



International Rafting Federation

Raft Guide and Trip Leader Workshop Grade 3 September 2,3 - Sjoa River - Norway

Instructor: Alejandro Cuéllar Giordano

IRF Workshop Program:

Day 1: On Sjoa river Normal Section - Raft Guide Assessment (Theory and Practice)

08:00 Meeting point: Conference room at GoRafting.no, heidalsvegen, Nedre Heidal.
Quick brief about IRF and its functionality.
IRF river signals.
Program briefing.

09:00 Packing and heading to Sjoa Normal Raft put-in.
Safety Briefing exam.
Demonstrate any functional 3:1 or 4:1 mechanical advantage system.
Demonstrate Rafting Techniques.
Basic Rescue Techniques i.e. a challenging swim, throw bag rescue / recoil rescue, Raft flip drill, (Lunch on the river).

18:00 Multiple choice theory exam.

Day 2: On River Scenario Handling - Trip Leader Assessment (all river guides must participate to help on scenarios). Trip Leader candidates are assessed at handling an emergency scenario. Candidates must pass the Raft Guide Assessment with excellent evaluation.

09:00 Packing and heading to Sjoa Harlaug bru put-in.
River emergency scenario for Trip Leader Candidates.

15:00 Individual feedback and results, end of workshop.

IRF Registration and Certification fees:

Raft Guide :	320 Kr
Raft Trip Leader:	470 Kr
Workshop Fee:	650 Kr

Every candidate must bring:

- Personal River gear: PFD with rescue harness, Helmet, 2 prussiks, 2 Carabiners, Knife, whistle, flip line, individual throw bag, dry suit or thick wetsuit.

- Personal river lunch.

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