

# White Water

## Progressive White Water Award

### Award Description

This award is designed to progress your ability in appropriate decision making and personal paddling skills on white water for a safe day out on grade 3-4 rivers.

### Extended Award Description

Your Progressive White Water Award endorses your judgment, decision making and expertise and requires a good understanding of paddling on grade 3-4 rivers. You should be confident planning and undertaking journeys on a variety of white water rivers. Your confidence should be based upon both proficiency in skills and a broad appreciation of surroundings and environmental context. Your award should be seen as a sound basis for independently building the experience and expertise associated with Advanced White Water Award holders.

### Award Content

#### 1. Location

White water paddling is a dynamic and demanding activity which brings high rewards. To have an enjoyable day out on the river we need to make some key decisions to ensure we choose the right river at the right time.

Key factors influencing our decisions include the water levels, the grade of water, the weather, our fellow paddlers and features of the location we choose. We can take each of these factors into consideration and ask ourselves some questions to ensure the correct decisions are made:

**Factor:** River conditions

**We may need to know:** What is the current water level? Is this level safe for our ability? What could affect this? What is the local water table doing? Is the river likely to rise or fall as we are paddling? Are there any tributaries that could affect the river we are paddling? How might we find out this information? What is the grade of the water we are going to be paddling on? How challenging will this make our day and is that what we want? Does the grade change at any point? Is this the correct grade for our ability? How can we find information on water grades? What features would we expect to see on Grade 3 or 4 water? Are there any hazards along our way that we need to be aware of?

**Factor:** Weather conditions

**We may need to know:** What is the forecast for the day? How will this impact our paddle? Will the forecast change our clothing decisions? Will the forecast impact on the safety precautions we take?

**Factor:** Access and environment

**We may need to determine:** What restrictions might there be on the water we are paddling on? Where will we access/egress the water? What environmental factors might affect this decision? How would we direct support to us in an emergency situation? How can we reduce our impact on the environment and animals around us?

## 2. Getting Ready

Before getting to the water we must choose suitable kit and equipment and have the correct knowledge to use it. Key points we may consider are:

**What will we wear?**

What are the clothing options available to us? Why might we choose one over another? How will the demands of the river impact on our choice of personal safety equipment? Are we confident in the use of our chosen personal safety equipment?

**What will we use?**

What are the different equipment and boat options available and why might we choose one over the other? How might different hull design/type impact our paddling? Have we chosen equipment suitable for our day?

**What will we take?**

What additional equipment might be useful to carry on the river with us? What safety kit would it be useful to have with us or available on the bank? Do we want to take any spare equipment? How and where will we store this equipment so that we can access it if required?

## 3. At the Water

Before we set out on our journey we need to be confident in our ability to deal with the complications it might bring. A river is usually a shared space; we must also be aware of other users and consider how we will safely get on the water.

**Consideration:** Other users - we sometimes paddle in busy areas. We may need to share the water with swimmers, kayakers and anglers, amongst others. To do this safely, an 'etiquette' amongst these users has developed to minimise

conflict and help everyone enjoy the environment. It is also important to know something about the others we are paddling with.

**We may need to consider:** Who else is in the area? Are we using a managed or supervised venue? What is the etiquette here? Where can we park and change considerably to other users? Who else is paddling with us? What is their current ability? Are we aware of their motivations?

**Consideration:** Safety and rescue

**We may need to know:** How can we protect ourselves and others from any potential hazards? What damage to our health might repeated immersion in cold water cause? How can we help prevent this becoming an issue? What would we do if someone we are paddling with gets really cold or overheats? What potential injuries might we need to treat? How might we do this? What additional safety equipment might be useful to carry and have access to?

**Consideration:** Getting to the water

**We may need to determine:** How are we going to get to the access point and do we need to organise a shuttle? What is the best way to carry, load and secure our craft to protect ourselves or others from injury and prevent unnecessary damage? How will we get our craft and additional equipment to the water? Are the water and weather as expected? What river factors do we need to take into consideration before we get on?

#### 4. White Water Skills

When white water paddling at this level we must bring together our positive attitude and range of skills to attack the river with flair and creativity. Meeting each demand of the river with situational awareness and responsivity. Blending planned activity and our recovery abilities to create a successful session. Skills we may call upon for this could be:

**Skill:** Running the river

**We may need to consider:** How can we best choose our route down river and identify features that we want to use that aid us? What features do we need to avoid? How can we use our forward paddling to drive our boat effectively to where we want to be? How can we identify areas to traverse to achieve success?

**Skill:** Tactical Awareness

**We may need to consider:** What tactics might we need to run the river? How would we use these to position and control our craft? When would we employ these tactics? Which tactics are we likely to need today?

**Skill:** Assessing and adjusting to our environment

**We may need to consider:** What elements of the river topography do we need to be aware of during our session? How can we translate the knowledge we gained in our planning to the actual river? How can we use our knowledge of the topography of the river to aid our session?

**Skill:** Crossing flow

**We may need to consider:** When might we need to stop or cross flows? What types of flow might we need to cross? How can our speed, angle, edge, timing and use of body position impact the outcome? How can we look to future water to make our crossing successful?

**Skill:** Maintaining direction

**We may need to consider:** What factors will we need to consider to keep our craft tracking? How will we effectively use linked strokes to maintain direction? How can we use the water to help us maintain direction?

**Skill:** Changing direction

**We may need to consider:** Which river features can we use to assist us in changing direction? How will we spot and use them? Which strokes might we use to change direction? How else can we aid a change of direction?

**Skill:** Working as a team

**We may need to consider:** How can we work as a team to create a successful session? How can we provide safety for each other? What equipment might we require for this? How can we use positioning and environmental awareness to work well as a team?

**Skill:** Dealing with mishaps

**We may need to consider:** What is our strategy to get back on course and in control? How do we maintain balance? We need to be able to relocate and re-focus after a roll. How would we safely get ourselves or others back to shore or into the craft? How would we retrieve loose kit, equipment or boats? What factors might affect our decisions on how we retrieve these? If a mishap does occur, do we have mental strategies which will help us to stay focused and resilient?

## 5. After the Session

Every paddle session is an opportunity for learning and improving. We can use every session to aid us in our development by reflecting on our session.

**Look around:** Have conditions changed whilst we were out on the water? Was that expected? Did anything else occur which was not expected whilst on our trip? How did we deal with that?

**Watching what others do:** How was our session in relation to others? Why did we/they have good lines down the river? Are we able to relate their skills to ours?

**Consider what you will take away:** What have we learnt today? What can we focus on next time?

## 6. Future Development

Each day we spend paddling we further expand our skills and knowledge, creating a more enjoyable experience on the water. With no two experiences ever the same, we never stop learning.

Continually evaluating the choices we make creates a natural evolution of decision making ability and skills. When we reach a certain point in this, it may be worth considering moving onto the Advanced White Water Award.