



International Rafting Federation

Riverboard/Hydrospeed Guide Training Program.

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I. Purpose

To provide riverboard/hydrospeed instructors with a checklist of the essential skills and knowledge that a riverboard/hydrospeed trainee guide must learn in order to be a competent riverboard/hydrospeed guide.

II. Content

A. Skills

- 1) Specific Riverboard/Hydrospeed Whitewater Techniques
- 2) Crew Training and Management
- 3) Emergency and Rescue techniques

B. Knowledge

- 1) Equipment
- 2) Safety and Emergency Procedures
- 3) Rapid Theory/hydrology
- 4) Signals

A. Skills

1) Specific Riverboard/Hydrospeed Whitewater Techniques.

- 1.1) Body position, kicking techniques, use of hands, riverboard/hydrospeed handling techniques.
- 1.2) Ferry gliding across the river.
- 1.3) Breaking in and out of eddies.
- 1.4) Rapid reading - identifying whitewater features from the riverboard/hydrospeed and from shore (scouting).
- 1.5) Rapid running - choosing and running a line using appropriate angles and positioning in relation to river features.

2) Crew Training and Management

- 2.1) Safety talk - including explanation of risks involved, correct adjustment of PFD/buoyancy Aid, helmet, footwear and other appropriate clothing. "whitewater float position" ie. feet up, on back, looking downstream, defensive/active swimming (mentioning strainers, if applicable), throw bags and safety kayaks (if applicable).
- 2.2) Riverboarding/Hydrospeeding techniques – a demonstration of what to do and how to do it.
- 2.3) Group dynamics explanation including client placement considering experience, strength, weight, agility, confidence, physical and medical condition
- 2.4) Group dynamics application.

3) Emergency and Rescue Technique.

- 2.1) Swimmer rescue (co-operative swimmer, swimmer in panic and unconscious swimmer). Towing techniques (Towing another riverboard, , towing without a board, recovering multiple swimmers)
- 2.2) Swimming in rapids.
- 2.3) Shallow water crossings.
- 2.4) Rope techniques including figure of 8 knot, use of throw bags, belaying, anchors, mechanical advantage systems (for class IV/V guides only), vector pulls, tag lines and tension diagonals, tethered swimmers.
- 2.5) Self rescue from ropes.

B. Knowledge

1) Equipment

- 1.1) Personal Equipment.
 - 1.1.1) Board- Design, construction, materials
 - 1.1.2) Fins- Design, construction, materials
 - 1.1.3) Wetsuits/appropriate thermal layering
 - 1.1.4) Personal Flotation devices
 - 1.1.5) Helmets
 - 1.1.6) Foot covering

- 1.2) Riverboard/Hydrospeed Guide Equipment
 - 1.2.1) Whistle
 - 1.2.2) Knife
 - 1.2.3) throw rope

- 1.3) Rescue Equipment
 - 1.3.1) Use and storage of ropes
 - 1.3.2) Prussic
 - 1.3.3) Carabineers
 - 1.3.4) Sling
 - 1.3.5) Other hardware

- 1.4) First Aid Equipment
 - 1.4.1) Use and storage (minimum requirements)

- 1.5) Maintenance and care
 - 1.5.1) On the river
 - 1.5.2) Off the river

2) Safety and Emergency Procedures

- 2.1) General safety - factors contributing to accidents e.g. alcohol/drugs, inappropriate/poorly maintained equipment, potential river hazards e.g. strainers, high water, importance of maintaining visual contact with other boats and riverboarders/hydrospeeders.

- 2.2) General emergency procedures - situation assessment, deciding on and conducting a rescue considering resources available, time limitations and safety priorities, informing and motivating a crew.

- 2.3) Swimmers - recovery of unconscious swimmer and swimmer in panic by other guides/safety craft, long swimmer options include instructions to swim, chase, throw bag.

- 2.4) Rapid/Surfs - head count, communicate with other guide(s).

- 2.5) Guide Team roles- Setting cover, guide team management (for trip leaders), river running tactics.
- 2.6) Entrapment - options include shallow water crossing, tag line.
- 2.7) Stranded clients - best method according to low to high risk rescue principle.
- 2.8) Hypothermia/hyperthermia- Avoidance and treatment

3. Rapid Theory/hydrology

- 3.1) International grading system - know and be able to give local examples
- 3.2) River features- understand hydraulics, laminar and helical flow and potential dangers of river features (Pools, Tongues/ v channels, Eddie lines/fences, Boils, Whirlpools, Standing waves, Stoppers, Holes, Pour overs, Wrap rocks, Undercuts, Strainers, Sieves, Drops/waterfalls, Constrictions, Chutes, Corners/bluffs, Cushion/pillow waves, Weirs)

4. Signals

- 4.1) Clear understanding and communication of the following signals:
 - 4.1.1) I need help
 - 4.1.2) Stop in the eddy
 - 4.1.3) Speed up
 - 4.1.4) Carabiner
 - 4.1.5) Slow down
 - 4.1.5) Continue/don't stop
 - 4.1.6) Swimmer
 - 4.1.7) Number of swimmers
 - 4.1.8) Swimmer not in view
 - 4.1.9) Cover required
 - 4.1.10) First aid required
 - 4.1.11) I need a rope
 - 4.1.12) Go where I'm pointing
 - 4.1.13) Entrapment
 - 4.1.14) Helicopter
 - 4.1.15) positive/yes/ok/go
 - 4.1.16) Negative/no/stop
 - 4.1.17) OK
 - 4.1.18) Cancel command/it's over
 - 4.1.19) Wait
 - 4.1.20) Me
 - 4.1.21) You

4.2) Whistle signals

4.2.1) One blast- Stop/Attention

4.2.2) Three blasts- Emergency