



## IRF GTE – GUIDE TRAINING PROGRAM (GTP)

### CONTENT AND LEARNING OUTCOMES

*The document below lists the tasks and student learning outcomes needed for an IRF GTE compliant Guide Training Program (GTP). It is advised that the GTP is run over a 5-day period with a minimum of 30 hours student to instructor contact time. This does not include comfort breaks. It is recommended that the instructor to student ratio should not exceed 1:7.*

	<b>Element</b>	<b>Learning outcome</b>	<b>Key teaching points</b>
1.0	The aims of the IRF	Explain the aims of the IRF	The IRF is a non-profit democratic body aiming to bring the world of rafting together
1.1	The structure of the IRF	Understand the structure of the IRF	BOD, Sub-committees, democratic vote
1.2	IRF Committees	Understand the various committees and roles within the IRF	Sport & Competition, GTE, Conservation, Recreation, International Relations
1.3	IRF Award systems	Understand the various training modules within the GTE System	Raft, Inline raft, Safety raft, Safety kayak
1.4	GTE designations	Understand the various designations within the GTE System	Provisional, Level 2,3,4,5, Instructor, Assessor
1.5	GTE award prerequisites	Explain the requirements to maintain an IRF award	First Aid requirements Logbook requirements IRF administration procedures

2.0	The role of the raft guide within a commercial trip	Understand the responsibilities of a commercial raft guide and duty of care commitments. Recall the remit of a raft guide according to the GTE designation	Professionalism always, the results of negligent actions and behaviours, level 3 guide can work on class 3 water and below
2.1	Pre-trip customer screening	Recognise the need for pre-trip screening in order to understand the needs of the customers	Medical and medication issues, swimming ability, dietary issues, language and communication, understanding of risk
2.2	Guide Personal Protective equipment (PPE)	Understand the minimum PPE requirements needed to operate as a professional raft guide	Helmet, PFD, footwear, drysuit/wetsuit, knife, whistle



	Element	Learning outcome	Key teaching points
2.3	Guide Personal Rescue Equipment (PRE)	Understand the minimum PRE requirements needed to operate as a professional raft guide	4 carabiners, 3 pulleys, 2 prussic loops, 1 flip line, 1 throwbag.
2.4	IRF signal system	Recall all of the IRF signals	Each of the guides on the trip must be working off the same set of signals.

3.0	The need for a pre-trip safety demonstration	Explain why a pre-trip safety demonstration is needed	A poor safety demonstration will result in a poor trip
3.1	How to set the environment for a safety demonstration	Understand why the correct environment is needed for a successful safety demonstration	Customer positioning, guide personal presentation, explanation as to why we need a safety demonstration, guide positioning, summary
3.2	IRF minimum standards for a safety demonstration	Recall and understand the topics that must be mentioned during a safety demonstration	Introduction, customer PPE, paddles and T-pieces, sitting in the raft, how to paddle, white water swimming and do not stand up, throwbag and reaching rescuers, throwbag rescues, flips, summary

4.0	Hydrology	Understand the basics of hydrology	Water is measured in cumecs. The direction of flow and current vector, volume, the effects of water on obstacles.
4.1	Whitewater terminology	Recall whitewater terminology	Upstream, downstream, river left/ right
4.2	Whitewater features	Have a basic understanding of whitewater features and their causes	Eddies, standing waves, pour-overs, hydraulics/ stoppers, haystacks, downstream v, upstream v
4.3	Whitewater hazards	Have a basic understanding of whitewater hazards	Strainers, undercuts, siphons, man-made hazards
4.4	The international whitewater classification system	Understand the international whitewater classification system	Classes 1-6, classification of rivers and rapids is subjective

5.0	Basic guide strokes	Demonstrate basic guiding strokes in a minimum class 2 environment	Forwards paddling, backwards paddling, turning strokes, pry strokes, active blade guide stance and positioning in the raft
5.1	Basic crew commands	Demonstrate basic crew commands in a minimum class 2 environment	Forwards / backwards paddling, turning commands, hold on , get down, high sides



	Element	Learning outcome	Key teaching points
5.2	Basic manoeuvres	Demonstrate basic raft manoeuvres using the crew in a minimum class 2 environment	Eddy in /out, forwards / reverse ferry glide, utilize momentum and drift, surfing if appropriate.
5.3	Identifying whitewater features whilst on the move.	Identify a variety of river features whilst moving downstream and demonstrate their effects on the raft in a minimum class 2 environment	Downstream V, whitewater, eddy, hydraulic, standing waves, midstream rocks
5.4	Rapid running	Demonstrate navigating a raft and crew on a minimum of class 2 environment	Crew communication and management, raft positioning, client positioning
5.5	Use of CLAP	Demonstrate the understanding and use of CLAP whilst participating in a flotilla of rafts	Communication Line of sight Avoidance Positioning
5.6	Trip participation	Demonstrate good positioning within a commercial trip.	Spacing, positioning with relation to CLAP, identify the lead and sweep boats, functional signalling
5.7	Trip planning	Explain the factors to consider when planning for a day trip or multiday trip	Emergency equipment, evacuation plans and standard operating procedures. Multiday planning and logistics, running a camp
5.8	Emergency planning	Explain the points needed in an Emergency Action Plan (EAP)	Communications, maps, emergency contacts, evacuation points, post emergency debriefs
5.9	Raft repair and maintenance	Recall how to maintain a raft and make basic patch repairs	PVC vs Hypalon repairs and patching, emergency repair kits, correct raft inflation, maintaining perimeter lines and fixed ropes
5.10	Paddle raft configurations	Understand and demonstrate the different ways to manoeuvre a raft in whitewater	Bow/stern guiding, R1, R2, focus on correct trim of the raft.

