

Initiation Canyoning Course

Sportive training.

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activa

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1. INTRODUCTION

This course will focus on people who want to start in the canyoning activity. The general objective is that the person can make a canyon level of difficulty 1-3 (very easy to little difficult) and commitment / span (I-II) correctly with autonomy and safety at the end of this course. It will be a set of 2 intensive sessions during 1 weekend. In this way students can attend without having to miss work. It is programmed for a ratio of 4 people per trainer, and in this way to give the necessary attention to each participant and in a personalized way. With an age between 16 to 50 years for legal reasons and physical condition.

The practical sessions will take place in 2 different canyons of the Marina Alta region to learn how to perform in different real contexts. The theoretical contents will be carried out in the Xàbia Activa training room on Cap de Sant Antoni Road No. 20, in Xàbia.

2. DURATION.

The total duration of the course will be **16 hours** spread over **2 sessions (8h + 8h)**. The first parts of the sessions will be practical in the field (cayons), they will last approximately 5-6 hours each, going deeper into the technical-practical part of the course and where the trainer will evaluate the acquisition of knowledge by the students. At some point running the activity there will be a theoretical session of approximately 2-3 h. Afterwards the students will have time to study the documentation and facilitated reviews, and prepare the equipment.

3. DIDACTIC OBJECTIVES.

3.1. Conceptual and theoretical.

- Know basic characteristics of the environment.
- Make correctly the knots necessary for the progression
- Know the minimum security criteria.
- Know and identify the basic individual and collective material, as well as its correct use and maintenance.

3.2. Procedures.

- Choose and prepare correctly the necessary equipment to do an activity.
- Equip yourself correctly for the practice of canyoning.

- Know and know how to apply the basic techniques of abseiling with Eight device and to block correctly.
- Know and know how to apply the basic techniques of jumping in puddles and slide steps safely.
- Install a preventive rappel correctly.
- Uninstall correctly after making a descent.

3.3. Normative and values.

- Respect the environment in which the activity takes place at all times.
- Respect the rest of the participants at all times.

4. CONTENTS.

a) Conceptuals:

0 Background and brief history.

1 The personal and collective equipment.

- i. Ropes
- ii. Harness
- iii. Anchor lines
- iv. Blockers and descenders
- v. Helmets
- saw. illumination
- vii. Carabiners, bolsters and pulleys
- viii. Equipment material
- ix. Equipment material
- x. Back PVC packs, drums and waterproof bags
- xi. Wet suit.
- xii. Boots and socks
- xiii. First aid kit
- xiv. Whistle

2 Progression into the canyon.

3.Follow a review.

4 Jumps, technique and safety precautions.

5 Slides, technique and safety precautions.

6 Placement of the bag in cascades.

7 Use of the descender device.

8 Installation and removal of the descender.

9 Descent of a vertical.

10 Stop position, blocking.

11 Assurance from below.

12 Knots, types:

- Loop.
- Eight, double and 2 ears.
- Nine.
- Bagstrinque and dynamic with lock key.
- Connection of ends, double and triple fisherman.
- Flat knot or beer with tubular ribbon.
- Machard.
- Butterfly.
- Heart.

13 Safety and progression equipment.

- group guide or leader.
- waterproof cage.

14 Strings to be used.

15 Recovery of the rope and bagging.

16 Use of the anchors or installation.

17 Abseiling in simple detachable from above.

18 Descent of the first of rope.

19 Descent of the last one.

20 Environment and care of the environment.

b) Procedural:

- Use of personal and collective equipment during the canyon progression.
- Harness
- Anchor wires.
- Descender.
- Railing
- Ropes
- Carabineers
- Back PVC packs
- Practice of installations, assembly and disassembly of the descender, rappels and de-installation during the progression.
 - Displayable branch
 - Abseiling with nine knot in simple
 - Abseiling in double rope
 - Locking the descender in the middle of rappel
 - Practice of aquatic techniques:
 - Jump.
 - Swim.
 - Practice techniques of jumping, climbing and slide.
- Practice of basic knots.
 - Loop.
 - Eight, double and 2 ears.
 - Nine.
 - Bagstrinque and dynamic with lock key.
 - Connection of ends, double and triple fisherman.
 - Number flat or ribbon and beer with tubular tape.
 - Machard and prusik.
 - Butterfly.
 - Heart.
- Practices of preparation of minimum equipment necessary to carry out specific activities.
- Interpret and prepare the activity based on reviews, internet searches, files and topography.

c) Actitudinal:

- Acceptance of personal limits.
- Respect to trainers and other colleagues.
- Concern for the other students and respectful use of the equipment and the environment where the activity takes place.
- Work as a team with activity partners.
- Focus, performance and participation during the realization of the proposed activities.

