



HSC Canoe and Kayak Safety Course

Course aims

This Paddle Safety course aims to provide club members with key safety and rescue skills. These skills are, although not essential, valuable for anyone involved in kayaking or Canoeing with others and for going away from the safe shallow waters near the club house. They will provide members with the skills to operate safely and to be able to deal with common emergencies which could occur to either themselves or others.

Duration and location

3 hours meeting at the club

Who's it for?

This course would be aimed at anyone, over 16 years old, who have some kayaking experience.

Equipment

Each person on the course will need the following;

- A craft - a kayak or canoe plus paddle
- A buoyancy aid
- Clothing - appropriate to the conditions. (we don't want people getting cold)
- Any other safety equipment they may own, such as tow lines, throwlines.

Course Content

1. General theory and planning

- How to plan a trip, taking into account tides, currents, buoyage, etc
- What we advise is the basic safety equipment to take and what you can take.
- Route planning, looking for exit points and how to spot potential hazards

2. Bank-based rescues

- Covering different rescues that can be used in different situations and replicate different scenarios.
- How to set up a tow
- Using throwlines

3. On the water rescues

- Rescue a swimmer from the water
- Rescue a capsized paddler
- Rescue an unconscious or entrapped paddler from their boat
- Use of towlines
- Self-rescue
- All-in rescue

4. Debrief and any questions