Euro

For Trip Leaders: 55 Euro

Accommodation:

We provide support with arranging accommodation of several types:

- Tents in Adventure Net camp

- Eco village Debeli Dab, village Stara Kresna: 20 lv. per person in double room with hot water, WC,
- 3 star Hotel in the town of Kresna: hotel „Brioni” – 20 BGN per person in a double room, with WC, hot water.
- Motel at Kresnenski Hancheta : 20 BGN per double room with WC, hotwater.
- Local family houses in the nearby villages: 15 BGN per person with WC, hot water
- If you need reservation or some other equipment – please contact us.

Food:

There are several dining options in the region – at the Adventure Net camp, Eco village Debeli dab, the restaurants in Kresna, Kresnenski Hancheta or self-catering in Kresna shops.

*Changes in the program are possible depending on weather and other unforeseeable events for which all participants will be informed in due course.

Registration deadline for participants: 25.03.2014!

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