

# **IRF RIVER GUIDE TRAINING COURSE KRESNA, BULGARIA**

**22 - 26.03.2009 river Struma, Kresna Gorge**

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IRF instructor class III email:kanjon@teol.net

Local host and support: "Adventure Net" contact: adventurenet@mail.bg

## **Programme :**

### **1 day, Monday /22.03.10/:**

20.00-22.00h Introduction of guides training

### **2 day, Tuesday /23.03.10/:**

10.00h -17.00h Training

10.00h Safety briefing

13.00h River training (paddling and rafting techniques, crew management.....)

16.00-17.00h Discussion and questions

### **3 day, Wednesday /24.03.10/:**

10.00h -18.00h Signals, rescue and rope techniques, emergency procedures.....

### **4 day, Thursday /25.03.10/:**

10.00h - 18.00h - all rafting technics ,scenario.....

### **5 day, Friday /26.03.10/:**

10.00h - start on river, exam.

18.00h finish, meeting and discussion.

Other information:

### **Every participant must to have:**

- first aid certification
- all equipment (paddle, helmet, life jacket, throw bag, knife)

### **Way of payment and price:**

- The course' s price is 100 euro + additional expenses for food, transport and accommodation for the coaches – in this case and local transport, drivers on the buses for participants and boat trailer. (In anticipatory accounts about 20-30 E per person).
- On the place to organizers

All participants need to pay registration fee for the IRF which includes an IRF Guide Card, registration at the IRF's guide database.

- Guide: 30 Euros
- Trip Leader: 50 Euros

**Equipment:**

Every participant must have paddle, helmet, life jacket, throw bag, knife.

If you need some equipment, please do not hesitate to contact us.

We need this information two days before for prepare. contact local organizer: [adventurenet@mail.bg](mailto:adventurenet@mail.bg)

**Accommodation:** contact local organizer

We propose several variants for accommodation:

- Hotel 3\* in Kresna town – hotel „Brioni” – 20 vl. Per person in double room with WC, warm water
  - Motel at Kresnenski hancheta: 15 – 20lv. for room with WC, warm water
  - Tents
- If you need reservation or some others equipment – please contact us. ☺

**Food:**

- Every participant takes care about the food
- There is opportunity for feed in the restaurants in Kresna, Kresnenski hancheta or buy in market in Kresna