

**TERMS AND CONDITIONS AND SAFETY PLAN (protocol) FOR THE TRAINING OF CANDIDATES FOR RESCUERS ON WHITE WATERS ACCORDING TO PROGRAM C:**

**A. TERMS AND CONDITIONS ZVU-WWR-C TRAINING (valid from February 1. 2021 until the change of the Terms and Conditions of ZVU-WWR-C training)**

THE DROWNING PREVENTION INSTITUTE (ZVU) is the official authorized provider of training for wild water rescuers within the framework of program C (WWR-C) of the ADMINISTRATION OF THE RS FOR CIVIL PROTECTION AND DISASTER RELIEF (URSZR).

**1. Training program framework**

The training is divided into:

- theoretical training in search and rescue from water and rope techniques,
- practical search and rescue exercises from running and wild water and rope techniques

The training is divided into content sets, which will be conducted separately by days during the announced term. The schedule of training within days in the announced period mainly depends on the weather conditions, the water level of the Soča River and all other factors that could in any way affect the safety of participants and instructors in the training.

**Training schedule**

Most days, the training takes place in the kayak center in Solkan, and on other days at suitable locations on the Soča and Koritnica rivers or other rivers in upper Soča valley.

The training generally takes place every day between 6:00 and 22:00 with a lunch break (1 x can also be between 22:00 in the evening and 6:00 in the morning)

Content sets and the number of hours for each set are defined in the program - C.

The presented program is only indicative. As a training provider, ZVU reserves the right to change the place and locations of training, to change training dates, to change content and adjustments within the program according to water level, weather conditions and other objective reasons that condition the implementation of training.

Participants are informed about the contents and changes in the schedule on a regular basis or for each day separately.

**2. Number of participants in the training**

The maximum possible number of participants in an individual training is 18, and the minimum is 9 (a smaller number of participants is possible only after an agreement on price adjustment).

**3. Terms of application**

Candidates who have paid the registration fee, sent a correctly filled in and hand-signed Application Form and Consent for the processing and use of personal data, have successfully passed the swimming test and have complete personal equipment are accepted for the training.

For the training we accept candidates who:

- paid the registration fee;
- sent a correctly completed and personally signed Application Form and Consent for the processing and use of personal data;
- they sent a certificate of first aid completed at Red Cross of Slovenia;
- they sent a certificate of the completed medical examination for water rescuers in Republic of Slovenia;
- have successfully passed the swimming test;
- and have complete personal equipment.

**4. Reservation of a place for training**

The reservation of a place for training is confirmed after the payment of the registration fee has been received. Payment of the registration fee must be done before the start of the training. Reservations for training places in advance are not possible.

#### **5. Swimming test**

In case of failure of the swimming test, the candidate is not allowed to participate in the training, but his registration fee is partially reimbursed. The costs of the swimming test (group test) in the amount of 65,00 € are retained.

#### **6. Participant's personal equipment**

In case of incomplete personal equipment, the candidate is rejected from the training. In this case, the registration fee is not refundable.

#### **7. Cancellation or change of training date**

ZVU reserves the right to cancel or change the date of training if there are too few applications or other circumstances do not allow the training. The candidate is offered a transfer to another term or the paid registration fee is 100% refunded.

#### **8. Unsubscribe or terminate participation in training**

In case the participant unsubscribes no later than 3 days before the start of the training, all costs are reimbursed. Anyone who misses the deadline for deregistration will be charged the costs of organizing the training in the amount of € 110.00. The candidate must notify the cancellation by e-mail (urban.herzog@voda-resevanj.si).

In the event, that the candidate terminates his / her participation in the training for any reason, he / she may complete the missing contents on one of the future announced training dates ZVU-WWR-C, within the time frame of one calendar year. Otherwise, the paid registration fee will not be refunded.

#### **9. Insurance of training participants**

Participation in ZVU-WWR-C training means the participant's participation in potentially dangerous activities that could lead to injury, disability or even death.

All participants must be aware of this and accept the risks associated with these activities.

Participants are advised to have their own health and accident insurance.

During the ZVU-WWR-C training, participants are not insured by the ZVU.

ZVU during the training is not responsible for the loss or damage of personal property, objects or equipment of the participants, which occurred anywhere and anytime during the training ZVU-WWR-C.

#### **10. Psychophysical readiness and health status of participants:**

All candidates for white water rescuers training under program C must pass a medical examination for water lifeguards in Republic of Slovenia before applying for the training!

Due to the strenuous training schedule and the strenuous nature of practical wild water rescue exercises, all participants must be in good psychophysical condition and health.

If the participants have any injury, illness or other form of health condition that may have affected their participation in the training, they are obliged to inform the training manager and all participating instructors before the start of the training. If it turns out that due to poor psychophysical fitness and / or health condition any candidate is not able to participate in practical exercises properly and safely, the instructor may refuse him/her from the training. In such a case, the paid registration fee is not refundable.

