

# TRAINING



GROUP SCOUTING A RAPID



OARBOAT WITH GUIDE AND PASSENGER



GUIDED 4-SEATER



PADDLE-YOURSELF CROCS



CAMPING OUT |



THE WAY KIT IS PACKED AND CARRIED

If you are booking either to be trained in river proficiency or to get your proficiency certificate, here's what you need to know.

**ACCOMMODATION** – Campsite, Bush Camp cabins and chalets available. Karen: 082 475 8767 or **Must book in advance.**

**DIRECTIONS** – see <https://otters.co.za/>

**EQUIPMENT** – we provide rafts and, where relevant, group camping equipment. On courses you may hire the basic personal kit but not on assessments.

**SELF-CATERING** – All accommodation is self catered. On camps, all contribute to a common fund for the food.

**INDEMNITIES** – By its very nature, training and testing for river proficiency involves certain risks. You undertake all activities at your own risk and must sign accordingly. Minors under 18 must have parental countersignature.

**PAYMENTS** – **In advance, no refunds.** If you miss a booked event you may attend a later one, plus a small admin fee.

**EXTRAS** – we cover no extras such as gate fees & transport, which are to your account. Bring cash.

## COURSES

**ATTITUDE** – There is no need to be anxious about attending this course, it is not about proving how strong you are or how many risks you can take. We go through the basics of river skills step-by-step, showing the techniques, tools and traditions of rafting. Participants of all ages and both genders are welcome.

**WHAT TO EXPECT** – Early rising, coffee, a morning challenge, breakfast, days on the river with a light lunch, leisure time before supper, evening lectures, bed. Lots of activity.

**LEARNING** – How to equip yourself, how to read the river, swimming in rivers, capsizing, basic rescues, rope work and knots, safety set-ups, teamwork, incident command, emergencies, knowing the rivers of SA, guiding trips, logistics, river camping and catering, hygiene & environment.

**BOATS** – The course is designed to introduce you to most forms of river-running today. We concentrate on rafting in 2-seater Crocs but also do some paddle rafting (4-6 seaters) and you will see the big oarboats in action (optional to try out). Tubing and stand-up paddle boarding are included. If you are a kayaker bring your own; if you wish to learn kayaking we run separate courses.

## ASSESSMENTS

**PREPAREDNESS** – study the River Guide Observation Checklist (RGOC) to see what you need to know and demonstrate. Get a copy of the dummy written test. Bring a notebook & pen. We place all assessment materials on DropBox for you to access free and print. Only the Book is charged for.

**EQUIPMENT** – you must be fully equipped with the personal gear listed in the RGOC. Candidates on the same assessment may not borrow from others. Gear must be clean and you must be able to show its use. We do not hire out kit.

**THE PROCESS** – Tests over one or two days depending on the level of your scoping (basic/intermediate/advanced).

**FOLLOW UP** – You may appeal any decision. All correspondence is conducted by email. Certificates are sent by email.

**ADVENTURE TOUR GUIDING** – Leaders must go forward to complete the Generic Adventure Site Guide qualification. This covers tourism skills of planning, conducting, managing safety & environment, and camping. It involves a lot of paperwork, an online test, and a tourism assessment.

## DOCUMENTATION REQUIRED

*No certificates issued without these items.*

**LOGBOOK** – for entry level, 21 days on organised trips. For more advanced, 40 occasions on organised trips on different rivers at different levels of difficulty

**FIRST AID LEVEL 3** valid for at least one full year.

**CASUALTY EVACUATION** certificate

**COPY OF VERIFIED ID BOOK OR PASSPORT**

**EMAIL ADDRESS** – must have a personal one.

**HOME ADDRESS** – Residential address

**CELLPHONE NUMBER** – must have a personal one.

**CV** – Birth, education, employment, memberships, references.

**VERIFIED HIGHEST EDUCATION** – that is School, matric, or tertiary. You may include other diplomas.

**See next page for  
River Proficiency Course Briefing**

# RIVER PROFICIENCY COURSE BRIEFING

[director.asafrica@gmail.com](mailto:director.asafrica@gmail.com) 084 245 2490 <http://asafrica.org>



