

Progressive & Dynamic WW Course

Let us help you step it up a level! If you've got the basics, we'll show you how to apply new-school dynamic paddling techniques to grade III whitewater. It's not just about top-to-bottom survival: we'll teach you a bag of tricks that'll help you style your way down as an active part of the group, rather than having to rely on someone else to show you the way

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 III 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.

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 DVD by Westgarth TV