

BCU Foundation Safety and Rescue Training

Venue: Arranged to suit.

Dates: Please see calendar. Dates can also be arranged to suit. Price on application.

Trainer: Ken Hughes

Pre-requisites:

- 👍 Be of a **minimum 2 Star standard** (the new multi-boat 2 Star or both the old Canoe *and* Kayak 2 Star).
- 👍 Be able to **swim confidently** in canoeing clothing.

Personal equipment required:

- 👉 **Clothing appropriate for maintaining comfort** in the prevailing conditions. Remember the day will require a **lot of swimming**. Shorts are generally not appropriate.
- 👉 Helmet, buoyancy aid, appropriate footwear and spray deck.
- 👉 A 3m piece of **tape sling** (un-stitched), a **knife** capable of being opened with one hand, an HMS type screw gate **karabiner**, a **throw-line** (min.15).
- 👉 Access to a **Canoe**, a **Kayak** and paddles. Boats should have appropriate buoyancy.
- 👉 **Food and drink**.
- 👉 If you have them: Waterproof note pad and/or camera. These are useful for recording what you learn.
- 👉 **Tow-line** and/or towing system.
- 👉 **Whistle**.

Details:

The day will follow the syllabus of the **BCU Foundation Safety and Rescue Training (FSRT)** Course. Details at: http://www.bcu.org.uk/bcu/CoachingItemPDFs/upload_2084.pdf . There is an administration fee for all individuals payable to Canoe England (£5 for BCU Members, £10 non)

We will cover the following:

- 👍 **General theory and planning:** Rescue Protocols
- 👍 **Bank based rescues:**
 - Coach a swimmer to shore
 - Rescue a swimmer with a rigid object
 - Rescue a swimmer with a throw-line
- 👍 **Boat based rescues** (in canoe and kayak):
 - Rescue a swimmer from the water
 - Rescue a capsized paddler using a deep water rescue
 - Rescue an entrapped or unconscious paddler from their boat
 - Use of tow-lines
 - Self rescue
 - All in rescue

All participants need to be aware of the **risks associated with their involvement with rescues**.

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