



Soča River Leader Training Course

Guiding, Coaching or Teaching, in one week on the crystal Soča you'll be setting the pace on class II/III whitewater

We've put this course together for BCU and ICU level 2 coaches who want to step their game up a notch

To ease out that step up to the new Moderate Water Endorsement or Level 3 Coach, we'll cover everything from your paddling skills and coaching methods to modern, dynamic guiding techniques and real-world group management

This course will include BCU 4 Star Training & BCU 4 Star Basic WWS&R

:::2/9 April 2011
:::15/22 October 2011



Booking Info

SlideShow



6

Summary

Guiding, coaching or teaching, in one week on the crystal Soča you'll be setting the pace on class II/III whitewater

Nestled away in Slovenia's Julian Alps, the Soča's the perfect destination for getting to grips with true river leadership. Perfect blue waters, pool-drop bedrock rapids and a culture that's totally different from anywhere else in Europe make the Soča a world-class destination

We've put this course together for BCU and ICU level 2 coaches who want to step their game up a notch. To ease out that step up to new Moderate Water Endorsement or Level 3 Coach, we'll cover everything from your paddling skills and coaching methods to modern, dynamic guiding techniques and real-world group management

Content

- We'll give you a personal paddling plan, showing you where you're at and what to work on
- We'll work on coaching best practice. No outmoded coaching styles from decades ago: we're keeping it modern and dynamic
- We'll cover practical, real-life guiding and leadership methods, including how to manage your group and how to handle the unexpected
- We'll make sure you're up to speed on your safety, including hands-on practice sorting out pins, entrapments and broaches
- We'll boost your river awareness. It's not just about how you paddle, it's about how well you understand your environment. We'll show you how to visualise and evaluate the river more quickly and more effectively
- BCU 4 Star and ICU Level 4 Proficiency Training/Review

Programme

Day 1 Arrival day. Relax, settle in and sample the local cuisine

Day 2 We'll start off with a session looking at your gear and your boat outfitting. Then we'll take to the water on the lower Soča, a chilled-out run that gives us the chance to look at how you're paddling and find out what you want to work on

Day 3 We'll build on day 2, including a review of technical skills. We'll also spend time looking at how different coaching methods work and reviewing current best practice

Day 4 Today we'll concentrate on how to manage individual rapids, including scouting, guiding and rapid management

Day 5 Today's the day to concentrate on river safety, including incident management and extractions

Day 6 Paddle for yourself: we'll spend the morning on personal paddling workshops, followed by coaching and leading workshops

Day 7 The Big day out! This all day mission's the chance to use your newly developed skills on an Alpine classic

Day 8 After a final review, we'll drop you back at the airport

Of course, this schedule's only a guideline: we'll chop and change depending on how you're getting on, what the levels are like and what everyone wants to do

Details

COSTS: 1250€

The price includes teaching and instruction, full accommodation, airport and river shuttles* and use of a full spec whitewater kayak** from our demo fleet. It doesn't cover your flight, personal & health insurance, alcohol, equipment hire or your last evening's dinner

* Airport shuttle from & to Trieste Airport

** G17 has a small yet excellent selection of kayaks for a range of different sized paddlers, & these are available on a first come, first served basis ONLY

Accommodation & Catering

You'll be staying at our shared apartment in Trnovo, with all bed linen provided. We'll provide a continental breakfast, a light lunch and an evening dinner either at a local restaurant or home-cooked by one of our guides

The Personal Paddling Equipment you should bring:

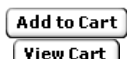
- A good semi-drytop or drytop
- Your paddle
- Whitewater PFD, spray deck and good helmet
- Solid footwear for bank support no sandals!
- Rescue gear, including a throwbag, knife, sling and karabiner

Online Deposit Payment



Soča River Leader Deposit
450€

Pay the Deposit





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Kayak Hire
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D4DR H₂O
D4DR Class V

TECHNIQUE TRAINING
Fundamental Core
Progressive & Dynamic
Steep Creekin' & FreeRide

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