



HIGH AFRICA ADVENTURES WATER SAFETY TRAINING & RELATED EXCURSIONS

High Africa Adventures is a Proud Partner and Water Safety Trainer Provider for and on behalf of the:



High Africa Adventures has partnered with the NSRI in becoming an Inland Water Safety Training Facility for school learners in the Western Cape.

We currently have 12 trained water safety and survival swimming facilitators/instructors, whom have been trained by either Life Savings SA (via Eco Active) or the NSRI. High Africa Adventures offers students the opportunity to learn and experience open water safety basics in an controlled and safe environment. We are the only NSRI Inland School Camp Water Safety Training Facility specifically for school and youth camps in the Western Cape, a testament to our commitment and passion towards water safety and training for the youth. These activities, some of which are optional to our normal camp program, include survival swimming, flat water river rafting techniques, water smart principles (as per The NSRI and Life Savings SA's Water Smart Program), raft building, swimming techniques as well as water safety and rescue basics. These programs are all aligned to those of the NSRI and High Africa has several NSRI qualified Water Smart and Survival Swimming Facilitators on duty during any water related activities. The excursions and activities are designed to ensure students' utmost safety at all times and is therefore adapted based on environmental conditions at the time of the excursion or activity. A water and environmental conditions safety assessment is done prior to any excursion and should any circumstances prevail that could negatively affect the safety of students, the excursion will not proceed.

High Africa Adventures only makes use of the services of an exceptionally specialised and experienced APA Certified River Rafting Operator with more than 35 years of experience

across Africa. Should a school choose this option, it is worth noting that any rafting trips are not considered to be very demanding and the specific route followed on the Breede River, allows for a safe and relaxed excursion. For all other water based activities, we strictly follow our Open Water Safety Protocol (Document Attached) and under the supervision of NSRI Qualified Water Smart and Survival Swimming Facilitators. High Africa also makes use of the services of qualified life guards as and when required.

A detailed safety briefing is conducted with all participants prior to any water excursion or activity and the Educational Institution's Educators are also expected to participate in supervision during any water based activity. Great care is taken to ensure the safety of all participants at all times during any open water or river rafting activity. We have an impeccable safety record which we are extremely proud of. Parents/Guardians are most welcome to make contact with the owner of High Africa Adventures if they have any questions. Please consult our attached Open Water Safety Protocol Document for more information.

Best Wishes, Owners: High Africa Adventures



High Africa Adventures are a fully registered member of the African Paddling Association.

Please see below for more information about our APA Registered River Rafting Operator and the safety precautions we strictly adhere and comply to at High Africa Adventures, should a school choose to make use of this optional activity.

RIVER RAFTING OPERATOR BACKGROUND

Wouter Groenewald is the owner and founding member of WildOne River Adventures & Logistics (formally known as Wildthing Adventures Est 1989). He is an Advance River Guide, Tour Operator and Tourist Guide # WC1032.

He has more than 35 years' experience in the outdoor adventure industry, which includes white water river rafting as well as canoeing adventures (Orange River, Doring River and Breede River); Overland safari's (South Africa, Namibia, Botswana, Mozambique); Bridge Jumping, Adventure bike trips (various), soft adventures (Corporate and social Team building)

HIGH LEVEL COMPLIANCE AND SAFETY PROTOCOL OVERVIEW

- All guides have specialized Guide certification and are trained **African Paddle Association (APA) Swift Water River Guides**.
- All Trip leaders are qualified **APA REGISTERED GUIDES** with many years of experience on SA Rivers accompanied with the necessary First Aid training, equipped with comprehensive first aid kits, safety equipment and have the required Standard Operation Procedures (SOP) in place.
- Our Trip Leaders and Lead Guides are passionate guides with extensive knowledge off offshore & inland waters, related water activities and the surrounding environment. Guides take special pride in what they offer our clients, students or learners.
- All Trip Leaders have **Level 3 Advance First Aid certification**.
- **Our guide to client ratio is 1:10** on the river, with a minimum of 3 guides on river and as per industry norms stipulated in our APA Operating Membership conditions, with special reference to our signed APA Code of Conduct & Code of Safety.
- An extensive safety briefing is done for river specific conditions prior to any trip departure and personal floating devices (PFD's /Life Jackets) has to be worn at all time when on or near water or on a river trip.
- PFD'S to be worn by clients/learners during full duration of the river trip or any other water based activity

