

RIVER PROFICIENCY COURSE BRIEFING

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

ITEM	REQUIREMENTS AND WHAT TO EXPECT	DETAILS
WHO AND WHAT THE COURSE IS FOR	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 River Guide Observation Checklist (RGOC) sets out requirements.
PERSONAL KIT Three basic kits.	<ol style="list-style-type: none"> Day clothing in a kitbag. Normal wear for the first aid course and night sessions. Cellphone with charger. Wet kit for the river. 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. Camping kit. 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. 	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 RGOC for required kit when being assessed.

PROGRAMME		6am	8am-9	Till 1pm	Lunch	Till 5pm	6.30pm	7.30-9.30pm
MONDAY	ARRIVAL	5PM Arrive. Meet instructors and other candidates. Settle in. Course briefing					Dinner	Registration & Introduction
TUESDAY	COURSE	Kit & ropes	Breakfast	Swimming, capsize, rescues	At base	Downriver	Camping set up and environment. Catering.	
WEDNESDAY	COURSE	Activity	Breakfast	Trip prep	On river	Riv exercises	Stars, rivers, climate	
THURSDAY	COURSE	Activity	Breakfast	River skills	On river	Return to base	Dinner	REVIEW
FRIDAY is a separate event 8am - 4pm.		Casualty evacuation. Presentation, discussion, river scenario, mountain scenario.			10.30 BRUNCH at base		Continue casevac (mountain)	4pm end

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.

WHAT TO BRING PEN AND NOTEBOOK. CAMERA: Make sure any camera or cellphone are properly waterproofed.	RISK AND INDEMNITY 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. director.asafrica@gmail.com 084 245 2490
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