

## **Fundamental Core Skills WW Course**

Get to grips with the fundamentals. Give us two days and we'll show you how! Whether you want to push your grade or you're surviving your way down grade II, we'll take you back to basics and work on the core skills you need to take on whitewater world-wide.

### **Day 1**

- We'll discuss some of the safety issues you're going to encounter on the water.
- We're going to look at the core skills you need to get down the river safely and stylishly.
- We're going to look at the fundamental personal skills you need, wherever and whatever you're paddling.
- 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 plan a trip, whether it's a Sunday morning river trip or a holiday to the Alps.
- 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 I 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: Genotype 2 by Westgarth TV