

# White Water Safety and Rescue Training Syllabus

## Course Philosophy

Fundamentally this course is designed for all white-water paddlers. The objective is to teach simple and safe skills that can be applied appropriately.

## Course Aims

- To improve individuals awareness of safety skills in the river environment.
- To teach personal survival skills.
- To teach basic throw line rescue techniques.
- To understand the need for structure in an emergency situation
- To outline basic rescue protocols that prioritise the safety of the individual above all others.
- To introduce & develop the 'clean rope' principle

The philosophy is to teach practical skills in a practical manner. By it's nature the course is very 'hands on' and should not usually contain much classroom work. Any theory should be limited to short riverside sessions, the duration of which will be naturally limited.

## Prerequisites

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

- Confident in their 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

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 British Canoeing white water safety and rescue course call for the minimum of technical equipment. It is recommended that all those operating in the moving 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

## 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 you aware of these by introducing and coaching ways to minimise the risks for all involved.

## Course Content

- Safe paddling strategies
- Recovery of a swimmer
- Shouting rescue
- Reaching rescue
- Throwline rescues
- Boat based swimmer rescues
- Live bait rescues
- Knots
- Entrapment rescues
- Shallow water wading techniques
- Recovery of equipment
- Scenarios