

This course can be the first step into a career in adventure. Afterwards you may register for the Generic Adventure Site Guide skills programme, the only professional certificate for legal adventure guides.

Adventure is Learning



The wild professionals



3-DAY RIVER PROFICIENCY COURSE ON THE VAAL PROGRAMME **2016**

INSTRUCTOR: PROF GRAEME ADDISON
ADMIN AND LOGISTICS: CAMERON SHIRLEY

DEC 18-21 Sunday evening-Wednesday Stay over. Course includes one night river camping

DAY 1: MONDAY	DAY 2: TUES.	DAY 3: WEDS.
MORNING Have breakfast early. Coffee and introductions. River trip. Safety talk. Swimming and throwbagging. Wading.	MORNING Early morning challenge. BREAKFAST Dryland rescue drills and casevacs. EARLY LUNCH	MORNING Boating and swimming drills at Paradise. BRUNCH Course review.
AFTERNOON LUNCH Back to base for ropework and kit. Zpulls, knots. Belays. Review.	AFTERNOON Vehicles & logistics. Prepare camping and run river trip to Paradise with packed boats. Erect a tarp. Set out camp.	AFTERNOON Competence tests at Spinning Rapid. REFRESHMENTS Back to base by 5pm .
EVENING River guiding and rafting videos from all over the world.	EVENING Camping out at Paradise camp – totally natural with no facilities. Campfire tales and talks.	COURSE HAS ENDED You may however stay on if you are remaining for the river guide assessment on Thursday 10 Dec.



You receive notes as part of the course (free on DropBox). If you want the printed manual it is R195 photocopied and bound. The professional river guide assessment is based on this book.



CAMP AT VENUE

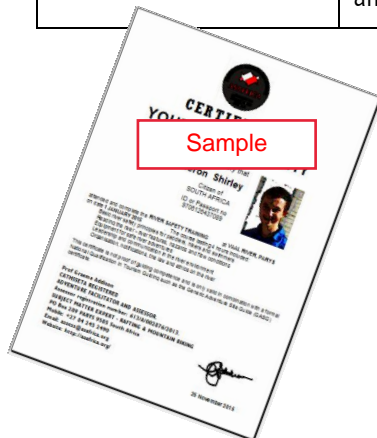
SATURDAY AND SUNDAY NIGHTS: The course starts promptly at 8am on Sunday morning. Don't be late! We advise that if you are coming from far you should stay over on Saturday night (and meet some of the others). You need your own tent, sleeping bag, ground mat, pillow etc. Camp Sunday night too.
CAMPING FEE R85 per night. Call Karen for details 082 475 8767.

RAFT-CAMP

MONDAY NIGHT: As part of the course we are all camping on-river on a trip. Everything will be organized on Monday morning. The course ends Tuesday afternoon when we return.

SELF-CATERING

FOOD BUYING, COOKING AND CLEANING UP ARE PART OF THE COURSE. Provide your own for Saturday night and Sunday breakfast. Buying will be done for the group's lunch, supper and breakfasts for 3 days. **Allow R150 per day – bring cash.** Any excess cash will be refunded.



A short practical test of what you have learnt happens at the end of the course. Those who pass get the River Safety Certificate. Others who have participated get a Letter of Attendance.

No experience is required. Poor swimmers will be coached and all wear lifejackets. We provide the boating and other equipment. We train on mild water with safety and rescue in place.

Parents must sign the Indemnity for minors.

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