

BCU White Water Safety and Rescue Course

This is an official BCU Course. The aims are 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 requisite course for 4 Star Leadership candidates. However, it is not exclusive to that award. 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: Please refer to calendar. Dates are also available by arrangement.

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

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 always 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

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 summer 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 (it may rain).
- 📣 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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