

## **Boofs & Drops Course**

Boof it, flare it or melt it? We'll show you how to tackle pushier water, bigger drops and more challenging rivers. We're all about specific skills, so we'll cover the whole range from break-outs to boofs. There's no 'drop in at the top and hope for the best', but there is a new, dynamic freeride style, waiting for you to take it to the water

### **Day 1**

- We'll discuss some of the safety issues you'll meet on the steeps and the rescue tactics you need to tackle them.
- We're going to look at the core skills and strategies you need to run the river safely and stylishly.
- We'll look at the river as a three dimensional, dynamic environment.
- We'll use individual learning logs to keep a track of what you know, what you've learnt and what you want to work on.
- And, of course, we'll go boating.

### **Day 2**

- We'll look at the kit you're using and discuss what works and what doesn't.
- We'll look at how to apply the skills we're teaching you when you've finished the course.
- We'll look at why different paddling styles work for different people on different types of river.
- We'll fill out individual learning and action plans.
- And, of course, we'll go boating again.

### **Pre-requisites**

You should be paddling fairly comfortably on grade IV rivers.

### **Logistics**

The course starts at 9AM at either Anne's Café (Laragh), Fouzis Cafe, (Llangollen) or at the River Dart Country Park (Devon). We'll aim to finish by 1600 on Sunday. If you need directions, give us a call!

### **Make sure you bring:**

A good semi-drytop or drytop

Your paddle

Whitewater PFD and good helmet

Solid footwear for bank support – no sandals!

Rescue gear, including a throwbag, knife, sling and karabiner

A packed lunch and a hot drink that are suitable for taking on the river

### **Recommended Reading & Viewing**

- Book: Whitewater Kayaking by Ollie Grau
- Book: Whitewater Safety and Rescue by Franco Ferrero
- DVD: Genes Advanced Whitewater by Westgarth TV