Participants should also not be under the influence of alcohol or other psychoactive substances during the training. ZVU instructors reserve the right to refuse the presence of a participant who is under the influence of alcohol or other psychoactive substances at any time during the training. In such a case, the paid registration fee is not refundable.

#### **11. Responsibility of the ZVU-WWR-C training participant**

Training for wild water rescuers on wild waters under program C (WWR-C) contains potentially dangerous activities that can lead to injury, disability, or even death. Occupational risks in practicing the wild water rescue profession can also lead to injury, disability, or even death. Participants are recommended to come to the training well psychophysically prepared, in good health and with as much previous experience and knowledge related to wild waters.

• Each participant in the ZVU-WWR-C training attends the training at his own risk.

- All training exercises involving work at height or by the water and in the water may be carried out exclusively under the supervision of ZVU instructors. Participants are strictly prohibited from performing such exercises or other activities at height and along water and in water without the supervision of ZVU instructors throughout the training.
- Due to the risk of drowning and the possibility of injury, each training participant is obliged to ensure the correct use of personal and common equipment and the implementation of all techniques and procedures in practical exercises in accordance with instructions and arrangements in all places where they will be performed.
- Instructors give safety instructions before each individual exercise.
- The trainee is obliged to request an explanation of any ambiguities regarding the implementation of rescue techniques and the use of equipment.
- The participant is obliged to warn the instructors and the organizer of the training about all injuries to persons and equipment.
- At the practical exercises, each participant is obliged to strictly follow all the instructions of the ZVU instructors and the agreed rules and procedures.
- The professional qualification of a wild water rescuer requires from the individual appropriate psychophysical abilities, technical and theoretical knowledge and awareness of all professional risks to which the rescuer is exposed due to the nature of his work. Anyone wishing to become a wild water rescuer under program C must demonstrate their ability by successfully participating in the training and final WWR-C exam. Participants are therefore expected to be able to complete all practical exercises. If the participant thinks that a certain exercise is too demanding and does not want to participate, he/she must inform the instructors.
- A participant for whom the instructors assess during the practical exercises that he / she is psychophysically incapable of performing the practical exercises or following the instructions of the instructors and endangering himself / herself and all other participants is denied further participation and participation in the training.
- In case of non-compliance or non-compliance with the above rules, the participant is denied the opportunity to continue to participate and participate in the training, and the paid registration fee is not refundable.

**B. SAFETY PLAN (protocol) FOR THE TRAINING OF CANDIDATES FOR RESCUERS ON WHITE WATERS ACCORDING TO PROGRAM C.** Most of the training will take place in Bovec on and along the Soča River and other rivers in the surrounding area of Bovec, Kobarid and Tolmin (the choice of working locations and river sections depends on the weather conditions, the number of participants and the water level) and probably one day (if the water level and weather conditions permit) on and along the Soča River in the KKSE kayaking center in Solkan.

#### **1. Objectives of the training and programme, and training provider**

**The objectives of the programme are as follows:**

- to get acquainted with the conditions, procedures and methods of implementation of protection, rescue and assistance on running water and white-water,
- to get acquainted with the regulations governing the field of water rescue in Republic of Slovenia,
- be able to assess hazards in white water and white-water formations,
- be familiar with protective and safety measures to prevent drowning accidents,
- to get acquainted with the theory of rescue in white waters and related contents,
- train participants in the proper use of protective and rescue equipment,
- train for personal rescue on running waters and white water,
- be trained to rescue from water in the event of a white water accident,

Pursuant to the PROTECTION AGAINST DROWNING ACT, the training is organised according to Programme C, which is intended for training white-water rescuers.

The training provider is the **DROWNING PREVENTION INSTITUTE**, which shall provide a sufficient number of qualified instructors.

## 2. Location of training and participants

Practical training is carried out at the following locations:

- In the quiet part of the Soča above the KKSE kayak center (test of swimming knowledge and swimming abilities);
- on the Soča River in Solkan (KKSE kayak center);
- KKSE kayak center and surroundings for presentations and practical exercises of rope techniques;
- on Soča and other rivers in Bovec, Kobarid and Tolmin area;
- conference room in the KKSE kayak center (theoretical part)

The KKSE kayak center and surroundings and the quiet part of the Soča under the Solkan bridge, the kayak polygon on the Soča river in Solkan and the section of the river with fast running water under the polygon are intended for learning, repeating and practicing water rescue techniques and performing exercises for white water rescue and rope techniques (hereinafter everything is covered in terms of practical exercises). The theoretical part is performed in the conference room of the KKSE kayak center (hereinafter: theory)

Training participants are adults that have applied to the course and meet all other conditions for participation in the training course. To participate in the training course, all participants must sign this document.