RIVER EQUIPMENT USE & SPECIFICATIONS

BOATS

- We use 2 and 3 person inflatable boats, Model “Crocs” 395 & 365 manufactured by ARK Inflatable and as per **South African Maritime Standards (SAMSA)** Issued with ARK Buoyancy Declarations and 3 separate floatable pontoons or compartments.
- All our boats are surveyed annually by SAMSA and registered with special **Department of Transport (DTC)** number allocations. Serial/DTC numbers is clearly visible on each craft.
- Our SAMSA & DTC Inflatable Boat Registration numbers are: DTC 15995 R/1-21 and DTC 15996 R/1-4.
- Propulsion mechanisms for rowing boats is a floatable double plastic bladed paddle with lightweight 22mm Aluminium shafts.
- All boats are equipped with double action hand-foot pumps.

PERSONAL FLOATING DEVICE “Life Jackets” (PFD’S)

- Our Personal Floating Device “Life Jackets” (PFD’S) are SAMSA approved SANS 12402- 5/6:2007/ISO 12402-5/6:2006.
- PFD JACKET Model “Hunter” RSA NRCS/8032/ 0043 and manufactured by Xtreme Equipment.

SAFETY EQUIPMENT ON RIVER (Determined based on extent of trip)

- Specialized Xtreme Guide Life Jackets/PFD’s with towing device, carabiners clips and knife.
- Safety throw bags with 15m floatable lines.
- Helmets where necessary – River grading specific Class 3 and above.
- Waterproof containers or Dry bags for personal kit or clients’ personal medication needed on trip.
- Wrap Kit- Ropes, Carabiners and slings needed in case of river rescues.
- The First Aid Kits used on river is stored and transported in waterproof Pelican Cases.
- A second comprehensive First Aid Kit is always available with the Base camp staff or transport support crew.
- This First Aid Kit includes a 2Lt Oxygen tank & regulator-mask unit, Mobile blood Oximeter & Heart Rate monitor device and Blood Pressure Cuff and various other medical support gear.
- Back up Two Way Radios is used on river (or to communicate from river to base) in case of no cell phone coverage.

CREW/RIVER GUIDES FOR SCHOOL TRIPS

- All river guides are APA registered
- All guides have first aid qualifications
- Our lead guides have worked with us for years and are well respected in the outdoor industry, with many years of experience with clients.
- **APA Business Operating Membership active.**

RIVER RAFTING OPERATOR'S PUBLIC LIABILITY COVER

- Insured name: Wild One River Adventures
- Status: In force
- SATIB, Policy Ref: B1262BW0217122-GPL10/2023/ 13421



NSRI TRAINING PARTNERSHIP

We are a training partner of the NSRI. The focus areas of our water safety training programme is as follows (as per NSRI requirements):

The focus areas for the Water Safety Training Initiative include:

- Understanding what drowning is and recognizing the signs.
- Learning how to identify and be aware of potential dangers in the water environment.
- Teaching peer rescue techniques using readily available equipment such as clothing, plastic bottles with a rope, etc.
- Demonstrating the correct use of the pink torpedo buoy for rescues.

Emphasizing the importance of always having a **PLAN**:

"P" for Pack

"L" for Look (for lifeguards and dangers)

"A" for Ask

"N" for Never (never swim alone, never swim without adult supervision, etc.).

- Providing instruction on how to perform CPR in the event of a drowning incident.

Additionally, the High Africa Adventures and NSRI Survival Swimming program focuses on teaching four essential water safety skills:

- Breath control
- Orientation in water
- Floating
- Moving efficiently through water

CONTACT DETAILS

HIGH AFRICA ADVENTURES

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