



# **IRF WORKSHOP**

**GUIDE - TRIP LEADER**

**DURANCE - UBAYE**

**JULY 1-2-3, 2016**

**FRANCE**

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## ORGANISATION

**Pieter Bekkers**  
IRF Assessor

**Dirk Ladiges**  
IRF Instructor 4/5

## PROGRAM

### Thursday June 30, 2016

20h00 Registrations / payments etc. at Camping Les Eygas.

### Saturday July 1, 2016

09h30 Start program

- Introduction IRF Award Scheme and general information.
- Practice river Guil / Ubaye Class 3-4-5, Rafting techniques.
- Specific skills like e.g. swimming in rapids, use of throwbag, raft flipping/reflipping, rope techniques, Z-drag and other functional 3:1 or 4:1 pulley systems built from their own gear within 5 minutes.
- Briefing safety and boat management.

### Sunday July 2, 2016

09h30 Start program

- Emergency Scenario training river Guil / Ubaye
- Trip Leader & Instructor Assessment.

### Monday July 3, 2016

09h30 Start program

- Emergency Scenario training river Guil / Ubaye
- Trip Leader & Instructor Assessment.

16h00 End Workshop.

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## INFORMATION

### Administration

Each candidate has to provide the following at the registration:

- A current\* Medic First Aid certificate (MFA) or equivalent with Cardiopulmonary Resuscitation (CPR).  
\***Current** MFA and less than 2 years old.
- Log book recording each run, signed by the Trip Leader or Operations Manager of the company, as proof of experience.
- Proper accident insurance certificate covering rafting
- ID card / passport
- Appropriate IRF Fee

### Candidates have to take care themselves for e.g.

- Neoprene or dry suit, jacket, appropriate foot gear
- Helmet, paddle, bouyancy aid with rescue belt and quick-release buckle
- Guide gear
- Pen and paper
- Meals
- When sleeping on the campingsite; tent / sleeping bag / air mattress etc.



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## INFORMATION

### Address Workshop

Camping Les Eygas - Fontmolines - 05380 Châteauroux les Alpes - France

### Fees

Workshop Participation Fee: 290 EUROS p.p.

This participation fee has to be paid before the start of the workshop.

Payment on the spot (cash) or by Bank Transfer:

Wildwaterschool.nl

Hoofdstraat 202

6024 AB Budel

The Netherlands

Account no. 1420.62.766

IBAN no. NL 16 RABO 0142 0627 66

BICcode RABONL2U

IRF Registration Fees, payment at the spot (cash):

- 35 EUROS Raft Guide
- 55 EUROS Trip Leader
- 105 EUROS Instructor

### Registration

info@wildwaterschool.nl

Pieter Bekkers

Hoofdstraat 202

6024 AB Budel

The Netherlands



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## INFORMATION

### Stay Suggestion 1

#### Camping Les Eygas

Fontmolines

05380 Châteauroux les Alpes

Tel. 0033.492.43.63.80

Mail [info@franse-alpen.nl](mailto:info@franse-alpen.nl)

Web [www.franse-alpen.nl](http://www.franse-alpen.nl)

Price Camping: 8,50 EUROS per night

Price is for 1 person, tent, vehicle, local tourist tax

Electricity connection is not included in this price

### Stay Suggestion 2

#### Chambre D'Hôtes Les Peschiers

Avenue de la Gare

05380 Châteauroux les Alpes

Tel. 0033.492.43.10.67

GSM 0033.6.83.85.30.99

Mail [contact@lespeschiers.fr](mailto:contact@lespeschiers.fr)

Web [www.lespeschiers.fr](http://www.lespeschiers.fr)



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## ITINERARY

### To Chambre d'Hôtes Les Peschiers and Camping Les Eygas

#### From Briançon

- RN94 direction Embrun/Gap
- Pass through Saint-Clément-sur-Durance and take the 2nd exit Châteauroux les Alpes (Don't take the 1st exit Châteauroux but take the exit Châteauroux les Alpes / Les Ecrins)
- At the roundabout turn right
- **Chambre d'Hôtes Les Peschiers** faces directly at the left side
- Carry on this road to Camping Les Eygas and take the 2nd road left
- Pass the football pitch (football pitch is at your right side) and turn left at the V-junction
- Pass through between the houses and take the sharp turn left
- Drive down this little road and pass under the little bridge
- Behind the railway **Camping Les Eygas** faces at the left side

#### From Gap

- RN94 direction Embrun/Briançon
- At the roundabout before Embrun follow the road sign to Châteauroux les Alpes
- At the next roundabout drive straight to Briançon. Do NOT take here already the direction to Châteauroux les Alpes but take the exit Châteauroux les Alpes / Les Ecrins at your right side
- Pass under the RN9 and take the 2th exit at the roundabout, up to the little village
- **Chambre d'Hôtes Les Peschiers** faces directly at the left side
- Carry on this road to Camping Les Eygas and take the 2nd road left
- Pass the football pitch (football pitch is at your right side) and turn left at the V-junction
- Pass through between the houses and take the sharp turn left
- Drive down this little road and pass under the little bridge
- Behind the railway **Camping Les Eygas** faces at the left side

#### GPS coordinates Chambre d'Hôtes Les Peschiers

44°36'37"N , 6°30'41"E

#### GPS coordinates Camping Les Eygas

44°60'184"N , 6°52'750"E