

Foundation Safety and Rescue Training

Deben Watersports Centre

Woodbridge

Saturday 28th & Sunday 29th April 2018

Overview

This course provides training on key skills needed to operate safely and deal with common emergencies in a sheltered water environment. These skills then form the foundations for safety and rescue throughout British Canoeing awards.

The course covers Safety, Bank based rescues, Kayak rescues and Canoe rescues. The water activities will be split over two days to allow a focus on rescues in both canoes and kayaks.

Candidates wishing to attend Foundation Safety and Rescue Training must be 14 years or over, be able to swim in normal paddling clothing and hold the current 2 Star Award or (equivalent ability).

Costs

- The Course will cost £50/person for the two days. (Payable to Deben Watersports Centre)
- Attendance Certificates are issued to successful candidates by British Canoeing following a successful completion of the course and cost £5 (£10 for Non-Members)
- There is a parking charge of £2.50/day.

Reporting

The course will start at 10:00 on each day with the intent of finishing by 16:00 on the Saturday and by 14:00 on the Sunday. Candidates will get wet on both days.

For more information contact Tim Midwinter on 07889 878158 / tim.midwinter@btopenworld.com.

FSRT Details: <http://www.britishcanoeing.org.uk/courses/foundation-safety-and-rescue-training>

Course Application: FSRT 28/29 April 2018

Name:

Club:

eMail:

Address:

Postcode:

Tel:

Mobile:

Signature (Parent if under 18):

Please send completed forms with cheque for £50 (payable to Deben Watersports Centre) to Tim Midwinter, 20 Friends Walk, Grange Farm, Kesgrave, Ipswich. IP5 2FH. There are 6 spaces available.