

R3-France workshop

# IRF certifications Workshop

IRF certifications (International Rafting Federation)



<b>Dates :</b> From 19 to 21 of may 2023	<b>Duration :</b> 3 days	<b>Location:</b> FRANCE - Centron 73210 Aime La Plagne - Savoie	<b>Cost::</b> 125,00 €/day/pers (*). At least : 4 pers.
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(\*) : the IRF registration fees must be added, depending on the level of certification validated. For more information, contact us.

(\*\*) : the duration of the course can vary according to the number of participants. See page 2.



## Public

The "IRF certifications » workshop is intended for rafting guides and whitewater professionals who are already active (RAFT guides, canoe-kayak instructors), but also experienced kayakers who wish to improve or recycle their knowledge and obtain international certifications.

## Prerequisites

To be able to swim, to be 18 years old and to have a professional experience in the practice and the supervision of whitewater sports. Have a valid first aid certificate.

## Goal

IRF certifications (guide, trip-leader et safety-kayak).  
Acquire or recycle his knowledge and skills as a professional RAFTING guide according to the criteria of the International RAFTING Federation (IRF).

## Teaching methods

Practical lessons on land and in the water with scenarios and simulations of incidents.  
Supervision by IRF Instructor (International Rafting Federation).  
An IRF instructor for 8 trainees.  
Material resources provided by R3-France

## Period of validity

3 years

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## Program and contents

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This program is given for information and is subject to change. The instructors reserving the right to modify the program according to the weather conditions, river flow variations and trainees level. **The duration of the course can vary depending on the number of participants : maximum 4 days, minimum 2 days. We will inform you the previous week, depending of the number of participants.**

(CT: classroom theory course, PCL: practical course on land, PCW: practical course on water)

### Day 1

#### **Morning**

IRF certifications prestation (CT)  
Communication and PPE (PCL)  
Safety talks (PCL)

#### **Afternoon**

Safety demonstration, rafting guide and safety kayak skills, flotilla and crew management (PCW)  
Whitewater swimming test (PCW)

### Day 3

#### **Morning and afternoon**

Ropework test (PCL)  
trip leader scenarios (PCW)

#### **Afternoon**

Written paper test (CT)  
Results and debriefing

### Day 2

#### **Morning and afternoon**

Safety demonstration, rafting guide and safety kayak skills, flotilla and crew management (PCW)  
Throwbag test (PCW)

#### **Afternoon**

Safety demonstration, rafting guide and safety kayak skills, flotilla and crew management (PCW)  
Flip drill test (PCW)

#### **Evaluation methods:**

The assessment of competencies is based on the IRF criterias. Evaluation of theoretical knowledge: written test.

Assessment of practical skills: technical tests (guiding skills, flip test, swimming test, throwbag test, knots and mechanical advantages test, safety briefing, etc...).

What to bring...

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## About gear

- All or part of the equipment is available for rent or sale ;
- If you need to buy equipment before coming to the training, or if you are unsure about the type of gear to acquire, do not hesitate to call us or to contact us:
- by email: [contact@r3-france.com](mailto:contact@r3-france.com) Or by phone : +33(0)7.69.99.22.26.

## Personal equipment

- PFD with integral quick release chest harness ;
- Helmet ;
- Throwbag with carry system (length between 15 and 25m) ;
- Wet-suit or Dry-suit ;
- Thermal layers ;
- Footwear ;
- Kayak and paddle (if you want to attempt the safety kayak certification).

## Personal hardware

- 4 locking carabiners ;
- 3 pulleys;
- 2 Prussiks ;
- 1 tape (width 2,5 cm, length 5 m) ;
- Whistle and knife.

## What else ?

- Rainwear (pant and jacket) ;

## Team equipment

- R3-France provides all the team equipment