

## **IRF RIVER GUIDE TRAINING COURSE KRESNA, BULGARIA**

**02-06.04.2013 river Struma, Kresna Gorge**

Aleksandar Pastir, Bosnia:IRF instructor class 3 [acorftbl@gmail.com](mailto:acorftbl@gmail.com)  
Davor Kos, Croatia: IRF instructor class 4/5  
Emil Begunov: IRF instructor class 3

Local host and support: "Adventure Net" [office@adventurenetbg.com](mailto:office@adventurenetbg.com)

For beginners or those who wish to improve their qualification.

### **Program:**

#### **1day:**

10.00 – 11.00h Introduction to guides training.

11.00 – 13.00h Safety briefing, training.

13.00 – 16.00h River training (paddling and rafting techniques, crew management...).

16.00- 17.00h Discussion and questions.

#### **2day:**

10.00h -18.00h Signals, rescue and rope techniques, emergency procedures...

#### **3day:**

10.00h - 18.00h Rafting training techniques, scenarios.

#### **4day:**

10.00h - 18.00h Rafting training techniques, scenarios, exam.

#### **5day:**

10.00h Official opening of the rafting season 2012. Media, speeches, awarding. Demonstrations.

12.00h. Exam.

20.00h Party time.

### Other information:

#### **Each participant must have:**

- First aid certification.

- Full equipment (paddle, helmet, life jacket, throw bag, knife, and flip line).

If you need any equipment, please do not hesitate to contact us at least a week before the event at: [office@adventurenetbg.com](mailto:office@adventurenetbg.com)

### **Method of payment and course fee:**

- The course fee is 100 euro(no fee 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 around 20-30 E per person).
- Fee must be paid on the venue to the organizers, Adventure Net before the beginning of the training.

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 and be 18 years or older when passing the exam.

- For Guides: 30 Euros
- For Trip Leaders: 50 Euros

**Accommodation:** We provide support with arranging accommodation of several types:

- Tents on Adventure Net camp.
- 3 star Hotel in the town of Kresna: hotel „Brioni” – 20 vl. per person in double room, with WC, hot water.
- Motel at Kresnenski hancheta: 20lv. per double room with WC, hot water.
- Local family houses in the nearby villages: 15 lv. 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, the restaurants in Kresna, “Kresnenski hancheta” or self-catering in markets in Kresna.

### **Contacts:**

E-mail: [office@adventurenetbg.com](mailto:office@adventurenetbg.com)

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