

# The Next Step, Grade 3/4 skills course

Is this You?

You are now a good intermediate paddler and confident and comfortable with your skills on grade 2/3 water, however when it comes to running those tricky class 3/4s there is still hesitation in your mind. Maybe this is a lack of understanding on the hydraulics, The Line in; the key strokes needed to clean the rapid or could be just your self-belief. So now you need **The Next Step course.**



This 2 day course will give you technical and tactical understanding and will focus on your perfect line in, The speed needed (if any) using features within the rapid, Dynamic key strokes and when to apply, Boofing and stopper skills, Active Blades, Timing, Balance and most of all your self-belief and positivity. A great course for any recreational paddler or 4 star and 5 star aspirants wanting to improve their grades and skills by stepping it up.

Must be happy on grade 3 with a good WW roll.

Dates coming soon

Venue North Wales the Rivers used will be determined by water levels or releases at the time

Cost £150 per person none residential,

Contact [andy.escapetoadventure@gmail.com](mailto:andy.escapetoadventure@gmail.com)

[www.escapetoadventure.com](http://www.escapetoadventure.com)

## BOOKING FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_



## **TERMS AND CONDITIONS** please read this section carefully before filling in your booking form

Escape to Adventure is a trading name of Andrew Holt.

All courses require a minimum of 3 people to run. Places can only be secured by submitting a completed booking form together with your deposit. We will confirm the course as soon as minimum numbers are met. The full balance is due no less than 4 weeks prior to the course start date.

### Cancellations by the client

All cancellations must be in writing. Once the course is confirmed your deposit is non-refundable. After the course is confirmed we will book accommodation, our own transportation and any additional guides needed for your course. If you cancel after the course is confirmed, we will invoice you for a proportion of the course fee to cover costs we have already incurred. If you cancel 4 weeks or less before the start of the course the full course fee will be payable. We are happy for you to transfer your place on the course to another paddler, provided he/she meets the minimum pre-requisites and pays any outstanding balance due.

### Cancellations by Escape to Adventure

We are fully committed to ensure that your course/activities will actually run, however Escape to Adventure will notify the client if we believe that the course has to be cancelled due to dangerous/unsuitable conditions or other situations beyond our control. Escape to Adventure may cancel the course where numbers fail to reach a workable level. We will give no less than 4 weeks' notice of this. In any situation where the course has to be cancelled by Escape to Adventure we will offer the client a full refund of the course fee paid by the client or an alternative course and date.

### Safety & Insurance

Escape to Adventure only employ fully trained and qualified instructors to undertake the activities we do and we will do our up most to limit the risk of injury during an activity. However, participation in adventurous sports entails some risk, water sports and adventurous activities are hazardous by nature and participants in such activities must accept that there is some element of risk or injury. Under 18s must be accompanied by a parent or guardian over the age of 18. A reasonable level of physical fitness is needed. Escape to Adventure will not be responsible for loss or damage to clients' own equipment or injury caused by the clients' own equipment being defective. Advice will be given on the suitability of personal equipment before any activities take place.

Pre-requisite paddler experience is put in place for the safety and enjoyment of everyone on the trip. Whilst we do our best to accommodate clients' wishes, our instructors will tailor the itinerary to suit the skills and abilities of the group. Where an individual does not meet the advertised pre-requisite standard we may not allow him/her to paddle some rivers or sections of rivers. Anyone deliberately or recklessly failing to follow our reasonable instructions on the river, or whose behaviour is affecting the safety or enjoyment of the group, may be required to leave the trip.

We emphasize that the course fee only covers arrangement of accommodation, guiding/coaching. All clients must put their own personal insurance in place to cover days lost due to illness or injury, delayed arrival, lost luggage or equipment etc. Clients must ensure their personal insurance includes comprehensive medical cover for the activities to be undertaken.

---