

Kranj, 22. 12. 2024

## 1. Drowning Prevention Institute – ZVU:

**ANNOUNCES TRAINING FOR WHITEWATER RESCUERS – program C (ZVU-WRTC) for the 2025 season.**

### TRAINING DATES IN THE 2025 SEASON

COURSE DATES ZVU-WRTC, SEASON 2025				COURSE DATES ZVU-WRTC, SEASON 2025			
APRIL				JUNE			
APRIL, the course is divided in two parts (4+3 days) + 1 day EXAM				JUNE, the course is divided in two parts (4+3 days) + 1 day EXAM			
1. PART: Friday	4. 4. 2025	till Monday	7. 4. 2025	1. PART: Friday	13. 6. 2025	till Monday	16. 6. 2025
2. PART: Friday	11. 4. 2025	till Sunday	13. 4. 2025	2. PART: Friday	20. 6. 2025	till Sunday	22. 6. 2025
EXAM: Monday	14. 4. 2025			EXAM: Monday	23. 6. 2025		
COURSE DATES ZVU-WRTC, SEASON 2025				COURSE DATES ZVU-WRTC, SEASON 2025			
MAY				SEPTEMBER			
MAY, the course is divided in two parts (3+4 days) + 1 day EXAM				SEPTEMBER, the course is divided in two parts (4+3 days) + 1 day EXAM			
1. PART: Friday	9. 5. 2025	till Monday	12. 5. 2025	1. PART: Friday	12. 9. 2025	till Monday	15. 9. 2025
2. PART: Friday	16. 5. 2025	till Sunday	18. 5. 2025	2. PART: Friday	19. 9. 2025	till Sunday	21. 9. 2025
EXAM: Monday	19. 5. 2025			EXAM: Thursday	25. 9. 2025		

### Price:

- the price of ZVU WHITEWATER RESCUER TRAINING program C (ZVU-WRTC) is €670.00.
- VAT is not included in the price because we are not liable for VAT.

### Application requirements:

- minimum 18 years of age;
- medical certificate for water rescuers issued by a specialist in occupational, traffic and sports medicine in the Republic of Slovenia;
- online registration of application, which you can complete at:  
<https://www.voda-resevanje.si/whitewater-rescuer-program-c;>
- paid training fee;
- mandatory personal equipment (see attachment).

### Registration for ZVU-WRTC training:

- register online application at:  
<https://www.voda-resevanje.si/whitewater-rescuer-program-c;>
- select the desired training date and fill out the online application form;
- After receiving the application form, we will send you an invoice and inform you where to send the remaining necessary documentation, such as a certificate of successful completion of the medical examination for water rescuers and a valid Rescue 3 Europe/International certificate, if the candidate has one.

**The minimum number of applications for the ZVU-WRTC training is 6 and the maximum is 18 candidates.**

**Reservation of places in the training is possible only by paying the registration fee.**

**The organizer accepts registrations for a specific date until the places are filled, so early registration is advisable.**

WRC training is conducted by the **Drowning Prevention Institute - ZVU**.

**ZVU is officially authorized training provider for WRC trainings in Slovenia. ZVU is officially authorized by the Administration for Civil Protection and Disaster Relief of the Republic of Slovenia (URSZR).**

**Contact:**

**Zavod za varstvo pred utopitvami (Drowning Prevention Institute)**

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www: <https://sl.voda-resevanje.si/>

**Instructors:** Gašper Babnik, Jože Biro, Samo Leštan, Matija Leštan, Urban Herzog.

**All trainings for the Whitewater Rescuers under program C (ZVU-WRTC) will take place in Bovec in the 2025 season.**

**They will take place at selected locations on the Soča and Koritnica rivers, and if necessary, also on other rivers in the Upper Soča Valley region.**

**Each ZVU-WRTC course can include one night practice and includes one day of training at the kayaking center in Solkan near Nova Gorica, where the URSZR conducts exams for program C.**

**The ZVU reserves the right to change the dates, places and locations of the training.**

## **2. Connection with other programs:**

Part of the content of official state WRC training program overlaps with the content of the Rescue 3 Europe (R3E) program, therefore, participation in the WRC training also brings candidates the title of Whitewater Rescue Technician - Professional (WRT-PRO) according to the Rescue 3 Europe programs. The R3E WRT-PRO certificate is recognized in many European countries and elsewhere in the world, which meaningfully connects the knowledge acquired in Slovenia with the knowledge and standards that are in force abroad.

