Requirements Profile River Rafting Guide 1

**Syllabus, levels of depth and exam content
for the River Rafting Guide 1 module**

1. Training content

Level of depth	Depth in training	Training goal
A	**Consolidated, practised**	Skills: demonstrate reliably and repeatably Knowledge: able to pass on to customers
B	**Done several times**	Knowledge and skills: able to apply independently
C	**Heard, read, seen or done once**	Be familiar with

2. Exam content

	Compulsory exam content
P	**practical exam**
X	**theory or practice**
V	**Prerequisite for exam registration. To be checked by the trainer.**

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Training content	Depth	Exam	Check

1. Technical competence in river rafting

1.1. Paddling technique

Paddling technique

-	Paddle grip	A	X	( )
-	Forward and back stroke: paddling technique, use of the body, boat movement	A	X	( )
-	Stroke rhythm	A	X	( )
-	Draw stroke & pry: paddling technique, use of the body, boat movement (also sideways)	B	X	( )
-	Guide's position in the boat: effect on power	B	X	( )
-	Paddle blade depth and angle	B	X	( )
-	Back-Guiding	B	X	( )
-	Front-Guiding	C		( )
-	Health risks of poor paddling technique	C		( )

Steering technique

-	With commands	Correct commands for the situation	B	P	( )
-	With guide paddle	Correct use of strokes for the situation	B	P	( )
-	Manoeuvring a raft alone (R1)		B	P	( )
-	Steering from different positions		B		( )
-	Guiding with an oar frame		C		( )

Command technique

-	Commands	“Forward (left / right)”	A	X	( )
		“Back (left / right)”	A	X	( )
		Combining commands for turns	A	X	( )
		“Stop (Merci)”	A	X	( )
		“All left / All right”	A	X	( )
		“Hold on”/“Get down”	A	X	( )
-	Foreign languages:	Briefing in a first foreign language using a template	B	X	( )
-	Language	clear, loud, distinct,	B	P	( )
-	Tone	calming / motivating	B	P	( )
-	Timing and rhythm of commands so that they “get through” and are carried out in time.		B	P	( )

Division of tasks

-	Guide role:	Steering the boat	A	X	( )
		Leading the crew through information and commands	A	X	( )
-	Crew role	Propulsion	A	X	( )
		Carrying out commands exactly	A	X	( )

Training content		Depth	Exam	Check
More on paddling technique				
- Informing the crew how the raft reacts (flat bottom, inertia, incorrect paddling, etc.)		A	X	( )
- Advance information for the crew about the line and strategy		A	X	( )
- Distribution of the passengers' power		B		( )
- Weight distribution in the boat		B		( )
1.2. River tactics				
Offensive, defensive, choice of line				
- Following the easiest line (the least dangerous line)		A	X	( )
- Following the Tripleader's line exactly in a convoy		B	V	( )
- Correct angles to the current, offensive and defensive		B	X	( )
- Offensive = paddling (forward or back) with the current		B	X	( )
- Defensive = paddling (forward or back) against the current		B	X	( )
- Knowledge: people paddle more strongly forward.		C		( )
Manoeuvres				
- Launching, landing	forward and back, when, where, with what help	A	X	( )
- Emergency stop: stop as quickly as possible and hold the boat alone		A	X	( )
- Ferries	forward and back with crew	A	X	( )
	alone with the empty boat	B		( )
- Catching eddies (eddy at least as large as the raft):				
	forward and back with crew	A	X	( )
	alone with the empty boat	B		( )
- River bends	running them offensively and defensively	A	X	( )
- Waves	straight run	A	X	( )
- Holes	running them with “Hold on” (everyone into the boat)	A	X	( )
	Recognise, assess correctly, run, and avoid if in doubt	B		( )
- Avoiding obstacles defensively and offensively		A	X	( )
- Using the “Team left / right” command correctly		A	X	( )
- Flipping and re-flipping		B	P	( )
- Portaging and lining		B		( )
1.3. River hydrology				
Water features				
- Able to recognise the main current, eddies, waves, holes, boils & eddy lines on the river		B	X	( )
- River cross-section in bends		C		( )
- Water levels, changes		C		( )

