

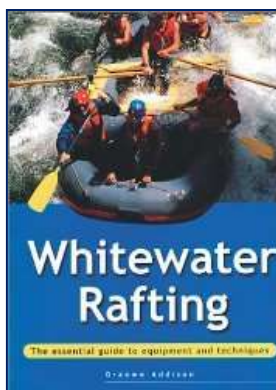
ASA BASIC RIVER PROFICIENCY CURRICULUM

THEORY

- PRELIMINARIES
 - Paddling checklists
 - Standard Operating Procedures
 - Mind and body
 - Fear of water
 - Paddling fitness
 - Ignorance
 - Training
 - Teamwork and you
 - River-savvy people & novices
 - Communication & leadership
 - Information
 - Terminologies
 - Classes or grades of rapids
 - Membership ASA
 - First Aid Level 3
- THE RIGHT EQUIPMENT & KIT
 - Essential personal & group gear
 - Glasses, electronics, keys, cameras
 - Expedition pack and waterproofing
 - Medical, emergency & repair kits
- KNOWING YOUR WATERWAYS
 - Flat water
 - Lakes and dams, Calm rivers
 - Oceans
 - Open sea, Estuaries, Surfline
 - Tides, headlands, river mouths
 - Rivers
 - Creeks
 - Pool and drop
 - High volume
 - Tropical, temperate, arctic
 - Flood and drought
 - Other
 - Canyoning
 - Urban waterways
- HANDLING RIVER BOATS
 - Sea kayaks, K1, K2
 - 2-seater Crocs
 - Guided rafts & oarboats
 - Whitewater kayaks
 - Bodyboard
 - Standup paddleboard
- PLANNING TRIPS & LOGISTICS
 - Ecotourism principles for the river
 - Tour guiding regulations
 - Planning, buying and organising
 - Nutrition, hygiene & medical
 - Selecting & preparing the group
 - Transport & communications
 - Terrain, environment, wildlife
 - River ethics and codes of practice
 - Rights of access and legal rules
 - Emergency resources & support
 - Costs, reports and records
 - Trip reviewing and analysis



Participants receive a Letter of Attendance. Proficiency tests for ASA accreditation are run on separate occasions. Contact your trainer for the schedule. Test candidates must have valid, current First Aid Level 3.



THE MANUAL

NO-ONE IS REQUIRED TO DO A TRAINING COURSE, IT IS AN OPTION IF YOU WISH TO LEARN OR DEVELOP THE SKILLS. YOU MAY PRESENT YOURSELF FOR A TEST IF YOU ARE CONFIDENT YOU HAVE THE SKILLS. NOTE THAT ASA ITSELF DOES NOT DO TRAINING. COURSES & TESTS ARE OFFERED BY INSTRUCTORS WORKING WITH THIS ASA APPROVED CURRICULUM. COURSES MAY RANGE FROM 1-6 DAYS AT INCREASING LEVELS OF SKILL AND MAY TAKE THE FORM OF RESIDENTIAL CLASSES OR EXPEDITIONS. TRIP LEADERS REQUIRE ADDITIONAL COMPETENCIES.

PRACTICAL

- WATER CONDITIONS
 - Weather, climate
 - Wind, temperature
 - Distance, access points
 - Locality, GPS, maps, roads
 - 2-step grading of rapids (ease/risk)
 - Remoteness and heightened risk
- RAPIDS & HAZARDS
 - Reading the river at all levels
 - Flow and gradient
 - Riverbanks, paths, visibility
 - Obstructions – natural and manmade
 - Low water, medium water, big water
 - Drowning traps – holes, weirs etc
 - Entrapments
 - Runaway situations
- RIVER PROFICIENCY EXERCISES
 - Paddling
 - Capsize drills
 - Catching and hauling in swimmeers
 - Downriver runs
 - Manoeuvres - eg ferrying, breaking out
 - Eddy hopping
 - Playing and surfing
 - Swimming
 - Flatwater
 - Rapids
 - Wading
 - Alone
 - In groups
 - Signalling
 - Standard signals
 - Improvisation
- BASIC RESCUE PRINCIPLES & METHODS
 - Risk sites identification
 - Set-up rescues, briefings and discipline
 - Principles
 - Self-rescue & rescue assists
 - Static and dynamic situations
 - Boat based and bank based rescues
 - ACTION principles
 - Ropework & basic knots
 - Throwbagging and coiled rope throws
 - Anchors, belays, z pulleys
 - Taglines & advanced methods
 - Entrapments & pinnings
 - Boulders
 - Strainers
 - Swimmers
 - Boat rescues
 - Strong swimmer
 - Surf lifesaving and safeguards
 - **SEE SEPARATE TRIP LEADERSHIP OUTLINE**

Participants undertake all activities at their own risk and are required to sign an indemnity. The course organisers and instructors, owners, managers, agents, helpers and other participants are not responsible or liable for any inconvenience, loss, accident, injury, or death, howsoever caused, that may occur.