

## CaNyoning/CaNyoneering

### International Canyoning Training Courses

The program allows you to organize canyoning excursions and use basic technical skills within moderate risk canyons (see Appendix for "Canyons with moderate risk"). You will

#### **Canyoneer Level 1 (2 days)**

##### BASIC SKILLS – INDEPENDENT HIKING AND RAPPELLING

#### **Day 1:** Indoor session

##### 1A. Canyoning Overseas

Canyoning throughout the world  
ICOPRO structure and organization.  
ICOPRO training courses chart.  
Introduction to CA Level 1-2-3  
Content  
Daily Program  
Evaluation

##### 1B. The Basics of the Activity

1. Canyoning definition.
2. General information about the different types of canyons.
3. Canyons rating systems.
4. Identification of a canyon defined as « a moderate risk canyon ».

##### 1C. Gear and Equipment

- Personal equipment.  
Collective equipment.  
3. Technical sheets of the manufacturer.  
ICOPRO PPE (Personal Protective Equipment) recommendations.  
5. Check, choice, storage of canyoning equipment.

##### 1D. Preparing a Tour

Reading a guidebook and assessment of a canyon's difficulty.

Awareness of up to date weather data.  
Observation and analysis of natural environment.  
Tour organization.  
Equipment packing.

#### 1E. Behaviour and Environment

Awareness of protecting the environment.  
« ICOpro Canyoneer » Charter.

#### 1F. Physiology

1. Basics of sport physiology.  
2. Stretching theory and practice for canyoning activities.

### **Day 2:** Outdoor session – School canyon

#### 1G. Knots

The different knots for canyoning practice and their specificities.  
Adjustment of cow's tails, foot loop and chest.

#### 1H. Double Anchor and Fall factor

Double anchor principle.  
The basics of fall factor.

#### 1I. Hand-lines

Passing hand-lines safely.

#### 1J. Vertical Descents

Clip into the belay.

Use of the figure of eight descender and Pirana.

Unclip from the belay.

Different methods while using a figure of eight descender and Pirana; hows and whys of use.

#### Rappel

Lock off descender and static position.

Cross belays and rebelays.

Cross a knot while descending on a single rope using a mechanical system.

Safety management of rope bags.

## 1K. Moving on Rope

1. Climb on single rope with a mechanical ascender.
2. Pass a knot while ascending on single rope.
3. On a single rope: how to convert a descent to an ascent and vice versa.

## 1L. Rock Climbing

The basics of leading, first and all participants' belaying.

## **Canyoneer Lvl 2 (1 day)**

PROGRESSION – WHITE WATER – RESCUE - FIRST-AID AND SELF-RESCUE

Into a canyon or river

## 2A. Water Movements

Principles and effects of water movements.

Identification and analysis of risks.

## 2B. Swimming Episodes

Swim in calm water with equipment.

The risks inherent to water-slides and jumps.

Jump and water slide techniques.

Free-diving and swimming underwater.

## 2C. First-Aid

The first-aid kit.

Participant assessment (stressed tired, exhausted, hypothermia and hyperthermia).

Methods of transporting a victim in horizontal position.

Warm place, keep the victim warm.

Rescue alert and launch rescue.

Drag participant into calm water.

## NATURAL ENVIRONMENT KNOWLEDGE

Indoor session

## 2D. Cartography

1. Read and use of a topographic map:
2. Identify a calibrated watershed.

## 2E. Meteorology

1. Basic knowledge.

Find and explain different ways to make understanding meteorology easier.

2F. Hydrology

1. Water cycle.

2. Basic principles of hydrology.

**Canyoneer Lvl 3 (3 days)**

BELAYING - EQUIPMENT - AUTONOMY

Into a canyon or river

3A. Communication

Visual signals.

Sound signals.

3B. Horizontal Progression

Choice of the itinerary.

Easy and dynamic move.

Security and assistance.

3C. Anchors

Presentation of the different types of anchors.

Principle of double anchor.

Identification and check.

Set-up of additional anchors.

3D. Equipment rules

Comfort and clearness.

Connection of unlinked anchors.

3E. Hand-lines

1. Set-up of hand-lines without intermediate point.

2. Move along any kind of hand-line.

3. Remove hand-lines without intermediate point.

3F. Verticals

1. Setting technique with double ropes and single rope on any type of anchor.

2. Releasable systems.

3. Descent of the leader.

4. Easy back-up techniques.

- 5. Belays removing.
- 6. Rope retrieving.

3G. Guided Rappel  
Easy pulley system.  
Setting and use.  
Stripping.

3H. Deviation  
Setting and use.  
Crossing.  
Stripping.

3I. Friction  
Techniques and management.

3J. Rescue Technique  
Assistance.  
Rope cutting.

### **« CLINIC SESSION »: REVISION AND PRACTICE 1 DAY**

The organization and the content of this session will be defined by the EXA according to the individual needs.

The session will be performed on climbing wall, indoors or in canyon. Under the pedagogy support of the EXA, the trainees will review the skills of the « CA3 TEST » and also basic knowledge in order to be prepared to the final evaluation.

### **FINAL EVALUATION 1 DAY**

Program:

1. Assess the trainee's skills for autonomous and safe rappelling in a canyon with moderate risk.
2. Check and validate theory skills previously learnt during the course.

Evaluation Description:

Technique

1. Safe and autonomous rappel in a canyon or part of canyon rated 3.3.II maximum. Bolt and strip

the obstacles.

2. Demonstrate the « CA3 TEST » 4 techniques (see Test procedure).

1. Guided loop rappel: setting and use demonstration.
2. Releasable system: setting and use demonstration.
3. Indirect rope cutting from the top.
4. Convert a descent to an ascent and climbing up on rope.

## Theory

1. Written test: 50 multiple choice questions about the canyoneer's curriculum.

## Test Validation:

1. Demonstrate autonomous skills, easy move and safe bolting during the descent.
2. While proceeding the technical tests, the trainee must not make ANY «SFE » (Security Fatal Error) (see Canyoneer handbook).
3. Pass the « CA 3 TEST » in compliance with the test procedure.
4. 80% positive answer required of 50 questions to validate the Theory test (thus 10 mistakes maximum authorized). Test duration: 50 mns.

## **Physical conditions required**

Training session available for all age groups.

- Minimum age requirement of 18 years.
- Have validated CA Lvl 1-2-3 online pre-test.
- Be in good mental and physical condition.
- Swimming: 50m and running: 1km.
- (Signed declaration + medical certificate issued less than three months prior to the training course, testifying that the trainee is physically and mentally fit for canyoning activities).

## What is included in the price

Hotel sharing

Full board

Insurance

full equipment