All training participants receive a whistle and a whitewater rescue textbook in PDF format. Candidates who already have a valid R3 Europe/International certificate receive a €100 discount.

More information about the R3E programs is available from:

Rescue 3 Europe "

e: [info@rescue3europe.com](mailto:info@rescue3europe.com)

w: [www.rescue3europe.com](http://www.rescue3europe.com)

t: +44 (0) 1978 869069



### 3. Exam for Whitewater Rescuer program C licence (WRC license)

The exam for obtaining the WRC license is not part of the ZVU-WRC training. **The exam is official state exam** which is conducted by the **Administration for Civil Protection and Disaster Relief of the Republic of Slovenia (URSZR)**.

The training lasts 7 days can be only conducted by **officially authorized training provider for WRC trainings in Slovenia** in this case ZVU.

The exam is organized in an additional day and is conducted by the URSZR. **Therefore, separate applications for the ZVU-WRTC (ZVU) and the exam (URSZR) are required.**

It is best for the candidates to apply for the exam at the same time as they apply for the ZVU-WRTC itself.

#### **Exam application:**

**The application form and GDPR consent and all other information about the exams can be obtained at the following link:**

<https://www.gov.si/zbirke/storitve/preizkus-usposobljenosti-za-resevalce-iz-vode/>

To take the exam, you must send the following to the URSZR:

- Exam application form.
- Consent to the processing of personal data GDPR.
- Certificate of education (minimum vocational school or IV. level).
- Personal photo in digital format.
- Medical certificate of successful completion of the medical examination for water rescuers.
- Certificate of the Red Cross of Slovenia on successful completion of training for providing first aid for water rescuers (in principle, the data is sent by the Red Cross of Slovenia).

**You must also meet the 18 years of age requirement and successfully completed WRC training.**

### 4. Certificates and other evidence (explained in detail)

**To apply for training and the exam and obtain the WRC license, the following certificates and documents must be submitted:**

1. Certificate from a doctor specializing in occupational, traffic and sports medicine on successfully completing the water rescuer examination in Republic of Slovenia (sent in digital form by e-mail to the ZVU and the URSZR. You can also send it to the URSZR by post.). This certificate **MUST** already be obtained **before** applying for the ZVU-WRTC. It is extremely important to register for the medical examination with the selected doctor as soon as possible, due to long waiting lists. We advise you to register at least two to three months before the start of the ZVU-WRTC, if possible. **DOCTOR'S EXAMINATION CERTIFICATE: The rules and regulations for Program C also define doctor's examinations performed in Slovenia only. Contact your employer for recommendations.**
2. Certificate of education - completed at least secondary vocational school or IV. level of education (sent in digital form or by mail to the URSZR).
3. Photo for making personal documents in digital form (sent in digital form to the URSR).

4. Successfully completed training for the Wild Water Rescuer license – program C (100% attendance and positive assessment of ongoing training assessments are required. The certificate is sent to the URSZR by the ZVU).
5. Application form for the exam (in digital form or by mail to be sent to the URSZR).
6. Consent to the processing of personal data GDPR for the exam (in digital form or by mail to be sent to the URSZR).
7. Certificate from the Red Cross of Slovenia (RKS) on successfully completing the training for providing first aid for water rescuers (in principle, the data is sent to the URSZR by the Red Cross of Slovenia) This certificate is not required to apply for the exam. You can also send it to the URSZR later, but your cards (licenses) will not be issued until they have received all your certificates and supporting documents.

Information on RKS training dates and prices can be found at:

[https://www.rks.si/sl/Resevalci\\_iz\\_vode/](https://www.rks.si/sl/Resevalci_iz_vode/)

It is extremely important that you register for the RKS training as soon as possible, as individual dates may be cancelled due to insufficient registration or being overbooked. We advise that, if possible, you register at least two months before the URSR exam.

