

Whitewater Rescue Course



What: BCU Whitewater Safety & Rescue Course

Where: Twyweryn

When: 14/15th March or 28/29th March

Cost: £570 (4-6), £1140 (6-12)

Contact: Ed

- This is the extract from the Tryweryn website. Link <http://www.ukrafting.co.uk/rivercoaching/safety.htm>
- **BCU/ UKCC Safety & Rescue Training**
- Under the new BCU/UKCC coaching scheme there will be 2 different White Water Safety & Rescue Courses. One will look at Safety & Rescue skills and techniques needed for the new 4 Star Awards and the other will look at more advanced Safety & Rescue skills and techniques to support the new 5 Star Awards. That does not mean that these courses are only relevant for those interested in coaching others. Safety and Rescue training is vital for all river runners. The techniques learnt on these courses could enable you to save a friend's life on the river some day!
- **BCU White Water Safety & Rescue**
This two day course is designed for whitewater paddlers who want to gain or improve their whitewater Safety and Rescue techniques. The course is suitable for both open boaters and kayakers and also fulfils the Safety and Rescue training requirements for the BCU/UKCC 4 Star Awards.
- The course deals with incidents associated with whitewater kayaking and canoeing with an emphasis on simple, low technology solutions to common river emergencies.
- Course content includes: Boat-based rescues
- Aggressive & defensive swimming
- Throwline use
- Harness use
- Cinches, stoppers & entrapments
- Drysuits, buoyancy aids (with chest harness), helmets and wetboots are available (free of charge) subject to demand. Please contact the Centre for more details.
- **Pre-requisites** As the course involves boat based rescues on, and swimming in, moving water, all candidates should be confident grade 2/3 paddlers and be prepared for a wet and practical course. Participants must be 16 or over.
- 2 days