



Introduction To Paddling - Syllabus

Aim

During the course you'll cover the fundamental skills of paddling leaving you in a fantastic position to get more from your time on the water. The course syllabus copies that of the BCU 1 Star Course, however in a far more compact session giving you lots of information and skills to perfect at your leisure. The emphasis of the course is on learning correct safe practice and enjoyment.

Craft

The session can be completed in any craft you'd like. We have Canoes, Kayaks and Sit-On-Tops available for use. (Please specify when booking, if no specification is received then a kayak will be supplied as a default). Alternatively if you have your own craft you'd like to use, please feel free to bring it along. (As long as its sea worthy!!)

Pre-requisites

There are absolutely no pre-requisites for this course, well, maybe a sense of adventure!

Venue

The session will take place on very safe, sheltered water. Please see course venues for more information.



Personal Paddling Skills

Lift, carry and launch.

Forward/backward paddling

Steering and controlling

Return to the bank and get out

Rescue Skills

Capsize and swim to shore as appropriate.

Emptying boats

Safety, Leadership & Group Skills

Personal risk management

Awareness of others

Theory

Equipment

Safety

First aid/hypothermia

Access

Environment