



## **FOUNDATION SAFETY & RESCUE TRAINING**



This new safety and rescue course has been developed as the pre-requisite for the new BCU Coaching courses but will increase the confidence of any paddler who wants to go on trips, either with the club or independently. The course may be taken in either canoe or kayak, but the candidates will be trained in both. Boat-based candidates are expected to hold the 2\* award, or be of 2\* standard, bank-based candidates are not expected to paddle, but are expected to fully participate in relevant aspects of the course. The award is not suitable for paddlers below the age of 14.

We have not planned a Foundation Safety and Rescue course, but will do so if we have sufficient interest. It is likely that this will be offered on a Saturday or Sunday and the course will be of around 6 hours duration.

The syllabus is downloadable from

<http://www.canoe-england.org.uk/media/pdf/FSRT%20Syllabus.pdf>

Please register your interest in the Foundation Safety and Rescue award by e-mailing me with the following information:

Name

Email address

Telephone number

Age (if under 18)

Details of previous paddling experience

Whether you are providing your own boat and paddle.

Paul Gibson

Training Officer

Email: [training@thameswey.co.uk](mailto:training@thameswey.co.uk)

Secretary: Siân Smith, 2 Charfield Road, Kingswood, Wotton-under-Edge, Glos GL12 8SL  
Tel: 01453 521136