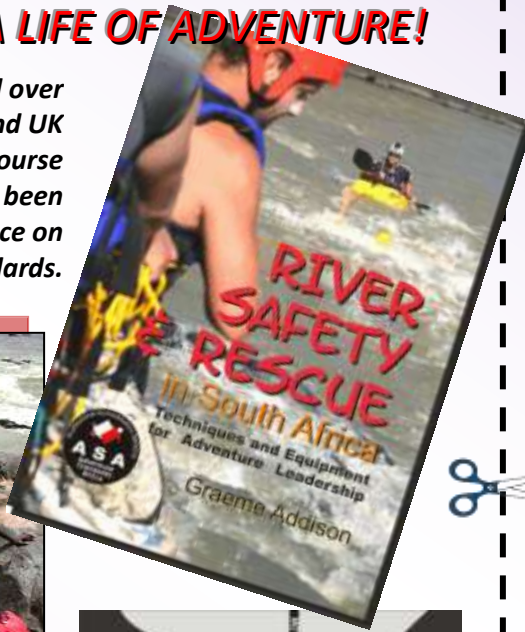


LEARN RIVER SKILLS FOR A LIFE OF ADVENTURE!

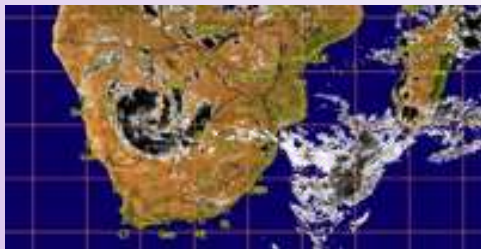
The river proficiency course has developed over two decades, with inputs from American and UK trainers as well as local skills. The course Manual forms part of the training and has been newly revised to include the latest advice on equipment, techniques and standards.



Above: A group pauses during training to grab a bite of lunch. Right: illustration of a typical river rescue exercise covered in the course Manual and practised on the river. This shows several ways of saving someone from a strainer or tree lying in the river.



Left: the weather system that brought the Vaal floods in Jan-Feb 2010. Paddling in flooded rivers is dangerous and course members are advised on how to determine safe levels. Wind, weather, temperature and environmental conditions all have a place in preparing for river adventures.



This course is offered by RIVERMAN under the curriculum of ASA

CONTACT: yeeha@riverman.co.za 084 245 2490 056 8181814

SEE VIDEOS: www.youtube.com/graemeaddi

OTTERS' HAUNT, PARYS, SOUTH AFRICA

VAAL RIVER, PARYS, DEC 2011

Mon-Thur 12-15 Dec

1

RIVER PROFICIENCY

PADDLING SKILLS, BASIC SAFETY & RESCUE

WITH OPTIONAL BASIC RIVER GUIDE QUALIFICATION TEST

Anyone may attend if you wish to run rivers safely



Learn basic skills from the pioneer of SA whitewater ecotourism, trainer and author of books on world rivers, Graeme Addison

4 DAYS RIVER TRAINING

CAMPING AND SELF-CATERING TO SAVE COSTS

The course includes a downriver expedition



Learn more about the Adventure Standards Africa Curriculum & Test

Website: www.asafrica.ning.com

Enquiries: contact@asafrica.org

LIMIT
20 PLACES
BOOK
NOW

Pamphlet: print back to back and fold

WHO SHOULD ATTEND & WHAT TO EXPECT

Anyone of either sex should attend, from 14 to 60. You may have in mind learning about adventure careers, freelancing or simply leading friends or clubs. **No prior experience is needed.** You should be able to swim. The course is designed to introduce you to all the basic principles of river-running. There are **practical sessions on the river** during the day, and **we shoot videos** which can be obtained after the course..

Everyone camps and self-caters: this forms part of the training on the course. You get a full BRIEFING on booking.

- Absolutely basic skills of boating, safety and rescue – what you cannot do without.
- You learn how to "read" rivers and run rapids when guiding, up to Grade 3+.
- We practice safety drills and rescue techniques to instill basic competence and then improve response time and efficiency. Speed of reaction is the chief aim of the training.
- You develop the ability to analyse and react to situations, working alone and in teams.
- Post-exercise discussions help you to understand the do's and don't's of boating, river safety, and rescue.
- More refined techniques that may occasionally be used are also explained, demonstrated and tried out.
- We do not expect you to master all the skills at once.



Swimming exercise at the rapid Dirty Harry

FIRST AID

Before submitting for the River Proficiency Test you must have or get a valid Level 3 First Aid certificate.

We can recommend instructors. You may not enter the river test without a first aid certificate.



LEARN PADDLING, BASIC SAFETY AND RESCUE ON RIVERS

SCHEDULE River Proficiency Course.

DAY 1 Monday – Introduction and river familiarization. Initial river trip with basic exercises in safety and boating. Videos.

DAYS 2-3 – Tue-Wed: Downriver expedition. Equipment packing, organisation and logistics, catering planning, medical and rescue gear, boats and organisation, guiding crew. Set off downriver on trip, doing exercises on the way. Establish camp at practice rapid. Spend a day and a half doing river boating, safety and rescue exercises.

DAY 4 Thur: Evaluation min-test and comments from instructors. Review the course. Finish with half-day river trip on biggest rapids. Video review. Conclude, pack up and eat out.

PROFICIENCY TEST: The ASA test is done four to six weeks after the course on a scheduled day. You do not need to have done the course – provided you have valid first aid Level 3, are an ASA member, have a logbook, and know the ASA curriculum.

The training is offered by Riverman and the test is done by our instructor/s. The river proficiency training is according to ASA rules. Test to be moderated by an independent ASA appointed expert. Those with 10 logged days can immediately apply for guide status.

FULL CURRICULUM & BOOKING FORM ON INQUIRY



Rescue exercise from weir suck-back

TUGELA TRAINING TRIP

We will be running a 3-day expedition for trainees down the Tugela Canyon in Jan 2011. More details on the course.



LETTER of ATTENDANCE

If you complete all days of the course we give you a Letter of Attendance [LOA]. This has no status as proof of competence, it merely states that you did a course. It can be added to your CV.

MEMBERSHIP OF ASA

You are required to join ASA (R50) in order to do this course. The cost is R50 for the 2 badges and access to special website info. We sign you up for membership at the start.

MANUAL & LOGBOOK

To do the course you must obtain the Manual (R150) and you must buy a logbook for R250. Then note all trips with the signature of the operator or club.

RIVER RANKINGS UNDER ASA

Passing the written and practical test gets you accreditation as a working guide but not a leader, provided you have 10 days of experience in your Logbook. Additional badges cost R40 each. Those with 200 logged Trips may do further training for Trip Leader.



CERTIFICATE OF COMPETENCE

TEST RESULTS ARE INDEPENDENTLY MODERATED

If you intend to do any river guiding or club leadership, this is a basic in-house qualification under the curriculum of Adventure Standards Africa (ASA). You must have First Aid Certificate to enter. The Adventure Standards Africa scheme (ASA) test prepares candidates for National Qualifications Framework (NQF) accreditation.

Camping and self-catering at the venue. A personal briefing is sent when you book. CONTACT US with queries.

SEE VIDEOS: www.youtube.com/graemeaddi : RIVER SKILLS AND GUIDING. We shoot video on course and you can get a copy.

contact@asafrika.org

Social network: www.asafrika.ning.com