

# IRF - International Rafting Federation

## **Raft guide course and guide assessment in Omiš, Croatia river Cetina 2,3,4 and 9,10,11 October 2015**

Every rafter who would like to be certified by IRF is wellcome on IRF course and assessment.

**Location:** Croatia, Omiš, Cetina river (class II-III)

**Date:** 2,3,4 and 9,10,11 October 2015

**Language:** Croatian, English

**Student/instructor ratio:** max 8:1

### **COURSE PROGRAM:**

#### **Thursday 1st October 19:00 – 21:00**

- ⑩ Meeting at the Medovićeveva 37, 21000 Split
- ⑩ IRF, assesments criteria, course program, paperwork

#### **Friday 2nd October 8:00 – 19:00**

- ⑩ responsibilities
- ⑩ personal and group equipement
- ⑩ hidrology
- ⑩ water related health ishue
- ⑩ safety and rescue rules
- ⑩ ropes and knots
- ⑩ comunication
- ⑩ swimming
- ⑩ use of throw bags
- ⑩ belaying systems
- ⑩ shallow water crossings
- ⑩ strong swimmer rescue

#### **Saturday 3rd October 8:00 – 19:00**

- ⑩ anchors
- ⑩ Crew training and management, Safety talk, Crew placement, Paddling technique, Other instructions, Assessment, Motivation
- ⑩ flip dril - getting self/others into/onto a boat
- ⑩ Rapid reading - identifying whitewater features from the boat and from shore (scouting);
- ⑩ Paddling strokes, Ferry glides, Breaking in and out of eddies, Rapid running, Setting off/landing, High sides/overs, Lining/ portaging.

#### **Sunday 4th October 8:00 – 19:00**

- ⑩ risk assesment
- ⑩ group organisation
- ⑩ incident assesment, planing and menagment,
- ⑩ mechanical advantage systems
- ⑩ Paddling strokes, Ferry glides, Breaking in and out of eddies, Rapid running, Setting off/landing,

**Friday 9<sup>th</sup> October 8:00 – 19:00**

- ⑩ transferring rope on other side
- ⑩ controlling raft with ropes ( 2 and 4 points )
- ⑩ swimmer - V i Y methodes
- ⑩ strainer swimming
- ⑩ Paddling strokes, Ferry glides, Breaking in and out of eddies, Rapid running, Setting off/landing,
- ⑩ situation/scenarios

**Saturday 10<sup>th</sup> October 8:00 – 19:00**

- ⑩ tension diagonal
- ⑩ foot entrapment
- ⑩ wrapping
- ⑩ holes , swim, selfrescue, rescue
- ⑩ Paddling strokes, Ferry glides, Breaking in and out of eddies, Rapid running, Setting off/landing,
- ⑩ situation/scenarios

**Sunday 11<sup>th</sup> October 8:00 – 19:00**

- ⑩ assessment

**Accomodation:**

Organizers can help you to book apartement or camping.

Contact person: Toni Poljak

Contact telephone: mobile: + 385 91 510 61 94

e-mail: [toni@dalmatiarafting.com](mailto:toni@dalmatiarafting.com)

**Participation fees:**

All participants need to pay registration fee for the course:

**Price: 255 €**

Price includes 5 day course, assesment, registration fee for the IRF which includes an IRF Guide ID Card,, registration at the IRF's guide database

Registration via email at [toni@dalmatiarafting.com](mailto:toni@dalmatiarafting.com).

**Gude training program:**

Have a look at [www.internationalrafting.com](http://www.internationalrafting.com) under guide training topic

<http://internationalrafting.com/wp-content/uploads/2010/02/guide-training-program-11.11.09.pdf>

**Raft Award Scheme**

Have a look at <http://internationalrafting.com/wp-content/uploads/2010/02/IRF-Raft-AS4.1.pdf>

**River signals**

Have a look at <http://internationalrafting.com/wp-content/uploads/2010/03/IRF-river-signals-2010-V1.pdf>

**Guides card are issued after:**

- passed assessment
- payed registration fee
- sent photo, proof of experience and copy of valid 1st aid qualification incl CPR

Toni Poljak  
International Rafting Federation  
Class III Instructor