5. LEARNING & TEACHING ACTIVITIES.

The contents to be developed in the course will be taught to the students through the following activities, workshops and exercises:

- Realization of theoretical classes.
- Preparation of bags and equipment for activities.
- Make a warm-up and activation before the main part of each practical session.
- Realization of approaches.
- Progradation and practice of rappels through the ravine.
- Realization of a return to calm and stretching after the main part of each practical session.
- Technical demonstrations by the teacher.
- Demonstrations practices by students.
- Practice of installation assemblies, dismantling and bagging.
- Activities and games, cooperation, progression, swim and jump.
- Workshops and knot practices.

6. SESSIONS.

7. ORIENTATIONS FOR THE PEDAGOGICAL INTERVENTION.

8. TIMING and PLANNING. example

Friday	Saturday	Sunday
*	Arrive to the Canyon (40')	Arrive to the Canyon (1h)
*	9h-14'25h <i>Barranc de l'Estret de les Penyes</i> , meeting point en Cafeteria Pep de Callosa d'Ensarrià	8h-13'50h <i>Barranc de l'Abdet</i> , meeting point Aparcamiento Municipal Abdet
*	14'25-16'20h Lunch menu restaurante <i>Callosa d'Ensarrià</i> (menu aprox. 15€)	13'50-15'30h Lunch menu restaurante <i>Abdet</i> (menu aprox. 15€)
*	Coming back class (40')	Coming back class (1h)
*	17h-19'35h Class theory in Xàbia Activa	16'30h- Class theory in Xàbia Activa
20h-21h Informative meeting and explanations	19'35h-21h Free time.	Goodbye.
21-22h Possibility of joint dinner at Restaurante Azorín Xàbia Menú 10 €	21-22h Possibility of joint dinner at Restaurante Azorín Xàbia Menú 10 €	*
22'30h Accommodation.	22'30h Accommodation.	*

Note: it will be optional to eat in the restaurants and accommodations proposed by the course coordinator, it is only a suggestion based on quality / price and to be able to meet the school timetable that will be mandatory. Students can eat or stay in other places if they prefer or live nearby even picnic if they prefer. If you wish, Xàbia Activa will process the food or lodging reservations if you notify them in advance (at least 2 days before).

9. STUDENT RESOURCES.

1. For this course the main didactic material that will be contributed to the student will be a digital dossier with the didactic objectives, the theoretical contents and the reviews of the ravines to be made, so that in this way he can follow the explanations of the trainer without any problem. This file may contain photos, videos and theoretical documents with key concepts and explanations, it will be sent at the moment that the registration fee becomes effective so that if they want the students can read it or print it before starting the course. Also the **schedule** and **information** of the course, **Annex 1**.

2. The practical sessions will be led by the trainer who will facilitate access and transport from the headquarters of Xàbia Activa to the ravine or classroom, give the necessary information and guidelines so that students can follow the course (initial schedule schedule) and provide the necessary collective material. It will be reinforced with videos that explain the maneuvers and procedures that will be taught in the course.

3. Finally, students will receive a certificate of attendance at the end of the course, if they have attended 100% of both sessions.

10. DIDACTICAL RESOURCES.

To carry out this didactic program we will need a set of materials and infrastructures. These can be differentiated into three groups where all of them are reflected.

1) **Facilities:** It is necessary to use a work classroom where the theoretical classes and workshops are carried out with the help of computer and digital media.

For the development of practical sessions it is necessary to use the natural environment where several ravines will be made, in which the techniques learned will be put into practice, corrected and improved.

2) **Material to be contributed by the student:** The student must provide their personal study material such as:

- Ballpoint
- Pencil
- Eraser.
- Paper to take notes.

In addition, the student will have to contribute their own individual material and personal equipment. (A minimum obligatory material checklist is attached to complete the course; there is the possibility of renting all or part prior notice in advance).

For enrollment it will be an indispensable requirement that the student attach a copy of ID, less than 18 years of age, also parental permission and declaration of responsibility to swim and not have vertigo, illness or inability to perform these activities (confirmation email is valid).

