



Gene17kayaking.com
20 Ivybridge
Tavistock Road
W-s-M BS22 6LP UK

BCU ADVANCED WWS&R & 5 Star Training COMBO

Advanced WW is the setting for our safety & rescue course for the experienced paddler. We'll review all the rescue protocols, for the (SRTRGH) procedure, boat pinnings, paddler entrapment & apply them to various scenarios often found within advanced river terrain. We look at safety strategies and communication for successful river running, along with the development and influencing of a positive group dynamic.

What's 5* training about? It's all about giving you the tools and techniques you need to tackle the river. We use a new school approach, whether it's dynamic boat control and group control or it's opening your eyes to the river as a dynamic, three dimensional environment. The goal's not just to survive the river, it's to paddle it safely and with style

Day 1 Review of Applied Leadership WW Principals

- We'll look at different ways of briefing and organising a group
- We'll look at different leadership styles, concentrating on dynamic and flexible approaches
- We'll work on rescue placement & location with swimmer & gear recovery
- We'll work on various rescue scenarios and how to tackle them
- We'll work on your individual learning log

Day 2 Kayak & Swimmer Extraction's, Entrapments & Pinnings

- We'll look at numerous methods to rescue trapped paddlers & swimmers
- We'll work on vertical pinnings, swimmer entrapments & broached boats.
- We'll work on rescue methods such as vector pulls, Z drags, clinches and tag lines
- We'll work on a numerous of incidents covering the range of topics highlighted
- We'll check out your log book
- We'll come up with a paddling progression plan for when the course is finished

Day 3 Communication, Technique & Tactics

- We'll look at different ways of briefing and organising a group
- We'll look at the individual techniques you need for successful river running
- We'll look at different leadership styles, concentrating on dynamic and flexible approaches
- We'll work on your personal skills
- We'll discuss various rescue scenarios and how to tackle them
- We'll work on your individual learning log

Day 4 Gear, Planning & Dynamic River Running

- We'll look at what you're carrying on the river and see if it comes up to scratch
- We'll look at how to plan a successful trip, whether local, national or abroad
- We'll look at how people use different paddling styles in different places as part of a flexible approach to the river
- We'll look at applying all these skills in real-world situations
- We'll check out your log book
- We'll come up with a paddling progression plan for when the course is finished



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Pre-requisites

You should be happy on grade III water.

Logistics

The course starts at 9AM at the River Dart Country Park near Ashburton in Devon. We'll aim to finish by 1600 on Sunday. If you need directions, give us a call! If this course is not located in Devon, specific instructions will be given via email upon booking.

Make sure you bring:

Your paddling kit

A packed lunch and a hot drink for the river

Rescue gear, including a throwbag, 2 slings, 4 krabs and 2 prusiks

A first aid kit

Your up-to-date logbook

Waterproof notepad and pencil