Requirements Profile River Rafting Guide 2

**Syllabus, levels of depth and exam content
for the River Rafting Guide 2 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**
T	**Theory exam**
X	**theory or practice**

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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)	A	X	( )
-	Guide's position in the boat: effect on power	A	X	( )
-	Paddle blade depth and angle	A	X	( )
-	Back-Guiding	A	X	( )
-	Technique adapted to the customers' strength	A	X	( )
-	Technique adapted to the speed of the convoy & the position of the other boats on the river	A	X	( )
-	Use of the body for optimal technique without health risks	B	X	( )
-	Front guiding	C	X	( )
-	Low brace, J-stroke	B	X	( )

Steering technique

-	With commands	Correct commands for the situation	A	X	( )
-	With guide paddle	Correct use of strokes for the situation	A	X	( )
-	Manoeuvring a raft alone (R1)		A	X	( )
-	Steering from different positions		A	X	( )
-	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	A	X	( )
-	Language	clear, loud, distinct	A	X	( )
-	Tone	calming / motivating	A	X	( )
-	Timing and rhythm of commands so that they “get through” and are carried out in time		A	X	( )

Training content			Depth	Exam	Check
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	( )
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			A	X	( )
- Weight distribution in the boat			A	X	( )
1.2. River tactics					
Offensive, defensive					
- Offensive and defensive manoeuvres forward and back, with oversteering in both directions			A	X	( )
- Correct angles to the current (maximum effect with minimum effort)			A	X	( )
- Offensive = paddling (forward or back) with the current			B	X	( )
- Defensive = paddling (forward or back) against the current			B	X	( )
- People paddle more strongly forward			B		( )
Choice of line					
- Choosing the line independently			A	X	( )
- Determining the safest line by sight			A	X	( )
- Determining the safest line from the bank (scouting)			A		( )
Manoeuvres					
- Launching, landing		forward and back, when, where, with what help	A	P	( )
- Emergency stop: stop as quickly as possible and hold/secure the boat alone			A	P	( )
- Ferries		forward and back with crew	B	P	( )
		alone with the empty boat	A	P	( )
- Catching eddies (eddy at least as large as the raft)					
		forward and back with crew	B	P	( )
		alone with the empty boat	A		( )
- River bends		running them offensively and defensively	A	P	( )
- Waves & holes		safe run	A	P	( )
		surfing	B		( )
- surfing pillows and pressure waves			A		( )

Training content	Depth	Exam	Check
- Avoiding obstacles defensively and offensively in WW 4	A	X	( )
- "Team left / right" command automatic	A	X	( )
- Flipping and re-flipping in WW 3	A		( )
- Portaging and lining	B		( )
1.3. River hydrology			
Water features			
- Explaining the main current, eddies, waves, holes, boils, eddy lines, pillows and pressure waves	A	X	( )
- Changes in water features due to changes in water level	A	X	( )
- Using water features, being able to assess their effect on the raft	A	X	( )
"Reading water"			
- The guide can read water well enough to run a river they have never run before but about which they have the important information	A	X	( )
- Assessing navigability on site	A	X	( )
- Recognising changes in water level	A	X	( )
Knowledge of hazards			
- Recognising recirculations, undercuts and obstacles (weirs, metal, trees, bridge piers, wire ropes, etc.) on the river	A	X	( )
- Recognising dangerous situations	A	X	( )
- Obtaining information on water levels and weather	B	X	( )
1.4. Teamwork			
Signals / sign language			
- Know & use the international river rafting signals http://www.internationalrafting.com/gte/river-signals/	A	X	( )
- Company-specific signals and signs	A		( )
- Receiving, confirming and passing on signals/signs	A	X	( )
Paddling in a convoy			
- Tasks of the different boats in a convoy	A	X	( )
- Able to paddle in any position in the convoy without obstructing the other boats	A	X	( )
- Control of speed, adapted line, stopping quickly	A	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	T	( )

Training content	Depth	Exam	Check
- 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	T	( )
- Per convoy: first aid kit; spare paddle	B	T	( )
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	A	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	A	X	( )
Repairs on the river			
- Tying up a deflated part of the boat	B		( )
- Improvised repair on the river, deciding whether to continue	B		( )
Boat knowledge			
- Boat types (closed boats, self-bailers, catarafts etc.) and their advantages and disadvantages;	B	V	( )
- Boat materials (neoprene, Hypalon, PVC) and their properties	B	V	( )
1.6. Rope work			
Rope handling			
- In the current: rope = danger	A	X	( )
- Rope handling on the boat (no loose ropes, coiling and stowing ropes)	A	X	( )
- Correct handling of screwgate and snapgate karabiners	A	X	( )
Knots			
- Figure-eight loop	A	X	( )
- Figure-eight follow-through	A	X	( )
- Clove hitch	A	X	( )
- Munter hitch with mule knot	A	X	( )
- Trucker's hitch	A	X	( )
- Prusik	A	X	( )
- Water knot	A	X	( )
- Double fisherman's knot	A	X	( )
- Alpine butterfly	A	X	( )
- Bowline	A	X	( )

