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BCU Basic WWS&R Training

Basic WWS&R covers all the elemental procedure for a kayaker & canoeist on white water. From safe paddling, swimming rapids and simple self help methods to more advanced group intervention protocols & safe procedures, all is covered in this action packed course. Plus we go paddling to, to ensure the safety elements are covered, so it's not all about your swimming technique.

Day 1 Review of Applied Leadership WW Principals

- We'll look at safe paddling strategies
- We'll work on the recovery of a swimmer.
- We'll work on reach & throw line rescues
- We'll work on boat based swimmer rescues
- We'll look at different uses of equipment, setting up belays and using knots
- We'll work on shallow water wading techniques
- We'll look at the recovery of equipment

Day 2 Kayak & Swimmer Extraction's & Entrapments

- We'll look at numerous methods to rescue trapped paddlers & swimmers
- We'll work on reach & throw line rescues
- We'll work on entrapment rescues
- We'll work on live bait rescues
- 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 II 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, a slings, 2 krabs and a knife

A first aid kit

Your up-to-date logbook

Waterproof notepad and pencil