#### **SPECIAL NOTE regarding first aid certificates**

The rules and regulations for Program C (Drowning prevention act) define the Red Cross of Slovenia as the only accredited provider for First Aid certificates.

If you hold a recent (minimum 20 hours) First Aid certificate from another EU/EEA/Third Country, we recommend you to contact the Red Cross ([slavica.titan@rks.si](mailto:slavica.titan@rks.si)) and apply for either full or partial recognition of your certificate. You will be asked to attach course program. Partial recognition means you would be required to pass a 1/2 day bridge course with exam. It is possible to obtain your first aid certificate after the whitewater rescue course and the exam.

**ALL YOUR communication with the URSZR and sending of ALL THE ABOVE-LISTED CERTIFICATES WILL BE VIA THE FOLLOWING EMAIL ADDRESS:**  
[Izpit.Resevalec@urszr.si](mailto:Izpit.Resevalec@urszr.si)

## **5. Mandatory personal equipment of the candidate**

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...)
6. **Knife for use in water** (folding or fixed blade).

7. **Whistle** for use in wet conditions.
8. **Throwbag**, at least 18 m long (we recommend a length of 18 to 25 m).
9. **Throwbag carrying belt**.
10. **Nylon sling** length of 160 to 180 cm (climbing nylon anchor sling-loop) width min. 1 cm and CE/UIAA certified.
11. **4 x pear-shaped (HMS) Carabiners with locking mechanism** (recommended key lock closing mechanism) and CE/UIAA certificate.
12. **3 x prussic minding (bell-shaped) pulley** with flexible side plates.
13. **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 55 cm.
14. **5 m of tubular tape - webbing** (for climbing - alpinism) with CE/UIAA certificate and load capacity min. 15 kN.
15. **4 m of 6 to 8 mm diameter accessory cord** that will be used to learn and practice knots.
16. **Pen and notebook**.
17. **3 x AA batteries**.

**For detailed information on mandatory personal equipment, please see the attachment.**

**TERMS AND CONDITIONS AND SAFETY PLAN (PROTOCOL) FOR THE TRAINING OF CANDIDATES FOR RESCUERS ON WHITEWATERS ACCORDING TO PROGRAM C (ZVU-WRTC) and OTHER AGREED UPON WHITEWATER RESCUE TRAININGS (ZVU-WRT) WHICH DROWNING PREVENTION INSTITUTE (ZVU) IS ORGANISING FOR DIFFERENT CUSTOMERS OR PUBLIC.**

Valid from December 25. 2024 until the change of the Terms and Conditions of ZVU-WRTC and other ZVU-WRT.

## **1. TERMS AND CONDITIONS ZVU-WRTC and ZVU-WRT**

THE DROWNING PREVENTION INSTITUTE (ZVU) is the officially authorized provider of trainings for whitewater rescuers within the framework of program C (WRTC). Authorization comes from the ADMINISTRATION OF THE RS FOR CIVIL PROTECTION AND DISASTER RELIEF (URSZR).

### **Training program framework**

**The training is divided into:**

- theoretical part (regulations, hydrology, drowning process, search and rescue theory etc.)
- practical whitewater search and rescue exercises and rope techniques.

The training is divided into content sets that will be carried out separately on different days during the given or agreed upon dates. The training schedule within the days of the given or agreed upon dates depends primarily on weather conditions, water levels of the selected rivers where the training is carried out, and all other factors that could in any way affect the safety of the participants and instructors during the training.

For ZVU-WRTC, the content sets and the number of hours for each set are defined in the program - C. For ZVU-WRT, they are defined in an agreement between the provider (ZVU) and the client.

### **Training schedule:**

The trainings shall be carried out in in the given or agreed upon dates, and can be delivered everyday anytime between 6:00 and 22:00 (usually between 8:00 and 18:00) with lunch break. ZVU-WRTC can also contain 1 night search and rescue scenario between 20.00 and 2:00.

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 levels, 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.

### **Number of participants in the training**

The maximum possible number of participants in an individual training is 18, and the minimum is 6 (a smaller number of participants is possible only after an agreement on price adjustment).

