

## FOUNDATION SAFETY AND RESCUE TRAINING PRE-COURSE INFORMATION

Dear candidate,

This training course aims to provide paddlers with the key safety and rescue skills required to operate safely and to be able to deal with common emergencies. These skills form the foundations for safety and rescue throughout British Canoeing qualifications.

The award has two purposes:

- To provide the paddler with the necessary skills which will enable them to ensure the safety of themselves and others.
- To provide the paddler with the appropriate rescue skills which can be used to help themselves and/or others in difficulty.

Best wishes,

Andy

### Prerequisites and registration

The candidate entry requirements are as follows:

- Boat-based participants need to either hold the British Canoeing Paddle Explore Award, the British Canoeing 2 Star Award or be of equivalent ability due to the paddling environment and the boat control required to complete the course.
- Bank-based participants accessing the course are not required to hold a Personal Performance Award; however, they should be prepared to fully participate in all relevant aspects of the course.
- Be able to swim in normal paddling clothing suitable for the prevailing conditions.
- A First Aid certificate is not a prerequisite; however, the holding of a First Aid certificate is strongly recommended for all paddlers.

## The Basics

**Timings:** Please arrive at 8.30am for a prompt 9am start. We will finish by 5pm.

**Venue:** Explore Activity Centre, The Quays, Coleford Bridge Road, Mytchett, Surrey, GU166DS

**Parking:** On-site

**Cost:** £85 (plus £5 certification fee for non-BC members)

**Medical information:** Please make me aware of any illnesses or allergies that you may have before the course. If you require any medication for these, please bring them along.

**Equipment:** You are expected to provide your own protective equipment. A range of appropriate craft will be available for use. Alternatively, you are welcome to bring your own craft. Please dress according to the conditions as we will be going ahead whatever the weather!

To participate in all rescue scenarios, the following equipment will need to be present:

- Towline OR tow system
- Throwline
- Webbing (sewn or unsewn sling) and large karabiner
- Whistle
- Knife

Although it is recommended that all candidates have their own equipment, a selection of buoyancy aids, helmets, paddles, craft and rescue equipment can be made available on the day.

**Food and drink:** Please bring enough food and drink to sustain you throughout the day. There is also a small Tesco & Co-Op locally to buy lunch from. Tea and coffee making facilities on site.

**Contact:** If you have any questions or queries before the course, you can email me at: [info@exploreactivitycentre.co.uk](mailto:info@exploreactivitycentre.co.uk)

## What do we cover?

The content of the course will cover:

- General theory and planning
- Bank based rescues
- Boat based rescues
- Scenarios

**For a detailed outline of the course, see appendix 1.**

## Method of assessment

The course does not include a formal assessment however all participants are expected to participate fully in all appropriate elements of the training. A certificate of attendance will be issued after successful completion of the course.

## Course Philosophy

Fundamentally this course is designed for all paddlers irrespective of their chosen craft. The objective is to teach simple and safe skills that can provide the paddlers with the tools to solve simple paddling problems.

## Other Information

### **Complaints**

If you have a complaint about the way the course staff treated you, or the way the course was conducted, contact the relevant Home Nation Association/Delivery Centre.

### **Equal Opportunities**

We are committed to ensuring access to, and fairness in, assessment for all candidates regardless of their race, ethnic or national origin, gender, sexual orientation, disability, age, marital status, social class, political or religious beliefs and affiliations or other personal or professional characteristics which are acknowledged to have no bearing on assessment, while also safeguarding the integrity of its qualifications. The 'Equal Opportunities Policy in relation to Access to, and Fairness in, Assessment' is available from the Home Nation Associations/Delivery Centres.

### **Reasonable Adjustments**

The British Canoeing 'Reasonable Adjustments for Paddlesport Awards and Coaching' describes how assessment can be amended for learners with disabilities and other difficulties. If you are likely to find the assessment methods difficult you must discuss any concerns with me or any other course director. We will make sure you are assessed in a suitable manner in line with the policy.

### **Minimum numbers**

For this course to run a minimum of 4 people are needed. If the course cannot run due to numbers, a full refund will be given.

### **Contact details:**

Email: [info@exploreactivitycentre.co.uk](mailto:info@exploreactivitycentre.co.uk)

Phone: 01252 856819