6.0	Defensive whitewater swimming	Demonstrate defensive whitewater swimming	When and where, feet up looking around, when to breathe, aggressive defensive swimming, swimming through features
6.1	Aggressive whitewater swimming	Demonstrate aggressive whitewater swimming	When and where, big long strokes, head still, swimming through features
6.2	Entering whitewater	Demonstrate different techniques to enter whitewater	Entering from height, flat entry, entering in relation to the current

6.3	Ferry gliding	Demonstrate ferry gliding whilst swimming defensively and aggressively	Point your head where you want to go in order to set the correct angle
6.4	Receiving a throwbag	Demonstrate how to receive a throwbag	Arms up, eye contact, rope over the correct shoulder
6.5	Strainer hazards	Explain the hazards of swimming near strainers.	Avoidance is better than cure

7.0	True and conditional rescues	Explain the difference between true and conditional rescues	Conditional rescues are when the victim helps in the rescue, true rescues are when the victim is unable to help in the rescue
7.1	Priorities in a rescue	Explain the priorities in a rescue	Self, team, victim, equipment
7.2	Conditional rescues	Demonstrate conditional rescues	Swim to the raft/ shore, reach rescue, throwbag rescue
7.3	True rescues	Demonstrate a true rescue	Raft chase, unconscious swimmer, rescue from the riverbank
7.4	Throwbag theory	Explain the uses and limitations of a throwbag	Throwbag design and management, do not introduce friction to the rope, always carry a knife
7.5	Throwbag technique	Demonstrate how to use a throwbag	Contact the swimmer, dynamic and static belays, back up, recoiled throw, avoid throwing from a raft
7.6	Use of the chest harness	Explain and demonstrate the use of a chest harness	Where and when to use a harness, release system, avoid using the harness for towing, not for use at height operations
7.7	Shallow water technique	Demonstrate moving in a shallow water environment	Moving alone, 2 person techniques, moving with a casualty, moving with an unconscious casualty, moving with multiple people
7.8	Foot and body entrapment	Explain how to avoid foot and body entrapments	Good safety talk, constant reminding, keep your feet up, properly fitted PPE
7.9	Entrapment rescues	Demonstrate foot body entrapment rescues with single and both bank access	Quick and dirty are the most successful rescues, single bank technique, double bank technique, time critical rescue vs recovery.

8.0	Pinned Boats	Recall the procedure for unpinning a raft	Strong arm, rope pull, vector pull, mechanical advantage, pulling angles, back up plan
8.1	Technical rescue Equipment	Explain the functions, uses and limitations of basic river rescue equipment	Floating ropes and static ropes, carabiner design, webbing vs closed slings, prussic and pulleys



8.2	Knot construction	Demonstrate and explain the application of a selection of knots	Figure of 8 family, clove hitch, friction hitch, double overhand, double fisherman's, tape knot, alpine butterfly, round turn and 2 half hitches, coiling rope
8.3	Anchor construction	Demonstrate and explain the application of a selection of anchors	Single point, basket hitch, wrap 3 pull 2, wrap 2 pull 1, no knot. boatman's anchor, load sharing and load distributing, internal angles
8.4	Mechanical advantage	Explain the difference between mechanical advantage (MA) and change of direction	MA is when a bite of rope moves through time and space, change of direction is when the pulley is attached to the anchor or does not move through time and space.
8.5	Mechanical advantage	Demonstrate how to construct mechanical advantage systems	Internal simple 2:1, 3:1, 5:1, Internal compound 9:1, external compound 4:1, Rule of 12
8.6	Line crossing techniques	Recall the different techniques used to get a line across a river	Throw, paddle, pilot line, avoid swimming a line, upstream spotters downstream rescue, have a backup plan
8.7	Tensioned diagonals	Demonstrate how, where & when to use a tensioned diagonal (TD)	Dynamic TD, static TD, releasable anchors, TD in relation to the current vector, moving multiple victims

9.0	Head count	Explain the reason for making a head count ASAP after a flip, wrap or surf	The head count is the job of each guide not just the guide who has swimmers
9.1	Dealing with a flipped raft	Demonstrate how to deal with a flipped raft	Head count, customer positioning, customers onto the up turned raft, where and when to re flip, support for a flipped raft
9.2	Reflipping a raft	Demonstrate how to re flip a raft and get back in	Climbing up, getting back in.
9.3	Customer communication	Explain how to communicate with the customers the possibility of a flip, and what to do if the raft flips	Avoid flipping on purpose, post flip check in with customers (flipping is part of rafting, are all ok )