

BCU Basic WWS&R & BCU 4 Star WW Kayak Training

Basic WWS&R covers all the elemental procedure for a kayaker & canoeist on white water. From safe paddling, swimming rapids and simple self help methods to more advanced group intervention protocols & safe procedures, all is covered in this action packed course. Plus we go paddling to, to ensure the safety elements are covered, so it's not all about your swimming technique.

What's 4* training about? It's all about giving you the tools and techniques you need to tackle the river. We use a fresh approach, whether it's dynamic boat control and group control or it's opening your eyes to the river as a dynamic, three dimensional environment. The goal's not just to survive the river, it's to paddle it safely and with style

Day 1 Review of Applied Leadership WW Principals

- We'll look at safe paddling strategies
- We'll work on the recovery of a swimmer.
- We'll work on reach & throw line rescues
- We'll work on boat based swimmer rescues
- We'll look at different uses of equipment, setting up belays and using knots
- We'll work on shallow water wading techniques
- We'll look at the recovery of equipment

Day 2 Kayak & Swimmer Extraction's & Entrapments

- We'll look at numerous methods to rescue trapped paddlers & swimmers
- We'll work on reach & throw line rescues
- We'll work on entrapment rescues
- We'll work on live bait rescues
- We'll check out your log book
- We'll come up with a paddling progression plan for when the course is finished

Day 3 Group Management, Technique & Leadership

- We'll look at different ways of briefing and organising a group
- We'll look at the individual techniques you need for successful river running
- We'll look at different leadership styles, concentrating on dynamic and flexible approaches
- We'll work on your personal skills
- We'll discuss various rescue scenarios and how to tackle them
- We'll work on your individual learning log

Day 4 Gear, Planning & Dynamic River Running

- We'll look at what you're carrying on the river and see if it comes up to scratch
- We'll look at how to plan a successful trip, whether local, national or abroad
- We'll look at how people use different paddling styles in different places as part of a flexible approach to the river
- We'll look at applying all these skills in real-world situations
- We'll check out your log book
- We'll come up with a paddling progression plan for when the course is finished



Pre-requisites

You should be happy on grade II water.

Logistics

The course starts at 9AM at the River Dart Country Park near Ashburton in Devon. We'll aim to finish by 1600 on Sunday. If you need directions, give us a call! If this course is not located in Devon, specific instructions will be given via email upon booking.

Make sure you bring:

Your paddling kit
A packed lunch and a hot drink for the river
Rescue gear, including a throwbag
A first aid kit
Your up-to-date logbook
Waterproof notepad and pencil