<b>VENUE:</b> <b>OTTERS HAUNT,</b> <b>VAAL RIVER,</b> <b>PARYS</b>	<b>ACCOMM</b>	<b>CAMPING ONLY.</b> Contact Karen 082 475 8767. No chalets available.
	<b>RAFTING</b>	2-seater crocs and 4-6 seater rafts are provided for the course
	<b>ASSESS</b>	Only if you are ready should you attempt this

ITEM	REQUIREMENTS AND WHAT TO EXPECT	DETAILS
<b>WHO AND WHAT THE COURSE IS FOR</b>	The course is designed to prepare anyone for river tripping. Club safety officers, recreational paddlers, and would-be adventure tour guides can attend. Even if you are not intending to be a guide, you can attend the course for what it teaches about adventure operations, planning, equipment, nutrition, emergencies and leadership. A Letter of Performance (rafting) is issued to those who complete all exercises satisfactorily. Those who pass assessment now or later would receive the Technical Certificate for rafting, provided they have first aid & logbook.	If you are likely to be late please inform us. You should be at least an hour early to sort out your camp. The <b>River Guide Observation Checklist (RGOC)</b> sets out requirements.
<b>PERSONAL KIT</b> Three basic kits.	<ol style="list-style-type: none"> <li><b>Day clothing in a kitbag.</b> Normal wear for the first aid course and night sessions. Cellphone with charger.</li> <li><b>Wet kit for the river.</b> Sandals or tackies (not slops), peaked cap to wear under helmet. Costume/shorts, T-shirt, windbreaker/rain jacket for cold days. If you have a lifejacket and helmet, bring them. If you have a throwrope and other accessories bring them. Boats are supplied. Drybags supplied.</li> <li><b>Camping kit.</b> Sleeping bag, compact pillow, groundmat or lilo (no bulky mattresses), towel, personal medical kit, toiletries, tracksuit etc. Some are hiring tents and groundmats from us.</li> </ol>	We make available guide lifejackets and other river gear at no charge. We also have items to sell, as guides must eventually own their own equipment. See the <b>RGOC for required kit when being assessed.</b>

<b>PROGRAMME</b>	DAYS	DAWN	MORNING	AFTERNOON	EVENING
	<b>RIVER COURSE:</b> On first night campers are at base. 2nd & 3rd nights we are on river at raft camps, returning last day.	EVENING BEFORE	BE AT VENUE 5PM. REGISTER. SET UP CAMP. SOCIAL BRAAI.		
	DAY ONE	KIT ISSUED	WET EXERCISES	PADDLE & RESCUE	BASE CAMP
	DAY TWO	CHALLENGE	PREP RIVER TRIP	DOWNRIVER	RIVER CAMP
	DAY THREE	BOATING EXERCISES	RESCUES	EMERGENCY	RIVER CAMP.
	DAY FOUR	PACK UP CAMP	DOWNRIVER & UNPACK	COURSE REVIEW	END 4PM
	DAY FIVE	9AM CASEVAC FOR BASE GUIDES REQUIRING CERTIFICATE.			END 3PM
	DAY FIVE	9AM ASSESSMENT FOR THOSE WHO ARE READY. THEORY AND FIELD TEST			END 3PM
<b>COURSE FEE COVERS TRAINING. FEE FOR ASSESSMENT. SHARED COSTS OF CATERING</b>					

## TRIP INFORMATION

**Activities** take place at our base, Otters' Haunt, and also at one of several different **raft-camping venues** on the Vaal. Our base campsite is very natural. There is a toilet and shower. No electricity.

**Meals:** Catering will be a shared activity. No one is allowed to use guest facilities.

**Schedule:** On Day 1 of the river course we first equip everyone and then spend the day on river. On Day 2 we pack up for river camp downriver. The river group will spend two nights camping, with food and catering as shared duties.

**Assessment** is done only with those who are competent enough to enter.

<b>WHAT TO BRING</b> PEN AND NOTEBOOK. CAMERA: Make sure any camera or cellphone are properly waterproofed.	<b>RISK AND INDEMNITY</b> Candidates on course must realise that the exercises are potentially risky. You are not forced to do anything and may at any time raise questions and point out problems. The instructor/s may open the questions for discussion. You will not be penalised if your reasons are considered valid. Everyone must sign the INDEMNITY and INFORMED CONSENT undertaking course at own risk. Minors must have the forms countersigned by parent or guardian. ANY QUESTIONS? Contact us. <a href="mailto:director.asafrica@gmail.com">director.asafrica@gmail.com</a> 084 245 2490
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