

Canyoning course with purelements

On completing this canyoning course you will be well prepared for the aptitude test of a canyoning training programme, able to take part in the most demanding guided canyoning tours and to contribute actively to tour planning and execution. Because the course is short and therefore cannot provide the necessary experience and knowledge, it does not qualify you to descend canyons of all grades independently.

The canyoning course is ideal for anyone who wants to take a closer interest in the sport of canyoning.

Our canyoning course gives you comprehensive basic knowledge of the sport of canyoning and offers help and advice on finding important information and interpreting it correctly. This requires both theory units and practical exercises in the canyons. We make sure that what you learn in theory can be experienced and consolidated in practice right away.

Course content

- Materials and equipment
    - Wetsuit, harness, helmet, e.g. “Having the right equipment with you”
    - Ropes, e.g. “Which rope for which canyon”
    - Karabiners, e.g. “Which karabiners to use with which system”
    - Anchors, e.g. “Having the right equipment for each type of anchor”
    - Slings, e.g. “Using cow’s tails, tape slings and accessory cord correctly”

- Ropes and knots
    - Knots, e.g. “Important knots and how to use them”
    - Building anchors, e.g. “Assessing and securing”
    - Releasable systems, e.g. “The advantages of flexibility”
    - Various abseiling techniques, e.g. “Passive, active and active-passive abseiling”
    - Rope extensions, e.g. “Greater safety and comfort”



- Tour planning
    - Hydrology, e.g. “Protecting the environment and wildlife”
    - Meteorology, e.g. “Knowing, reading and assessing sources”
    - Topography, e.g. “Identifying water catchment areas”
    - Geology, e.g. “Different ground, different rock, different hazards”
    - Drawing up packing lists, e.g. “Entering the canyon well prepared”

- Judging and assessing situations in the canyon
    - Recognising hazards, e.g. “Particular risk of falls or rockfall”
    - Jumping and sliding techniques, e.g. “The best technique for each spot”
    - Whitewater hazards, e.g. “Recognising aquatic risks”

Format

- The course lasts 5 programme days
- Course days start at 08:30
- Any changes to the start time because of special programme items are agreed with the participants during the course

- Descents of different canyons with a mix of practical and theory units
- Course days end at about 16:30 every day

Important!

Completing the canyoning course is no substitute for canyoning guide training!