Checklist material individual mínimo necesario.			
1	Wetsuit 5mm (2 pieces +socks)	12	25cm quickdraw
2	Casco	13	Swim clothes
3	Proper shoes	14	Torch or aquatic light
4	PVC backpack	15	tank or waterproof bag.
5	1 carabineer semiautomatic	16	Mask or goggles.
6	Anchor safe capes with con automatic carabineers	17	2 ribbons (1,5 y 2 m longitud).
7	2 units Eight device o piraña	16	Snacks & hidratação
8	2 safety carabineers.	19	Sun Protection.
9	Canyoning harness.	20	Towel & dry clothes.
10	2 HMS carabineers.		
11	rope 6mm (1'4 m longitude x 2 units)		

3) collective equipment necessary to carry out the course.

- Semi-static ropes for descent of ravines Type A min 10 mm diameter.
- Auxiliary rope for dynamic safety, min 8mm diameter.
- Emergency material: First aid kit, collar (Xcollar), mobile, hammer, spitzer, plates and anchors and and equipment to equip
- Self-locking devices, (cuffs, crols, shunts, reverse, t-block) or fortune (various diameters and lengths of cord).
- Descenders eight left over for disengageable rappels.
- Flat ribbons of different sizes.
- In addition to the complete individual equipment of the students, we will take to the starting canyon point one extra for every 4 students to avoid possible surprises (breaks, forgetting ...)

11. BIBLIOGRAPHY.

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- 2) Grau J., 2012, Apunts Entrenament Esportiu II, IES de La Pobla de Segur.
- 2) Escuela francesa de Descenso de Cañones. Federación Francesa de Espeleología, 1999, Manual Técnico de descenso de Cañones, 33. Ed. Manuales Desnivel.
- 3) Internet.

13. ANNEX.

Annex 1. Classes' schedule and student information.

Annex 2. Review from l' Estret de les Penyes Canyon.

<http://gim-elx.site88.net/bestret.htm>

Annex 3. Review from l' Abdet Canyon.

http://gim-elx.site88.net/barranc_de_l_abdet.htm

<http://gim-elx.site88.net/babdet.pdf>

Note: The course does not include food or overnight stay. It will be optional to eat in the restaurants and accommodation proposed by the course coordinator, it is only a suggestion based on quality / price and to contribute to the fulfillment of school hours, which will be punctual compulsory attendance. Students can eat or stay in other places if they prefer or live nearby even picnic if they prefer. If you wish, Xàbia Activa will process the food or lodging reservations if you notify them in advance (at least 2 days before).

On Friday the attendance to the informative meeting will not be obligatory although it is advisable since doubts will be clarified and it will facilitate all the information that the participants need, if someone wants to go by their own to the canyons meetingpoint and classroom there will be no problem, although it will be required punctuality.

Proposals for accommodation and food.

* **Overnight in Xàbia**, we recommend a Mediterranean style bed & breakfast **CASA TELEGRAFO\$** in centre town village, very cozy, very kind and close from everywhere.

<https://www.facebook.com/bedandbreakfastjavea/>

* **To dine** in Xàbia, we recommend, Azorín in the port with a menu aprox 12€ or there are other restaurants with local specialties or fish from the bay that we can recommend if you prefer as La Cantina just in front of the fishermen boats. In the village centre town you can find a lot as Montgo Bar, Trinquet, La Cuineta de Xaro, etc...

* **To lunch**, the simplest thing is to book at the bar-restaurant of the place where the activity takes place, there usually there is a menu of approximately € 15 / pers. or letter to choose. In the case of l'Abdet there is only one restaurant in the village right next to the parking. X.A. can prepare for you a Picnic to take (sandwich, fruit, drink) if you notify the previous day before 7pm for € 5 or you can bring your own.

To get **to Xàbia from Valencia or Alicante** there is the possibility of taking Alsa bus <https://www.alsa.es/> (approx € 10) or train to **Denia or Gata de Gorgos** respectively from where X.A. can transfer you to the accommodation (agreement in very advance), we also enhance the transfer from these 2 airports with an additional cost of € 125 / transfer (5 people would cost 25€/pers and maximum 8 people).

The course will be held for a minimum enrollment of 4 people, if more people enroll, the ratio will be 4 students per teacher for practice and 8 students per teacher for theory. The ravines could change depending on the environmental conditions that could also condition the dates of the course.