

PADDLESPORT SAFETY AND RESCUE PRE-COURSE INFORMATION

Dear candidate,

The Paddlesport Safety and Rescue Course aims to provide paddlers with the key safety and rescue skills required to operate safely and to be able to deal with common problems in a sheltered water environment.

The course is designed for all paddlers irrespective of their chosen craft. The objective is to introduce, explore and practice simple strategies and safe skills that can provide the paddlers with the tools to solve common paddling issues.

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.

Please make sure you read all of the information below carefully.

Best wishes,

Andy

Prerequisites and registration

The candidate entry requirements are as follows:

- Participants need to either hold the [Paddle Explore Award](#) or equivalent ability, due to the paddling environment and the craft control required to complete the course.
- 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: £90 (plus £5 certification fee for non-BC members)

Medical information: Please make us 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: Please make sure you have appropriate clothing to keep yourself warm on and in the water throughout the day (wetsuits / dry suits advised). We will be going ahead whatever the weather! A range of appropriate craft will be available for use. Alternatively, you are welcome to bring your own.

Please bring with you any other personal paddling equipment such as buoyancy aids, helmets, spray decks, paddles and rescue equipment. Although a range of equipment will also be 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 myself on: info@exploreactivitycentre.co.uk

What do we cover?

Throughout the course, candidates will explore simple strategies and safe skills that can provide the tools to solve common paddling issues. The course content focuses on rescuing from the paddlers specific craft and covers equipment, safety frameworks, as well as a range of rescues including contact and towing rescues, self-rescues, and deep-water rescues.

The Paddlesport Safety and Rescue course is a 6-hour programme that consists of 6 modules.

- Clothing and Equipment
- Safety frameworks
- Contact and Towing rescues
- Self-rescues
- Deep water rescues
- Reflection and development

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

Phone: 01252 856819