## 3. Planned activities and schedule:

The training shall be carried out in **two parts, in the given dates**, between 6:00 and 22:00 (1 day for night training also between 20.00 and 5:00 next day). The training is divided into:

- theoretical training in white-water rescue and related subjects
- practical white-water rescue exercises and related subjects

Training is divided into substantive subsections, which shall be carried out separately, on the days specified in the schedule. The training schedule depends primarily on weather conditions, the water level of Soča River, and other factors that could in any way affect the safety of training course participants and instructors.

Because of the above, the schedule might change. The participants are notified of any changes to the schedule for each day separately.

### Training schedule

Generally, the training is carried out each day between 6:00 and 22:00 PM, with a lunch break.

Substantive subsections and number of hours for specific subsections are defines in the programme C.

The swimming knowledge and skills test is generally carried out on the first day of training or at least before the start of practical exercise.

## 4. Planned training equipment

For the purposes of training, training participants use personal and joint water rescue equipment.

Participant's MANDATORY complete personal equipment:

### MANDATORY PERSONAL EQUIPMENT

1. Suitable water clothing (neoprene or dry suit) warm enough for use in cold water and a head covering to protect the head from heat loss. We recommend a 5mm wetsuit with an integrated neoprene hood or a dry suit with a neoprene hood.
2. Footwear: special shoes for canyoning or kayaking with strong soles. In the worst case, sneakers or light low trekking shoes can also be used. Both must have a strong sole and rubber that does not slide in the wet.
3. Neoprene socks. The best thickness is 3 to 5 mm
4. Helmet for water sports (certified EN 1385), mountaineering helmets are not suitable.

5. Personal Floatation Device – PFD (lifejacket) of the appropriate size with a quick release system The PFD should have large pockets in which you can put all the technical equipment (Carabiners, webbing, pulleys, Prussik loops, folding knife...) THE COWTAIL IS NOT ON THE REQUIRED PERSONAL EQUIPMENT LIST BUT WE HIGHLY RECOMMEND YOU BRING IT ANYWAY!!! Bring a short cowtail on a stainless ring and with a large HMS carabiner with locking gate and keylock closure system (long cowtails for kayak schools are not suitable).
6. Knife for use in water (folding or fixed blade).
- 7.
7. Whistle for use in wet conditions.
8. A water rescue rope, at least 18 m long (we recommend a length of 18 to 25 m).  
The rope must be as strong as possible, and it must be made of a sheath and a core, which allows it to be used for rope techniques as well.
9. Water rescue rope carrying belt.  
It can also be a system where the sleeve for carrying the rope is fixed to the belt (more universal).
10. 4 x pear-shaped (HMS) Carabiners with locking mechanism (recommended key lock closing mechanism) and CE/UIAA certificate.
11. 3 x prussic minding (bell-shaped) pulley with flexible side plates. Pulleys must have a metal sheave mounted on sealed ball bearings for the best possible efficiency. Pulleys must also have as high as possible load capacity.
12. 2 x prussic loops made of 6 mm accessory cord (Prussic), the cord should be CE/UIAA certified. Loops should be made with double fisherman knot. First loop inner length should be 70 cm and second loop inner length should be between 55 to 57 cm.
13. 5 m of tubular tape - webbing (for climbing - alpinism) with CE/UIAA certificate and load capacity min. 15 kN.
14. 4 m of 6 to 8 mm diameter accessory cord that will be used to practice knots. The cord does not have to be certified, but it is best that it is also the same accessory cord like for prussik loops.
15. Pen and notebook.
16. 3 x AA batteries

Joint equipment:

- technical equipment (clamps, pulleys, rope, anchor straps, etc.)
- raft
- padles
- obstacle for swimming exercise over an obstacle

## 5. Safety measures

By successfully completing the swimming knowledge and skills test, the training participants have proven to have the physical and mental fitness to continue the training.

- The maximum number of participants per one instructor is twelve.
- The first safety element is the internal organisation of every exercise group into groups of two or three. Such internal organisation is carried out before every exercise to be done by or in water. This ensures a better overview of what is happening to individual participants within an exercise group.
- When conducting all exercises in water, work in groups is always organised in such a way that some participants ensure safety downstream from where the exercise is conducted. In specific cases, one group member observes the activities in water and on water upstream from the location where the exercise is conducted (top observer).
- Before any participant can enter water, communication (verbal and with signs) between all exercise participants must be established. Communication must also be established between all exercise participants – both between those entering water and those ensuring safety. Once all participants confirm that they are ready, the exercise can begin.
- After checking the water surface upstream from the location of the exercise, the top observer is the last person to approve entry into water. The participants that will enter water must check the water surface above the location of the exercise by themselves, in all cases without exception. This is especially important if the top observer is absent due to specifics of the exercise.
- The minimum number of people shall be in water at the same time, i.e. only those participating in the exercise. All others shall ensure the safety or act as observers, standing by to provide assistance.
- All training exercises that include work at height or near water and in water are conducted under the supervision of instructors. Throughout the training, participants are strictly prohibited from conducting such exercises or other activities at height and near water and in water without the supervision of instructors.