Training content	Depth	Exam	Check
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	A	T	( )
- Safety talk with the crew, equipment check, briefing with the Tripleader before/after the trip	A	T	( )
- Correct assessment and clear leadership of the crew	A	T	( )
- assessment of the weather and water situation on site	A	T	( )
- Assessing navigability on the river	A	T	( )
- Recognising dangerous situations and acting quickly and appropriately	A	T	( )
- Knowledge: portaging and lining are always an option	A		( )
Behaviour at an obstacle when running aground, wrap			
- Everyone to the obstacle, take the load off the upstream side	A	X	( )
- Preventing the situation from getting worse, shifting weight, customers stay in the boat if possible	A	X	( )
- Priorities: guest safety – stabilise the situation – think – act	A	X	( )
Behaviour after a capsize			
- Stay calm, get yourself to safety, count people, request help from other rafts if necessary	A	X	( )
- Get guests to safety, instruct them, look after the weakest first, do not put yourself in danger	A	X	( )
- Re-flip the raft or bring it to the bank, help the guests, recover equipment	A	X	( )
2.2. Recovery / rescue			
Self-rescue, whitewater swimming			
- Wading (alone and in a group)	A	P	( )
- Whitewater swimming in WW III/IV, active and passive; using currents; swimming into/out of eddies; correct entry dive; in strong current, only stand up after hand contact;	A	P	( )
- Choosing the best line for crossings	B	P	( )
- Swimming holes and eddy lines	B	P	( )
- Behaviour in recirculations	C		( )
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	( )

Training content	Depth	Exam	Check
Rescuing unconscious persons			
- Lose no time, alert other river users nearby to the situation, swim after them if the situation allows (without endangering others or yourself)	A	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	A	X	( )
- Possible uses of a throw bag for stranded persons (assess the situation downstream, use the current, ferry)	A	X	( )
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	B	X	( )
- Simple pulley system with correct anchor points (3:1)	B	X	( )
- Rope traverses raft/bank and bank/bank	B		( )
- Rescue techniques for “foot entrapment”	B		( )
Equipment recovery			
- Collecting lost paddles	A	X	( )
- Marking and securing a wrapped boat (to return later with suitable equipment)	A	X	( )
- Self-equalising 3-point anchor on a boat	A	X	( )
- Freeing a wrapped boat	B	X	( )
2.3. Emergency management			
- Raising the alarm: organisation, reporting procedure, recipients, use of radio/mobile phone, establishing contact	A	X	( )
- The company's safety plan	A		( )
- Initiating and carrying out suitable recovery measures	B		( )
- Procedures and organisation relating to accidents, rescue and crisis management	B		( )
2.4. First aid			
A first aid certificate and CPR certificate are admission requirements for certification. Further training is recommended.			( )

Training content	Depth	Exam	Check

3. Social and leadership competence

3.1. General

Appearance

- Customer-friendly, inspiring confidence (calm, considered, competent), visible as a member of staff	A		( )
- No alcohol or other drugs	B		( )

3.2. Leading customers

Leadership style

- Collegial / authoritative; switching between styles depending on the situation. Clear instructions, deciding when it can be relaxed & when it is serious; assertiveness when it comes to avoiding hazards / reducing risks. Collegial for a good atmosphere in the boat	A		( )

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	A	X	( )

Welcome talk

- Content specific to the company	A		( )
- Asking about health problems, special medication	A	X	( )
- Valuables	A		( )

Paddling instruction

- Seating position in the boat, handholds	A	X	( )
- Paddle grip, hand on the T-grip, explain why not to let go of the grip	A	X	( )
- Paddle strokes & commands	A	X	( )

Safety talk

- Branches, rocks at the side	A	X	( )
- Swimming position on the back, hold on to the paddle when swimming	A	X	( )
- Active swimming	A	X	( )
- Do not stand up, feet up and why	A	X	( )
- Keep away from obstacles and push off with hands, paddle and feet	A	X	( )
- Explain whether the swimmer stays in the river or goes ashore	A	X	( )
- Demonstration of recovering a swimmer and lifting them into the boat	A	X	( )

Training content	Depth	Exam	Check
- Throw bag instructions (holding and letting go of the throw bag rope, swimming position)	A	X	( )
- Flip instructions: breathing between the chambers, holding the grab line	A	X	( )
- Instructions in case a participant is stranded (e.g. wait to be picked up or for help)	A	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)	A	X	( )
- 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.)	A	X	( )
- Clear and competent leadership of the crew in the boat through commands and information. Good atmosphere in the boat	A	X	( )
- Responding to the different people and their interests (old / young, anxious / daredevil, etc.). Making good experiences possible for everyone	A		( )
- Recognising group processes and responding to them appropriately	B		( )
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 and can deal with them	B		( )
- Knows other guides' reaction patterns and can respond to them	B		( )
Adapted leadership behaviour			
- Stay calm, keep an overview, act thoughtfully	B		( )
4. Environment			
4.1. Legal provisions			
Official river signage			
- Knowledge of the most important river and navigation signs in Switzerland	A	X	( )
BSV (Inland Navigation Ordinance), SOA General Guidelines for Rafting, cantonal ordinances			
- Knowledge of the equipment regulations of the raft ordinance	A	T	( )
- Has read the relevant legal texts	C	T	( )

Training content	Depth	Exam	Check
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	X	( )
Legal regulations in the area of operation regarding trip times, stretches and requirements for guides			
- Knows that there are restrictions in Switzerland	C		( )
- Knowledge of the regulations on the stretch of river they work on	A		
Liability in the event of accidents, guides' duty of care. Drugs among customers (alcohol, others), shared responsibility for the convoy			
- Knowledge of the duty of care, liability for their own boat	B	T	( )
- Duties in the event of an accident with fatalities or injuries, company instructions	B	T	( )
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	A		( )
- Nature reserves, protected zones in the area of operation	A		( )
Appropriate behaviour			
- in nature	A	T	( )
- towards others	A	T	( )

Recommendation for the River Rafting Guide 2 exam

Name: ……
Date of birth: ……

is recommended by

Name: ……
Company: ……

for the River Rafting Guide 2 exam.

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

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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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