



Dear participants of the Raft Guide Training Course,
We are pleased that you have decided to register for an education with our association.
25.-29.04.2024 and 06.-10.05.2024
First week at Area47 and second week at Feelfree Outdoor Zentrum Magerbach.

Here are the main important points for you to read through:

- **Training:** the course takes place Monday to Friday all day (from about 08:00 hrs to a maximum of 19:00 hrs). Start of the training course is **Monday, 08:00 hrs, meeting point Area47.**
- **55 hours** of rafting practice will be confirmed for the completion of the training course.

Students must attend 100% of the course to receive their rafting practice confirmation. A minimum of 60 hours of rafting practice is required for the IRF guide exam.

- **Fee includes:** Training Course, Tyrolean Rafting Course Book (english), no Rafting Equipment for the course dates.
- **Equipment:** The rafting equipment can be rented for a fee at Cankick for the course times. You can bring your own equipment (white water life jacket, wetsuit, helmet, neoprene shoes, not older than 10 years). (This can be rented for a fee at feel free or faszinatour).

Please bring along:

- warm clothing for the outdoor lectures, possibly ski underwear / thin fleece clothing (can be worn as a warming layer under the neoprene suit)
- shower stuff (towel, etc), writing utensils,
- 2 screw karabiners and 2 bits of rope for knot training (1,50m / 8 to 10mm thickness),
- 1 sling (25mm width) 3.50m long or a rope length (8mm or thicker) 3.50m long for use as a "Flip line" in training

Physical good fitness:

We point out that physical good fitness is an important part during the training. Basic requirements, such as getting into the raft (boat) independently during the tour, swimming in white water or head under water require physical and mental resilience. It is therefore strongly recommended to prepare yourself properly. Exercises like

(pull-ups 5/2 (m/f), push-ups 10/5 (m/f), swimming, jogging are inevitable and belong to every good fitness.

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Technical preparation:

Knot tying and technical rope practices, see rafting curriculum, can be practiced and improved in advance.

- **Payment of the course fee:** Course registration is completed by paying the course fee. Participation in the course is only binding when the course fee has been paid. The course fee has to be paid to the account of the Tiroler Raftingverband IBAN AT42 2050 2000 0084 9307.
- **Arrival:**
Area47 At the Ötztal traffic circle take the 1st exit (large archway!) and follow the road for approx. 1 km.
feel free Drive through the village Haiming direction Inn, over the bridge, Magerbach
Cankick (faszinatour) Drive through the village direction, Alte Bundesstr. 26.
- **Parking:** Please do not park directly in front of Cankick. Cars can park at Cankick's parking lot as well as at Gasthof Traube.
- **Camping:** please do not camp anywhere other than campsites. Wild camping is illegal in Tirol and you can receive a large fine. Absolute parking ban for motorhomes at Cankick's parking!
- **Accommodation:** you can find all accommodation available in the region on the following websites: www.oetztal.com und www.imst.at

Raft guide exam:

The following paperwork must be brought to the exam in order to take part:

- Original Logbook and copy with at least 30runs/60hours on at least grade 3 whitewater. Including dates and confirmation from your company or training course provider.
- Original First aid course certificate and copy, minimum 8 hour course, not older than 3 years.

We wish you every success with your guide training!

The team of the Tyrolean Rafting Association

www.tiroler-raftingverband.at