

# BCU White Water Safety and Rescue Course

**This is an official BCU Course.** The aim of this course is two-fold:

- To encourage safe white-water paddling,
- To encourage the use of applicable and relevant strategies to perform a rescue, but only in the event a rescue cannot be avoided.

*This is a suitable course for Level 3 Coach and for 4/5 Star Leadership candidates. However, it is not exclusive to those awards and all paddlers are encouraged to consider this excellent course if they paddle on white water of ANY grade (see pre-requisites below).*

**Venue:** Upper Tees (Low Force/Salmon Leap/Abbey Rapids area)

**Dates:** 17<sup>th</sup> and 18<sup>th</sup> May 2008

**Cost:** £130 per head. Candidates will also each need to pay themselves onto the River Tees (£3 per day) should the need arise.

**Staff:** Ken Hughes (C5) and ANO

## **Pre-requisites:**

The course takes place on grade 2-3 water. Candidates should be confident in their ability to paddle on grade 2 water, although portage options will be available. In addition the course requires a great deal of swimming; course participants should be confident swimmers.

## **The content of the course will cover 4 main core components**

1. Safe Paddling Strategies
2. The throw-bag
3. The harness
4. Scenarios and incident management

 We will also take a close look at the equipment necessary for safety and rescue on white-water.

What will you need?

- 👉 **Clothing and equipment** suitable for white water canoeing and/or kayaking.
- 👉 **Wetsuit/dry-suit** capable of sustaining warmth and comfort in the **prevailing water and weather conditions throughout the course. Even though this is May the water can be cold.**
- 👉 **A boat.** If you normally paddle a modern white water canoe or kayak then you are encouraged to bring it along. We will cover the issues which surround this type of craft. If you are a traditional open canoeist please inform the course organiser prior to attending that you will be using this type of boat.
- 👉 **Food.** The course is non-residential: You will need to provide your own transport to the venues and food throughout. A **[large] thermos flask** (essential at any time of year).
- 👉 **Dry land clothing** to maintain comfort, particularly during the afternoon of the second day.
- 👉 An un-knotted/stitched 2-3m piece of **tape sling** (available from climbing shops), single anodised HMS style river **karabiner** (or HMS climbing screw gate), **throw line**, single blade **knife**
- 👉 If you normally use any other rescue kit on the river please bring it along for the group to see and for us to discuss!

**If you are unsure about any of the equipment above please contact the course organiser. We may be able to lend you equipment you do not have, but will need prior warning please.**

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## Proposed Programme

### DAY 1

- ☞ **0900** Meet River Tees (Low Force **GR 905281**)
- ☞ **0915** **Introduction** to course, **candidate goals/objectives**
- ☞ **0930** Dry Land **Throw Bag Session**
- ☞ **1100** Dry land practical: **Safe Paddling Strategies**
- ☞ **1130** **Warming up** and physiological issues
- ☞ **1145** Water based practical: **Safe Paddling Strategies**
- ☞ **1400** On the Water Practical: Rescuing **swimmers with boats**, **Swimming** in white water, Rescuing **swimmers with the throw bag**, **Y-lowers**, **harness release**
- ☞ **1700** Day 1 ends

### DAY 2

- ☞ **0900** Meet River Tees (Bowles lay-by, **Grid Reference 905281**)
- ☞ **0930** **Swimming through stoppers**, consolidating techniques from day 1, **zip-lines**, **live bait** rescue, dealing with **obstacles while swimming**
- ☞ **1330** Lunch
- ☞ **1400** Dry land practical: **Haul Systems**, **fixed anchors**, **vector pulls**, **snag and tag lines**, **cinches** and rescue scenarios
- ☞ **1730** Day 2 ends

Do not forget your lunch, a thermos flask and equipment as outlined on page 1.

*The programme may change to accommodate the prevailing weather and river levels. The weather forecast will be clearer in the preceding 3 to the course.*

Course fees will be payable at the beginning of day 1 if you have not made alternative arrangements prior to the course.

Ken Hughes 77 Queen Alexandra Road, Sunderland, SR2 9HE. Tel: 07890139908.

[kenhughescourses@aol.com](mailto:kenhughescourses@aol.com)

## BCU White Water Safety and Rescue Course

I wish to apply for the WWSR Course on **17<sup>th</sup> and 18<sup>th</sup> May 2008**. I understand the physically demanding nature of the training, characteristics and grades of water I will be paddling/swimming in.

<b>Name:</b>	<b>Address:</b>
	<b>Post Code:</b>

<b>Telephone</b> <b>Home:</b> <b>Mobile:</b>	<b>Email Address:</b>
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<b>BCU Membership Number (if you have one):</b>	<b>First Aid Expiry Date:</b>
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<b>Briefly outline your experience:</b>
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<b>Please give details (in confidence) of any injury, medical condition and/or medication you take regularly:</b>
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<b>Next of kin:</b>
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<b>Are you interested in any other courses? (Specify):</b>
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*I understand that the course programme may be adapted to suit water conditions. I am enclosing a £50 deposit to secure my place on the course.*

<b>Sign:</b>	<b>Date:</b>
<b>Print name:</b>	

*Please make cheques payable to Ken Hughes.*

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