### **Terms of application**

**For the training we accept candidates who:**

- paid the registration fee;
- correctly filled and completed the online application via the ZVU website (<https://www.voda-resevanje.si/whitewater-rescuer-program-c>);
- sent by email a certificate of the completed medical examination for water rescuers in Republic of Slovenia ([urban.herzog@voda-resevanje.si](mailto:urban.herzog@voda-resevanje.si));
- have successfully passed the swimming test;
- and have complete personal equipment.

## **Reservations**

A candidate can reserve a place in the training only by paying the registration fee. Payment of the registration fee must be done before the start of the training. Reservations for free places at training in advance without payment of registration fee first are not possible.

## **Swimming test**

Wearing full personal protective equipment and all technical equipment, the candidate swims continuously in flowing water for at least 60 seconds. During the time specified in the previous sentence, he must complete at least one crossing of the current.

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 and administrative costs in the amount of 70,00 € are retained.

## **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.

## **Cancellation or change of training dates**

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.

## **Unsubscribing or terminating 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 unsubscribing will be charged the administrative costs in the amount of € 100.00. The candidate must send the cancellation note by e-mail ([urban.herzog@voda-resevanj.si](mailto: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, within the time frame of one calendar year. Otherwise, the paid registration fee will not be refunded.

## **Insurance of training participants**

Participation in ZVU-WRTC or ZVU-WRT means that candidates participate 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-WRTC or ZVU-WRT, participants are not insured by the ZVU.

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

## **Psychological and physical demands and health status of participants:**

All candidates for whitewater rescuers training under program C (ZVU-WRTC) 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 whitewater rescue exercises, all participants must be in psychologically and physically well prepared and healthy.

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 psychological and physical preparedness and/or health condition 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.

## **Responsibility of the ZVU-WRTC or ZVU-WRT participant**

Training for whitewater rescuers on whitewater under program C (WRTC) or WRT contains potentially dangerous activities that can lead to injury, disability, or even death. Occupational risks in practicing the whitewater rescue profession can also lead to injury,

disability, or even death. Participants are recommended to come to the training psychologically and physically well prepared, in good health and with as much previous experience and knowledge related to whitewater.

- Each participant in the ZVU-WRTC or ZVU-WRT 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 joint 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 whitewater 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 whitewater rescuer under program C must demonstrate their ability by successfully participating in the training and final WRC 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. The same is also valid for participants of other ZVU-WRT courses.
- 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 in the training.
- In case of non-compliance with the above rules or non-compliance during the training, the participant is denied the opportunity to continue to participate in the training, and the paid registration fee is not refundable.

## **2. SAFETY PLAN (protocol) FOR THE TRAINING OF CANDIDATES FOR RESCUERS ON WHITEWATERS ACCORDING TO PROGRAM C (ZVU-WRTC) and OTHER AGREED UPON WHITEWATER RESCUE TRAININGS (ZVU-WRT) WHICH DROWNING PREVENTION INSTITUTE (ZVU) IS ORGANISING FOR DIFFERENT CUSTOMERS OR PUBLIC.**

Most of the practical part of the trainings is taking on rivers with rapids and swift currents. The choice of working locations on rivers and river sections depends on the weather conditions, the number of participants and the water levels.

### **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 whitewater and whitewater formations,
- be familiar with protective and safety measures to prevent drowning accidents,
- to get acquainted with the theory of rescue in whitewater and related contents,
- train participants in the proper use of protective and rescue equipment,
- train for personal rescue on running waters and whitewater,
- be trained to rescue from water in the event of a whitewater accident,

Pursuant to the PROTECTION AGAINST DROWNING ACT, the WRTC is organised according to Programme C, which is intended for training of whitewater rescuers.

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

## 2. Location of training and participants

Practical training is carried out at the following locations:

usually on the Soča River and other rivers in the Upper Soča region, at the Tacen and KKSE Kayaking Center, but also on other Slovenian rivers. In certain cases, training courses can also be organized abroad.

All chosen locations are intended for learning, repeating and practicing water rescue techniques and performing exercises for whitewater rescue and rope techniques (hereinafter everything is covered in terms of practical exercises). The theoretical part is performed in facility which is organised by the ZVU (hereinafter: theory)

Training participants are adults (18 years) who have successfully registered via the ZVU website, paid the registration fee, and fulfilled all other conditions for participation in the training.

