

Course Information Sheet

White Water Safety & Rescue Training

This two day course is aimed at giving participants an understanding of the potential hazards in the moving water environment, how to avoid the dangers and ways of dealing with rescue situations.

Throughout the course candidates will have the opportunity to experience real white water rescue situations and practice with new techniques in dealing with them. We will spend time looking at necessary equipment and its use in the rescue situation, also appropriate river leadership skills and boat based rescue options. For more information on the course content please follow this link;

<http://www.canoe-england.org.uk/media/pdf/WWSR%20Syllabus.pdf>

Venue; Lake District

Meet at Low Sizergh Barn Cafe (<http://www.lowsizerghbarn.co.uk/>) at 9.30 on the morning of the first day. This may be subject to change due to water levels, if this is the case you will be contacted to be informed of the new venue.

Pre-requisites;

- Candidates must be confident in their ability on grade 2 moving water
- Be confident swimming in normal canoe clothing suitable for the moving water environment
- Be a minimum of 16 years of age

BCU Fees:

Certification is £5 for BCU members, £10 for non-BCU members. Cheque payable to BCU

Equipment;

The majority of this course will be spent in the water and is advisable that people wear dry-suits or steamer wet suits. The following is a recommended kit list;

- Dry-suit with plenty thermal/ fleece layers
- Throw-line, at least 15m
- 3m – 5m length of unknotted, open ended climbers tape
- River knife, folding saw
- Whistle
- White water spec helmet
- Canoe/ Kayak, paddle & appropriate kit
- Large screw-gate karabiner x2
- Sturdy shoes for walking on uneven/ slippery surfaces
- PFD with harness

We have spares of all listed equipment for people to experiment with during the course. We will be exploring various rescue options for both canoes and kayak so please bring either to the course, if you need to borrow a boat, please contact us.