

## **BCU ADVANCED WWS&R & 5 Star Training COMBO**

Advanced WW is the setting for our safety & rescue course for the experienced paddler. We'll review all the rescue protocols, for the (SRTRGH) procedure, boat pinnings, paddler entrapment & apply them to various scenarios often found within advanced river terrain. We look at safety strategies and communication for successful river running, along with the development and influencing of a positive group dynamic.

What's 5\* training about? It's all about giving you the tools and techniques you need to tackle the river. We use a new school 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 different ways of briefing and organising a group
- We'll look at different leadership styles, concentrating on dynamic and flexible approaches
- We'll work on rescue placement & location with swimmer & gear recovery
- We'll work on various rescue scenarios and how to tackle them
- We'll work on your individual learning log

### **Day 2 Kayak & Swimmer Extraction's, Entrapments & Pinnings**

- We'll look at numerous methods to rescue trapped paddlers & swimmers
- We'll work on vertical pinnings, swimmer entrapments & broached boats.
- We'll work on rescue methods such as vector pulls, Z drags, clinches and tag lines
- We'll work on a numerous of incidents covering the range of topics highlighted
- We'll check out your log book
- We'll come up with a paddling progression plan for when the course is finished

### **Day 3 Communication, Technique & Tactics**

- 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 III 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, 2 slings, 4 krabs and 2 prusiks

A first aid kit

Your up-to-date logbook

Waterproof notepad and pencil