## 3. Planned activities and schedule:

All ZVU trainings shall be carried out in **in the given or agreed upon dates**. The trainings are divided into:

- theoretical part (regulations, hydrology, drowning process, search and rescue theory etc.)
- practical whitewater search and rescue exercises and rope techniques.

Trainings 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 levels on river chosen for training, 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 can be delivered everyday anytime between 6:00 and 22:00 but usually between 8:00 and 18:00. Time for lunch break is included. ZVU-WRTC can also contain 1 night search and rescue scenario between 20.00 and 2:00.

For ZVU-WRTC number of hours for specific subsections are defined in the programme C.

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

## 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...). Cowtail is not mandatory but we strongly recommend that you bring it anyway. Bring a short cowtail on a stainless ring and a large locking HMS carabiner with a keylock closure system.
6. **Knife for use in water** (folding or fixed blade).
7. **Whistle** for use in wet conditions.
8. **Throwbag**, at least 18 m long (we recommend a length of 18 to 25 m).
9. **Throwbag carrying belt**.
10. **Nylon sling** length of 160 to 180 cm (climbing nylon anchor sling-loop) width min. 1 cm and CE/UIAA certified.
11. **4 x pear-shaped (HMS) Carabiners with locking mechanism** (recommended key lock closing mechanism) and CE/UIAA certificate.
12. **3 x prussic minding (bell-shaped) pulley** with flexible side plates.
13. **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 55 cm.
14. **5 m of tubular tape - webbing** (for climbing - alpinism) with CE/UIAA certificate and load capacity min. 15 kN.
15. **4 m of 6 to 8 mm diameter accessory cord** that will be used to learn and practice knots.
16. **Pen and notebook**.
17. **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 completed the swimming ability and skills test the training participants have proven that they have the basic ability to continue with the practical part of 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 ZVU shall be used. In the event of serious injury, a call shall be made to emergency services (112), and the injured person shall be transported to the closest hospital 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 selected river, every instructor is responsible for their group of participants.

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

The training organiser is:

**Drowning Prevention Institute**

Prepared by:

**Drowning Prevention Institute**

Ljubljana, 22. 12. 2024

**LIST OF MANDATORY PERSONAL EQUIPMENT FOR TRAINING FOR WHITEWATER RESCUER – program C (ZVU-WRTC), **season 2025****





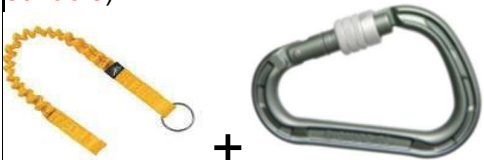
**We kindly ask you to review the list below very carefully.**






The list below lists all the necessary personal equipment that the candidate crucially needs to participate in the training. **In case of incomplete personal equipment, the candidate is rejected from the training. In this case, the registration fee is not refundable.**





**An additional clarification: all technical equipment (carabiners, pulleys, prussik loops and tubular webbing, even a folding knife) must be stowed in the pockets of the life jacket – PFD or in an additional pocket that attaches to the belt for carrying a rescue rope around the waist! Carrying technical equipment outside the pockets is not allowed due to the risk of entrapment in the water! Exceptions are whistle, cowtail and cowtail carabiner and knife with fixed blade**





The table gives examples of suitable equipment for easier orientation when buying. The examples in the table serve only as an orientation, but of course, the equivalent equipment from other manufacturers is also suitable.


	MANDATORY EQUIPMENT	EXAMPLE		WHAT IS NOT PROPER EQUIPMENT, OR WHAT ARE ADDITIONAL OPTIONS
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.	<ul style="list-style-type: none"><li>- Cressi Diver 5mm</li><li>- Kokatat Meridian DrySuit</li></ul>		<ul style="list-style-type: none"><li>- <b>A NEOPRENE WETSUIT THAT DOES NOT HAVE AN INTEGRATED HOOD AND IS THINNER THAN 5 MM IS NOT SUITABLE!</b></li></ul>

