

BCU White Water Safety & Rescue Course

The WWS&R training course is designed for all paddlers operating in a moderate to advanced white water environment in either kayak or canoe. In addition, the training is also required for those seeking their 4 star leader (white water or open canoe) award.

The objective is to provide the underpinning knowledge and teach simple and safe practical skills that can be applied appropriately.

Course Aims:

- To improve individuals awareness of safety skills in the river environment.
- To teach personal survival skills.
- To teach throw line rescue techniques.
- To understand the need for structure in an emergency situation.
- To outline basic rescue protocols that prioritize the safety of the individual above all others.
- To introduce & develop the 'clean rope' principle.
- Please note due to the nature of the course, A lot of time will be spent emerged in the water, therefore appropriate clothing is advised.

Pre-requisites Due to the paddling environment and boat handling skills needed, Candidates must be confident in their ability to paddle on grade 2 water. They must also be confident in swimming in a moving water environment and also be a minimum of 16 years of age.

Date coming soon

Cost 150 pounds per person. None residential

Venue. Either River Tryweryn or River Dee in North Wales

Kit needed.

Due to the nature of the course a lot of time will be spent semi submerged in water therefore a drysuit is recommended for WWSR especially in winter. Failing that a good dry-cag and pants. Warm under layers (fleece is highly recommended). Good river running kayak/canoe. Solid water footwear, Buoyancy aid one with a quick release safety harness if you have one, WW helmet, River knife, Throw line, Long tape (5 metre) or sling and screw gate karabiner. The last 4 items can be supplied on the course if you don't have any.

Please also bring a packed lunch and drink for each day. (hot flask recommended)

BOOKING FORM

NAME _____

ADDRESS _____

_____ POSTCODE _____

TELEPHONE DAY _____ EVENING _____

EMAIL _____

AGE _____ DATE OF BIRTH _____ OCCUPATION _____

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

FEEES the balance of your course fee is due 4 weeks prior to the start of your course in the meantime you should send your deposit of £50 along with this form. Leaving an outstanding balance of £100, payable by bank transfer or cheque.

THE FULL COURSE FEE IS £150

I have paid my deposit:

online (paypal) bank transfer cheque enclosed

Please make all cheques payable to **ANDREW HOLT** or if you wish to pay by Bank transfer please let me know and I will send you the details.

I confirm:

I am fit to take part in the course - I have included any medical conditions or other concerns on the form above

I have read and accept the terms and conditions of booking

I am over 18 years of age

SIGNED _____ DATE _____

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 utmost 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.