

IRF - International Rafting Federation

Raft guide course and guide assessment in Omiš, Croatia river Cetina 22-29th September 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: 22-29th September 2015. (Wednesday Evening – Monday)

Language: Croatian, English

Instructor/student ratio: max 8:1

COURSE PROGRAM:

Tuesday 22th September 19:00 – 21:00

- ⑩ Meeting at the Stefan Barbarić house (Rogač 1/10, Duće, Omiš)
- ⑩ IRF, assesments criteria, course program, paperwork

Wednesday 23th September 8:00 – 19:00

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

Thursday 24th September 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.

Freeday 25th September 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,

Saturday 26th September 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/scenariosins

Sunday 27th September 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

Monday 28th September – free

Tuesday 29th September 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

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 Card,, registration at the IRF's guide database

Registration via email at toni@dalmatiarafting.com.

Gude training program:

Have a look at 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