Training content	Depth	Exam	Check
"Reading water"			
- The guide knows the river they work on (must have run it before)	B	V	( )
- Paddling with foresight and recognising water features	B	P	( )
Knowledge of hazards			
- Recognising recirculations, undercuts and obstacles (weirs, metal, trees, bridge piers, wire ropes, etc.) on the river	B	V	( )
- Recognising danger spots again on known stretches	B	V	( )
1.4. Teamwork			
Signals / sign language			
- Know & use the international river rafting signals http://www.internationalrafting.com/gte/river-signals/	B	X	( )
- Company-specific signals and signs	B	V	( )
- Receiving, confirming and passing on signals/signs	B	V	( )
Paddling in a convoy			
- Tasks of the different boats in a convoy	B	X	( )
- Able to hold position in the convoy	B	X	( )
1.5. Equipment knowledge			
Boat equipment			
- At least 6 air chambers; tightly tensioned grab line on the outside; fittings for attaching ropes at bow and stern; bow and stern lines (at least 8 m); type plate showing permitted number of persons.	B	X	( )
- At least 2 handholds per person, at least one of them a foot loop (others: thwart line, grab loops, perimeter line); throw bag 20 m long & min. 8 mm rope diameter;	B	X	( )
- Per convoy: first aid kit; spare paddle	C	X	( )
Guide equipment			
- Buoyancy aid with rescue harness, helmet from WW III, thermal protection suit from WW III or at water temperatures below 15 °C, knife, flip line, whistle	B	X	( )
Participant equipment			
- Buoyancy aid in accordance with Inland Navigation Ordinance BSV Art. 134, helmet from WW III, thermal protection suit from WW III or at water temperatures below 15 °C; paddle	B	X	( )

Training content	Depth	Exam	Check
Repairs on the river			
- Tying up a deflated part of the boat	C		( )
- Improvised repair on the river, deciding whether to continue	C		( )
Boat knowledge			
- Boat types (closed boats, self-bailers, catarafts etc.) and their advantages and disadvantages	C		( )
- Boat materials (neoprene, Hypalon, PVC) and their properties	C		( )
1.6. Rope work			
Knots			
- Figure-eight loop	B	X	( )
- Figure-eight follow-through	B	X	( )
- Clove hitch	B	X	( )
- Trucker's hitch	B	X	( )
- Prusik	B	X	( )
- Munter hitch with mule knot	B	X	( )
- Water knot	B	X	( )
- Double fisherman's knot	B	X	( )
Rope handling			
- In the current: rope = danger	A	V	( )
- Rope handling on the boat (no loose ropes, coiling and stowing ropes)	B		( )
- Correct handling of screwgate and snapgate karabiners	B		( )
Rescue technique			
- Correct set-up and use of a 3:1 pulley system with raft/shore anchor points and progress capture	B	X	( )
- Self-equalising 3-point anchor on a wrapped boat	B	X	( )
2. Safety and rescue			
2.1. Safety			
Accident prevention			
- Know the principles and apply them on your boat: avoid hazards, reduce risks, build safety margins	B		( )
- Safety talk with the crew, equipment check, briefing with the Tripleader before/after the trip, assessment of the weather and water situation on site	B	X	( )
- Correct assessment and clear leadership of the crew	B		( )
- Knowledge: portaging and lining are always an option	B		( )

Training content	Depth	Exam	Check
Behaviour at an obstacle when running aground, wrap			
- Everyone to the obstacle / shift weight, take the load off the upstream side	B		( )
- Preventing the situation from getting worse, customers stay in the boat if possible	B		( )
- Priorities: guest safety – stabilise the situation – think – act	B		( )
Behaviour after a capsize			
- Get an overview, count heads, recover people first, recover equipment	B	X	( )
- Re-flip or bring the raft to the bank as a rescue island	B	X	( )
2.2. Recovery / rescue			
Self-rescue, whitewater swimming			
- Whitewater swimming in WW III, active and passive; using currents; swimming into and out of eddies; correct entry dive	A	X	( )
- Behaviour in holes and recirculations	C		( )
- Wading / shallow water crossings, alone and in a group	B		( )
Rescue from the boat			
- Paddling after a swimmer; bringing a person back to the boat with the paddle (T-grip) or throw bag (no loose rope in the boat); getting a person into the boat with / without the crew's help	B	X	( )
Rescuing unconscious persons			
- Recovery into the boat, swimming rescue	B	X	( )
Use of a throw line for swimmers			
- Throw bag: when, where, how; correct behaviour of the thrower; correct behaviour of the swimmer; 2nd throw	B	X	( )
- Possible uses of a throw bag for stranded persons	C		( )
Use of other available rescue equipment			
- Know the rope materials and areas of use of the available equipment; when must a static rope be used	C		( )
- Rope traverses raft/bank and bank/bank	B		( )
- Rescue techniques for “foot entrapment”	B		( )
Equipment recovery			
- Collecting lost paddles	B		( )