- Because of the risk of drowning and the possibility of injury, every training participant is obligated to ensure correct use of personal and joint equipment and performance of all techniques and procedures in practical exercises in accordance with the instructions and agreements, specifically in all locations where such exercise is conducted.
- Before each specific exercise, the instructors provide exercise instructions and safety instructions.
- In case of any confusion regarding the rescue techniques and use of equipment, a participant is obligated to request an explanation.
- A participant is obligated to notify the instructors and training organiser regarding any injuries to people or damage to equipment.
- At practical exercises, every participant is obligated to follow instructors' instructions and agreed rules and procedures.
- A candidate wishing to become a white-water rescuer under the programme C must demonstrate their capability by successfully completing the training course and final qualification test for water rescuer. Participants are therefore expected to have physical and mental fitness to complete all practical exercises. If a participant believes that a specific exercise is too difficult and therefore does not want to participate, they must notify the instructors.
- If instructors assess during practical exercise that a participant does not have the required physical and mental fitness to carry out the practical exercises or to follow instructors' instructions, thereby endangering themselves and all other participants, the participant is prevented from further participation and attendance at the training.

All personal equipment of participants is visually checked at the start of the training; afterwards, every participant must ensure flawless working order and use of their equipment. Joint equipment is visually checked by the instructors and training participants before each use.

Due to the risk of injury and drowning when conducting training at the pool and Soča River, participants are warned of the following:

- **MANDATORY AND CONSISTENT USE OF APPROPRIATE PERSONAL PROTECTIVE EQUIPMENT** throughout the practical exercises (list of equipment). The equipment must be in flawless working order and correctly equipped.
- Risk of slipping into water.
- Risk of injury when moving on the shore (abrasions, wounds, sprains, fractures, concussions, and other potential injury).
- Risk of slippery and unstable ground and other objects (slippery ground, unstable ground, falls of ground, falling rocks, trees, etc.).
- Risk of body or limb getting caught on an obstacle in the water current.
- Risk of rope in water.
- Risk of a candidate becoming entangled in a rope in the water current.
- Risk of a candidate becoming entangled in a rope on the shore and getting pulled into water.
- Risk of injury by knife worn by a candidate or other participant.
- Risks involved at night rescue operations.
- Risk when using rope techniques.
- Risk of cramps.
- Risk of hypothermia.
- Risk of dehydration.
- Candidates are especially warned to always wear a life vest because of risk of drowning.
- Candidates are especially warned to always wear a helmet because of risk of hitting an obstacle in water, falling down, or getting hit by falling or flying objects (rope techniques).
- Candidates are especially warned to always wear appropriate neoprene or drysuit because of risk of hypothermia.
- Candidates are especially warned to always walk and move along water appropriately, to prevent slipping and falling into water.
- Candidates are especially warned to always and consistently employ communication and communication signs.
- Candidates are especially warned to always and constantly observe the situation on the river and in the pool.

In addition to real-time instructions before the implementation of each exercise, candidates are provided with additional general safety instructions and everything else related to participation in the training, the instructors constantly teach, guide and warn the participants about everything related to safety and risk with instructions and/or demonstrations.

The instructions and safety instructions and procedures that are presented before each individual content of the practical exercises are also particularly important. Participants are obliged to listen to them carefully and strictly follow them during the practical exercises.

In case of unsuitable water level and weather conditions for the safe implementation of practical exercises on the water, the training organizer can organize a backup location or cancel the further implementation of the training.

#### **6. Medical care**

In the event of an accident, the first-aid backpack provided by DPI shall be used. In addition to first-aid materials, the backpack also contains a medical oxygen tank and an AED (automated external defibrillator). Both are stored in an instructor's vehicle or directly on the exercise location, if it's located too far from the vehicle. In the event of serious injury, a call shall be made to emergency services, and the injured person shall be taken to the closest hospital (Jesenice, Šempeter) by an ambulance or helicopter.

**All training participants must ensure proper health and/or accident insurance, because participants are NOT PROVIDED WITH HEALTH or ACCIDENT INSURANCE as part of the training course.**

#### **7. Person responsible for training**

When conducting practical exercises on the pool or on Soča River, every training instructor is responsible for their group of participants.

#### **8. Training organiser**

The training organiser is:

**Drowning Prevention Institute**

Prepared by:

**DROWNING PREVENTION INSTITUTE**

Urban Herzog