



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.

Course dates: (Tuesdays)

Course 1: July 6th, 13th and 20th

Course 2: Sept 7th, 14th and 21st

The syllabus is downloadable from

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

Please book through Rachel@thameswey.co.uk

Kevin Cooper
Training Officer

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