

## White Water Safety & Rescue (Kayak or Canoe)

### What Paperwork Do I Need?

Please bring your BCU log book (if you have one). Note: It is not essential to be a member of either of the Canoe Unions to undertake training. However, we recommend that all students join before attending: Tel: BCU on 0845 370 9500; or Tel: SCA on 0131 317 7314.

### Pre-Requisites

- Confident in your ability to paddle on grade 2 water.
- Be confident swimming in normal canoe clothing suitable for a moving water environment.
- Be a minimum of 16 years of age.

### The Course

This two-day course is designed for open boaters and kayakers alike. To help with course logistics, if you have not already done so please confirm with us what you intend to paddle.

This course is a pre-requisite for the White Water Kayak and Canoe Four Star Leader Award, as well as being a course suitable for any active white water paddler.

Training will take place on a variety of rivers up to grade 2-3 to enhance training and create real scenarios. The emphasis will be on safe river running and include detailed river rescue, personal coaching, group control and communication.

For further information and more detailed syllabus please contact the BCU on 0845 370 9500 or [www.bcu.org.uk](http://www.bcu.org.uk)

### What Equipment Will I Need?

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

We have a range of some of the latest river kayaks from Pyranha and other top manufacturers. All our Sea kayaks are this years models from P&H and Valley. Our Open boats are all new from Mad River. The surf kayaks are also of up to date design.

Our paddling clothing is from Peak and we have a wide range tailored to your discipline.

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We use a range of paddles depending on the activity, Lendal and Werner for sea kayaking and Werner for river kayaking. There are specialist additional open boating items such as poles and sails.

**GLENMORE LODGE CAN SUPPLY:**

- ✓ Bouyancy aids
- ✓ Helmets
- ✓ Spray decks
- ✓ Cags
- ✓ Wet suits
- ✓ Wet suit bootees
- ✓ Small drybags
- ✓ Dry suits (only for out of season kayak courses)
- ✓ Paddling Trousers
- ✓ Pogies
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Towlines
- ✓ Split Paddles

**White Water and Swift Water Rescue**

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks

**EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.**

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves\*\*\*
- ✓ Vacuum Flask & Water Bottle \*\*\*
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! \*\*\*
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellant – it may be midgey!\*\*\*
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

**Items marked \*\*\* are available in our shop subject to availability.**