



## BCU White Water Safety & Rescue Course

With Steve Banks

This BCU course is aimed at anyone paddling canoe or kayak on inland white water rivers up to and including Grade 2. The 2 day programme will cover an examination of the hazards and risks posed by this environment and a wide range of strategies to avoid and deal with the situations which may occur. The course will be predominantly practical and you will be spending significant time in the water as well as in boats. Steve will be deploying his usual high-paced, learner centred, problem solving approach whenever it is safe to do so.

This formal white water safety and rescue training is a prerequisite for the new BCU inland 4 Star Leader awards and 5 Star Open Canoe. BCU logbooks will be endorsed upon completion. The BCU intends that, as with First Aid training, this course will need updating every 3 years.

Please note, if you paddle on grade 3 and 4 water there is an advanced version of this course. This is a prerequisite for those undertaking the White Water Kayak 5 Star award.

**Cost and Dates:** As advertised on the website.

### Venues:

Local, Cumbrian, Grade 2 river venues will be used for this course. You must be competent and comfortable paddling, swimming and training in this environment.

### Equipment:

Please come appropriately equipped for being repeatedly immersed in cold river water. As a minimum you should bring:

- Kayak, paddle and deck OR Canoe, paddle & pole with secured buoyancy in both cases
- Drysuit, steamer or other suitable clothing – it may be very cold
- Plenty of good thermal clothing including hats and gloves
- Footwear suitable for movement on very slippery river banks – not low cut slalom shoes!
- Buoyancy aid with harness and whistle (CE marked, 50Kn min and <5 years old)
- Well fitted, CE marked helmet no more than 5 years old
- Throwbag – bring more than one if you have them
- River knife and rescue saw (both folding)
- 3 large opening screwgate karabiners
- 3m length of unknotted tape as climbers would use.
- 2 pulleys
- 2 Prussik loops (use 1.5m x 5mm or 6mm static cord tied with a Double Fisherman's knot)
- Flask and food
- Change of clothes and towel

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If you have any questions about this course or if you need guidance and advice on equipment purchases please don't hesitate to contact Steve, he'll be pleased to hear from you and will do his best to assist.

N.B. Whilst this course is open to those of 16 years and above, those under 18 must be accompanied by a parent or legal guardian.

**Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by Steve a full refund will be given.**

#### Useful Links:

BCU WWSR Syllabus:

<http://www.canoe-england.org.uk/media/pdf/WWSR%20Syllabus.pdf>