Training content	Depth	Exam	Check
2.3. Emergency management			
- Raising the alarm: organisation, reporting procedure, recipients, use of radio/mobile phone, establishing contact	B	X	( )
- The company's safety plan and the assistants' tasks under it	B	V	( )
- Procedures and organisation relating to accidents, rescue and crisis management	C		( )
2.4. First aid			
A first aid certificate and a BLS/AED certificate are admission requirements.			( )
3. Social and leadership competence			
3.1. General			
Appearance			
- Customer-friendly, inspiring confidence (calm, considered, competent), visible as a member of staff	B		( )
- No alcohol or other drugs	C		( )
3.2. Leading customers			
Leadership style			
- Collegial/authoritative; switching between styles depending on the situation: clear instructions, deciding when it can be relaxed and when it is serious; assertiveness when it comes to avoiding hazards/reducing risks; collegial for a good atmosphere in the boat	B		( )
Welcome talk; paddling instruction and safety talk			
- Clear and distinct language; can everyone see and hear me? Use the guests' language; visualise, demonstrate, let them do important things themselves; group content into blocks and emphasise what is important	B	X	( )
Welcome talk			
- Content specific to the company	C		( )
- Asking about health problems, special medication	C		( )
- Valuables	C		( )
Paddling instruction			
- Seating position in the boat, handholds	B	X	( )
- Paddle grip, hand on the T-grip, explain why not to let go of the grip	B	X	( )
- Paddle strokes & commands	B	X	( )

Training content	Depth	Exam	Check
Safety talk			
- Branches, rocks at the side	B	X	( )
- Swimming position on the back, hold on to the paddle when swimming	B	X	( )
- Active swimming	B	X	( )
- Do not stand up, feet up and why	B	X	( )
- Keep away from obstacles and push off with hands, paddle and feet	B	X	( )
- Explain whether the swimmer stays in the river or goes ashore	B	X	( )
- Demonstration of recovering a swimmer and lifting them into the boat	B	X	( )
- Throw bag instructions (holding and letting go of the throw bag rope, swimming position)	B	X	( )
- Flip instructions: breathing between the chambers, holding the grab line	B	X	( )
- Instructions in case a participant is stranded (e.g. wait to be picked up or for help)	B	X	( )
Guide's tasks			
- Informing and leading customers before and after the trip (clear schedule, contact person known, next meeting point known, guest always knows what is happening)	B		( )
- Correct assessment of the crew and positioning in the boat (weight, strength, anxious or immobile people, stroke paddler, agile person for the bow line, etc.)	B	X	( )
- Clear and competent leadership of the crew in the boat through commands and information. Good atmosphere in the boat	B	X	( )
- Responding to the different people and their interests (old / young, anxious / daredevil, etc.). Making good experiences possible for everyone	B		( )
- Recognising group processes and responding to them appropriately	C		( )
3.3. Leading in stressful situations			
Guide's task			
- Knows their responsibility and fulfils it through clear leadership	B		( )
Reaction patterns under stress			
- Knows their own reaction patterns and can deal with them	B		( )
- Knows guests' reaction patterns under stress	C		( )
Adapted leadership behaviour			
- Stay calm, keep an overview, act thoughtfully	C		( )
4. Environment			
4.1. Legal provisions			
Official river signage			
- Knowledge of the most important river and navigation signs in Switzerland	A	X	( )

Training content	Depth	Exam	Check
Equipment regulations of the BSV (Inland Navigation Ordinance)			
- Knowledge of the BSV equipment regulations	A	V	( )
Swiss risk sports legislation			
- Knowledge of the RiskG and RiskV as far as relevant for rafting	A	X	( )
- Knowledge of Safety in Adventures and ISO certification or the basis for permits	C		( )
Legal regulations in the area of operation regarding trip times, stretches and requirements for guides.			
- Knowledge of the regulations on the stretch of river they work on	C		( )
Liability in the event of accidents, guides' duty of care. Drugs among customers (alcohol, others).			
- Knowledge of the duty of care, liability for their own boat	B		( )
- Duties in the event of an accident with fatalities or injuries, company instructions	B		( )
SOA Rafting Guidelines			
- Areas of deployment of Guides I and II, convoy size, deployment of Tripleaders etc.	A	X	( )
4.2. Environment			
The river as a habitat			
- Sensitive areas and periods for fauna and flora in the area of operation	B		( )
- Nature reserves, protected zones in the area of operation	B		( )
Appropriate behaviour			
- in nature	B		( )
- towards others	B		( )

Recommendation for the River Rafting Guide 1 exam

Name: ……
Date of birth: ……

is recommended by
Name: ……
Company: ……

for the River Rafting Guide 1 exam.

The signatories confirm that all compulsory topics according to the requirements profile were covered in the basic training, or that this knowledge was demonstrably acquired before the training, and that the compulsory number of trainee runs was completed:

- ☐ Technical competence in river rafting
- ☐ Safety and rescue
- ☐ Social and leadership competence
- ☐ Environment / legal provisions
- ☐ Logbook / trainee runs

Place	Date	Signature
……	……	…… the candidate
……	……	…… the person responsible for training

Logbook template

Rafting logbook				
Date	Stretch of river	Remark*	Signature**	Confirmation***

* No entry = trip as boat leader with customers
To be entered: assistant runs, further training without guests, trainer role etc.

** Signature of boat leader

*** Confirmation by the company

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