



Gene17kayaking.com
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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 III+, 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 III rivers.

Logistics

The course starts at 9AM at either Anne's Café (Laragh), Pete's Eats (Llanberis) 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! The course is going to be taught by Dave Carroll (+353 (0) 877 421 460), Matt Tidy (+44 (0) 7876 353 177) and Deb Pinniger (+44 (0) 7881 831 921)

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