

# BCU Advanced White Water Safety and Rescue Course

This is an official BCU Course. The aims are two-fold:

- To advance safe white-water paddling.
- To apply the use of applicable and relevant strategies to advanced water paddling.

*This is the requisite course for 5 Star Leadership candidates. However, it is not exclusive to that award. All paddlers are encouraged to consider this excellent course if they paddle on advanced white water, or have completed the Basic White Water Safety and Rescue Course and would like an extension to that training.*


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

**Dates:** Please refer to calendar. Dates are also available by arrangement.

**Cost:** £150 per head. Candidates will also each need to pay themselves onto the River Tees (£3 per day).

## 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 always be available. In addition the course requires a great deal of swimming; course participants should be confident swimmers.

 **The syllabus for this course is still to be published, but the likely content will be:**

1. Dealing with advanced rescue scenarios.
2. Accessing difficult terrain.
3. Technical ropework
4. Paddling strategies.

## What will you need?

- 🔊 **Clothing and equipment** suitable for advanced white water paddling.
- 🔊 **Wetsuit/dry-suit** capable of sustaining warmth and comfort in the **prevailing water and weather conditions throughout the course.**
- 🔊 **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 in prevailing conditions.
- 🔊 An un-knotted/stitched 3m piece of **tape sling** (available from climbing shops), single anodised HMS style **karabiner** (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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