

## **BCU Advanced Whitewater Safety & Rescue Training Syllabus**

### **Course Philosophy**

The objective is to provide the underpinning knowledge and teach safe practical skills that can be applied appropriately in grade 3-4 whitewater. The course will, in the main, be delivered as part of a journey on grade 3-4 whitewater. The equipment and resources used will therefore be limited to those normally available to a paddler journeying in this environment. The course is based round the needs of the whitewater kayaker.

### **Course Aims**

- To develop the principles and techniques taught at WWS&R and consider their application in an advanced environment
- To introduce the concept of the "Team approach" in order to provide structure in an emergency situation
- To move on from a "set piece" approach to safety and rescue to one where "core skills" are combined creatively to provide safety and rescue

### **Prerequisites**

Due to the paddling environment and the boat control required the candidate should be:

- Confident in their ability to kayak on grade 3-4 white water
- Confident swimmers in normal canoe clothing suitable for a moving water environment
- Have attended a BCU WWS&R course (ideally in the previous 3 years)
- Be a minimum of 16 years of age

A first aid certificate is not a pre-requisite; however the holding of a first aid certificate is strongly recommended for all paddlers.

### **Equipment**

Techniques and concepts taught throughout the BCU Advanced White Water Safety and Rescue course call for the minimum of technical equipment. It is recommended that all those operating in the advanced water environment carry the following equipment;

- Throwline – Floating high visibility rope, minimum length 15m, minimum diameter 8mm.
- River Knife – sharp, safely stowed but easily accessible single-handed.
- Karabiners – Locking HMS pear shaped anodised alloy karabiners.
- An un-knotted 3 – 5m length of climbers tape webbing.
- Buoyancy aid with quick release chest harness
- Whistle
- 1 Prussic
- 1 Pulley

**Duration**

The training will take place over two days and include a minimum of 10 hours teaching time.

**Risk Disclosure**

All participants need to be aware of the risks associated with their involvement in rescues. The course director / course tutor will endeavour to make candidates aware of these by introducing and coaching ways to minimise the risks for all involved.

**Course Content**

By the end of this course students will have received input on the following topics:

- Recap core principles from WWS&R and consider their application on grade 3-4
- Safe Paddling techniques including protecting rapids
- Managing people and equipment on difficult ground
- Team structure in emergency situations
- The following core skills and their application in a range of settings:
  - Knots and anchors
  - Generating and controlling loads on a rope
  - Placing a rescuer in the current