



## WWSR Course

Dear

Thank you for your interest in and booking the following course. I hope you will find it an enjoyable and challenging 2 days. Successful completion of the course gives you the status of the rescue element of the new UKCC 4 star and for entry on to the new UKCC level 3, which is valid for 3 years

Below I have outlined the basic itinerary and content for the course, but I would like to emphasise that the course is very much a two way process and to gain the maximum benefit you should be prepared to contribute both practically and with feedback.

You should also bring to the course with you the following items:

Current membership card / BCU No

Your logbook (completed up to date)

Originals of your certificates

Lunch for both days with a hot flask

A suitable kayak, paddle, spray deck, helmet, PFD

Personal equipment for a short river trip and a thick wet suit or dry suit for the in the river sessions. It will be cold and you must bring a dry bag with you on each of these sessions with warm clothes to ensure your comfort please (inside which a warm hat etc you can use if needed to keep you warm.)

If you have any questions then please contact me direct by emailing me at [Darren@fluidskills.com](mailto:Darren@fluidskills.com) or giving me a call on 07946763667.

Many thanks for booking with Fluidskills

Darren Joy

[www.fluidskills.com](http://www.fluidskills.com)

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## ITINERARY FOR TWO DAY COURSE

(Please be aware that the itinerary below may change to the groups needs and abilities)

### Day 1

Start 0900 Meet at New bridge car park – River Dart

Equipment and safety brief  
Basic dry land throw line skills  
Basic swimming in white water  
Basic wet throw line skills

Lunch -----

Applied throw line skills  
Applied swimming in white water  
Re-throws and use of SRTRG  
Basic rapid set ups

4.30 pm Pack up and finish for day 1

### Day 2

Start 0930 River Group Leadership  
Rapid management and applied set ups  
(Moving lunch)  
Harness set ups and rescues  
Advanced rescues and pins

4.00 Finish and Course Evaluation

Should you have any queries regarding the course please feel free to contact me on  
07946 763667 or [Darren@fluidskills.com](mailto:Darren@fluidskills.com)

[www.fluidskills.com](http://www.fluidskills.com)

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