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.	<ul style="list-style-type: none"> <li>- Adidas terrex Hydro_Lace</li> <li>- Bestard Canyon Guide</li> </ul>		<b>Sandals, kayak shoes or neoprene rafting shoes with thin and soft soles are not allowed!</b>
3.	Neoprene socks. The best thickness is 3 to 5 mm	<ul style="list-style-type: none"> <li>- Hiko NEO3.0 neoprene socks</li> <li>- Sandiline neoprene socks</li> </ul>		
4.	Helmet for water sports (certified EN 1385), mountaineering helmets are not suitable.	<ul style="list-style-type: none"> <li>- Edelrid Zodiac</li> <li>- Palm AP4000</li> <li>- Petzl Ecrin Roc</li> </ul>		<b>Climbing/mountaineering helmets are not suitable.</b>
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...)	<ul style="list-style-type: none"> <li>- Palm Nevis</li> <li>- Peak UK New River Guide</li> </ul>		<p><b>COWTAIL IS NOT PART OF MANDATORY PERSONAL EQUIPMENT BUT WE VERY STRONGLY RECOMMEND THAT YOU BRING ONE!!!</b></p> <p>Bring <b>SHORT</b> cowtail on a stainless steel ring with large HMS locking carabiner (<b>not long cowtail for kayak schools</b>).</p> 

6.	Knife for use in water (folding or fixed blade).	<ul style="list-style-type: none"> <li>- CRKT Bearclaw</li> <li>- Edelrid RopeTooth</li> </ul>		
7.	Whistle for use in wet conditions.	<ul style="list-style-type: none"> <li>- ACME whistle Tornado 2000</li> <li>- Palm Fox 40micro</li> </ul>		
8.	<p>A water rescue rope, at least 18 m long (we recommend a length of 18 to 25 m).</p> <p>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.</p>	<ul style="list-style-type: none"> <li>- HF Compact Syntec</li> <li>- Palm Pro 20m</li> <li>- WWTc Rescue Rope</li> <li>-</li> </ul>		<p><b>Ropes such as Hf Weasel do not have a core and have an extremely low load capacity. They are only intended for throw rescue techniques.</b></p> 
9.	Nylon sling length of 160 to 180 cm (climbing nylon anchor sling-loop) width min. 1 cm and CE/UIAA certified.	<ul style="list-style-type: none"> <li>- Tendon sewn sling 180cm</li> </ul>		

10.	<p>Water rescue rope carrying belt.</p> <p>It can also be a system where the sleeve for carrying the rope is fixed to the belt (more universal).</p>	<ul style="list-style-type: none"> <li>- Palm Rescue belt</li> <li>- WWTC Rescue Rope</li> </ul>		<p><b>OPTIONAL!</b></p> <p><b>For all those who do not have enough space for all the listed mandatory technical equipment in the pockets of the life jacket, we recommend buying an additional pocket that attaches to the belt for carrying the rescue rope.</b></p> <p><b>Example: WWTC Flip-Line Pocket</b></p> 
11.	<p>4 x pear-shaped (HMS) Carabiners with locking mechanism (recommended key lock closing mechanism) and CE/UIAA certificate.</p>	<ul style="list-style-type: none"> <li>- Petzl William Screwlock</li> <li>- Edelrid Magnum screwgate</li> </ul>	<p><b>4x</b></p> 	<p><b>Carabiners without locking mechanism or D-shaped or oval-shaped Carabiners are not suitable!</b></p> 

12.	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.	- Petzl Mini	<p><b>3x</b></p> 	<p><b>Pulleys with round sides and/or fixed side plates are not suitable!</b></p> 
13.	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 55 cm.	- Edelrid Powerlock static prusik cord 6mm - Beal prusik cord 6mm	<p><b>2x</b></p> 	
14.	5 m of tubular tape - webbing (for climbing - alpinism) with CE/UIAA certificate and load capacity min. 15 kN.	- Edelrid X-tube 25mm - Beal Tubular 26mm	<p><b>1x</b></p> 	

15.	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 the prussik loops.	<ul style="list-style-type: none"> <li>- Edelrid Powerlock static prusik cord 6mm</li> <li>- Beal prusik cord 6mm</li> </ul>		
16.	Pen and notebook.	- /		
17.	3 x AA batteries	- /	