



IRF WORKSHOP

GUIDE - TRIP LEADER - INSTRUCTOR

DURANCE - GUIL - UBAYE

19-20-21-(22) MAY 2012

FRANCE

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ORGANISATION

Dirk Ladiges
IRF Instructor 4/5

Pieter Bekkers
IRF Assessor

PROGRAM

Friday May 18th

20h00 Registrations / payments etc. at Camping Les Eygas.

Saturday May 19th

09h30 Start program

- Introduction IRF Award Scheme and general information.
- Practice river Guil / Ubaye Class 3-4-5, Rafting techniques.
- Specific skills like e.g. swimming in rapids, use of throwbag, raft flipping/reflipping, rope techniques, Z-drag and other functional 3:1 or 4:1 pulley systems built from their own gear within 5 minutes.
- Briefing safety and boat management.

Sunday May 20th

09h30 Start program

- Emergency Scenario training river Guil / Ubaye, maximum 1 hour per participant.
- Trip Leader & Instructor Assessment.

Monday May 21st

09h30 Start program

- Instructor assessment, accomplish a theoretical lesson; the subject will be given the evening before.
30-45 minutes, depending on the number of participants.

17h00 End Workshop.

Option May 22th (4th day) IRF Workshop Safety Craft € 75,00 extra costs.

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INFORMATION

Administration

Each candidate has to provide the following at the registration:

- A current* Medic First Aid certificate (MFA) or equivalent with Cardiopulmonary Resuscitation (CPR).
***Current** MFA and less than 2 years old.
- Log book recording each run, signed by the Trip Leader or Operations Manager of the company, as proof of experience.
- Proper accident insurance certificate covering rafting
- ID card / passport
- Appropriate IRF Fee

Candidates have to take care themselves for e.g.

- Neoprene or dry suit, jacket, appropriate foot gear
- Helmet, paddle, bouyancy aid with rescue belt and quick-release buckle
- Guide gear
- Pen and paper
- Meals
- When sleeping on the campingsite; tent / sleeping bag / air mattress etc.



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INFORMATION

Address Workshop

Camping Les Eygas - Fontmolines - 05380 Châteauroux les Alpes - France

Fees

Workshop Participation Fee: 295 EUROS p.p.

This participation fee has to be paid before the start of the workshop.

Payment on the spot (cash) or by Bank Transfer:

Wildwaterschool.nl

Hoofdstraat 202

6024 AB Budel

The Netherlands

Account no. 1420.62.766

IBAN no. NL 16 RABO 0142 0627 66

BICcode RABONL2U

IRF Registration Fees, payment at the spot (cash):

- 30 EUROS Raft Guide
- 50 EUROS Trip Leader
- 100 EUROS Instructor

Registration

info@wildwaterschool.nl

Pieter Bekkers

Hoofdstraat 202

6024 AB Budel

The Netherlands



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INFORMATION

Stay Suggestion 1

Camping Les Eygas

Fontmolines

05380 Châteauroux les Alpes

Tel. 0033.492.43.63.80

Mail info@franse-alpen.nl

Web www.franse-alpen.nl

Price Camping: 8,50 EUROS per night

Price is for 1 person, tent, vehicle, local tourist tax

Electricity connection is not included in this price

Stay Suggestion 2

Chambre D'Hôtes Les Peschiers

Avenue de la Gare

05380 Châteauroux les Alpes

Tel. 0033.492.43.10.67

GSM 0033.6.83.85.30.99

Mail contact@lespeschiers.fr

Web www.lespeschiers.fr

Price Chambre D'Hôtes: 65 EUROS per night (2 pers. including breakfast)



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ITINERARY

To Chambre d'Hôtes Les Peschiers and Camping Les Eygas

From Briançon

- RN94 direction Embrun/Gap
- Pass through Saint-Clément-sur-Durance and take the 2nd exit Châteauroux les Alpes (Don't take the 1st exit Châteauroux but take the exit Châteauroux les Alpes / Les Ecrins)
- At the roundabout turn right
- **Chambre d'Hôtes Les Peschiers** faces directly at the left side
- Carry on this road to Camping Les Eygas and take the 2nd road left
- Pass the football pitch (football pitch is at your right side) and turn left at the V-junction
- Pass through between the houses and take the sharp turn left
- Drive down this little road and pass under the little bridge
- Behind the railway **Camping Les Eygas** faces at the left side

From Gap

- RN94 direction Embrun/Briançon
- At the roundabout before Embrun follow the road sign to Châteauroux les Alpes
- At the next roundabout drive straight to Briançon. Do NOT take here already the direction to Châteauroux les Alpes but take the exit Châteauroux les Alpes / Les Ecrins at your right side
- Pass under the RN9 and take the 2th exit at the roundabout, up to the little village
- **Chambre d'Hôtes Les Peschiers** faces directly at the left side
- Carry on this road to Camping Les Eygas and take the 2nd road left
- Pass the football pitch (football pitch is at your right side) and turn left at the V-junction
- Pass through between the houses and take the sharp turn left
- Drive down this little road and pass under the little bridge
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GPS coordinates Chambre d'Hôtes Les Peschiers

44°36'37"N , 6°30'41"E

GPS coordinates Camping Les Eygas

44°60'184"N , 6°52'750"E