

INTRODUCTION TO WHITE WATER PADDLING COURSE PROGRAMME.

Date: Friday 27th November to Sunday 29th November

Venue: Delaware Old School Outdoor Education Centre Gunnislake

Dormitory style accommodation.

Lead Coach. Andy Davey and two other BCU White Water coaches
The course will be a combination of theory and practical, aimed at beginners and novice white water paddlers 16 years and older.

Content of course to include:

Equipment
White water paddling techniques
Reading the river
Communication
Hazards
Rescues
First aid

Equipment needed for the weekend:

Kayak
Paddle
Wet suit
Wet suit boots
Dry cag
Spray deck
Helmet
Neoprene gloves (optional)

Additional equipment:

Thermals
Thermos and box for packed lunch.
Dry bag.
Water proofs

Towel
Warm clothing
Sleeping bag