

Information sheet for the French Alps

We have introduced the information sheets in order to make our website easier to navigate by not ‘over-filling’ each page with information. The structure of each information sheet should make it easier for you to find exactly the information that you are looking for. The simple format without images is not a drain on printing resources and the document can either be easily forwarded or the content copied and pasted into another format for sharing with friends, family and colleagues.

If you cannot find the information that you are looking for then please get in touch via the contact page on the website and we will do our best to answer your questions and include any relevant information in an update of this sheet. If you have not downloaded this sheet from our website then please visit www.canoecontrol.com for further information and resources.

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Introduction

Snow capped mountains etched against an electric blue sky. A host of exciting white water rivers flowing down valleys warmed by a Mediterranean sun. Excellent, yet inexpensive local food and wine and a relaxed French culture. No wonder the Southern French Alps remains the UK boater's number one paddling destination. If there is one word to sum this area up, that word is ...quality.

Quality is the same word that can be used to describe Canoe Control International. Our professional product has been proven time and again over the last fifteen years. That is why we are still the UK's number one provider in the French Alps for alpine courses. No other alpine river school offers the variety of services to accommodate such a wide range of differing abilities. We offer these services for the whole white water season, May to August. This gives our guests/clients much wider opportunities to access these services.

Permanently based as we are in the beautiful Gyrone Valley, we have over many long seasons, acquired an intimate knowledge of the mountains and rivers of this area enabling us to offer our clients a greater variety of rivers to paddle. Our unsurpassed knowledge of the surrounding mountains and valleys allows you, to use your time with us to the fullest.

We specialize in teaching and guiding on quality alpine white-water for the benefit of our clients enjoyment, skill and safety. We offer holidays and courses set for people of all abilities. If you are a complete novice or a white-water advanced paddler, we can cater for your needs. Our river staff are highly skilled practitioners of their sport and draw upon their personal experience from paddling the rivers of the world, for your fun and safety.

We are extremely well qualified, being accredited with British Canoe Union qualifications (governing body for canoeing in the UK), up to Level 5 Coach (which is the highest coaching award in the BCU) also Stuart Woodward (director of Canoe Control International) is qualified as a Professional Alpine Guide with the Ministe're du Sport in Paris.

Booking. NOTE All cost details are on our dates and price page on the main website.

To book a place any of the courses or accommodation included in this information sheet please use the booking form that you can download from our website.

Reductions

Course price reductions are as follows:

- Return booking by valued clients 10%
- 2-3 persons 5%.
- 4-7 persons 8%.
- 8-10 persons 10%.
- For under 16 years 30%.

Season



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The season is from May until September

Note about BCU courses

Due to the BCU having not yet completed the new BCU/UKCC coaching scheme we are in the 'same boat' as all other UK course providers in that we cannot publish any details of the new courses. During the summer and until such time as we have any new information we will be offering the established BCU coaching courses, such as the 5 Star and L3 coach assessments.

For further information on the developments with the new UKCC/BCU coaching scheme please see the BCU website (the address can be found on our links page). As soon as we have the relevant information we will update this page

New BCU assessments being run this summer

As information on the new BCU awards becomes available we will update this information sheet. The syllabi are available on our download page.

Non-paddling partner

We can offer apartment or tented/gite accommodation for the non-paddling partner:

Accommodation

Camping

We offer a camping only alternative for clients of two, four six river days and one to seven or more nights camping at cost with site and vehicle included. Camping is also available for people not on our courses. The campsite is in a stunning Alpine location on its own secluded site near the Village of Le Vigneaux. There are fantastic views of the snow-capped Ecrin Massif and the Gyronde river runs right alongside. We have places for clients and for those who want camping only. Paddlers based at our site have unrestricted access to the river. Our campsite is suitable for individuals, families, groups and schools etc.

Our emplacements are set amongst pine trees allowing you to take full advantage of the plentiful shade. The tranquillity of the site provides a restful counter-point to an exciting day on the river. Because we are on the southern slopes of the Alps and only just a short distance (90 miles as the crow flies) from the Mediterranean, we receive an abundance of sunshine during the long hot summers.

Some of the other activities that can be sampled in the area include via ferrata climbing, fly-fishing, mountaineering, mountain biking, canyoning, telepheriques (cable car), horse riding, walking, swimming and sailing.

Services

We offer a WIFI ZONE service to our clients.

You can charge your electric equipment at our office.

There is shopping and services at l'Agenterie la Bessee, 10 minutes away.

The area has a plentiful number of Bars and good Restaurants.

Showers are free.

There is also access to swimming pools and tennis courts nearby.

Turin Airport Transfer service at cost.

Oulx TGV Transfer service at cost.

Tariff and dates.



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These are on our prices and dates page.
Camping is offered during June, July and August

Full Board – Tented

Our private alpine campsite is set in the beautiful valley of the river Gyronda. 4000-meter snow capped mountains are within view of our private site. Tents are set quietly amongst pine trees and alpine meadows, affording space, shade and privacy. Our large marquee serves as a lounge, kitchen and dining area. Client's tents are large walk in tents suitable for 2-3 persons. Camp beds and lights are provided; all you need to bring is a good sleeping bag.

We serve good wholesome food and plenty of it. We provide, breakfast lunch and afternoon tea for seven days, dinner is either cooked on site or at a local restaurant on six evenings; on the seventh evening we invite you out to our favourite restaurant. Dining together is a great time to share with others the thrills and excitement of your day. As people relax with their wine, the tales of the river become epics! The great social evenings are a major and enjoyable part of the Canoe Control experience.

Apartments

Overlooked by the Ecrin Massif, the studio apartments we use are set in the quiet Alpine village of Pelvoux. The Ecrin Massif reaches to well over 4000 meters and the area boasts some of the most beautiful mountain scenery in all of Europe.

The Glacier Blanc Residence (established in 1896) is owned and run by a local family. All the apartments have balconies, kitchenettes and en suite bathrooms. In each studio there is a direct telephone line and television. Outside there is a shady private garden and private off-road parking. A games room is also available for children with TV, DVD & video games. Dogs are permitted.

The Residence has its own bar and a superb restaurant that is a firm favourite with local people, a sure sign of a restaurant's quality. In the village there are a number of useful facilities such as a small supermarket, swimming pool and tennis courts etc.

The only supplementary payments are for linen, towels, washing machine, baby cot etc. There is the usual security deposit to pay, returnable just before your departure. Please look at the terms and conditions for further details.

- Nightly accommodation.
- Self-Catered apartment for one to six persons.
- A full dining service is available in the restaurant attached to the residence

Self arranged accommodation

For people with alternative accommodation arrangements we can still provide the course/holiday, guiding, coaching of one to six or more river days.

Climate

The summer temperatures can go to over 40°C in the day but we are at around 1000m so occasionally the weather can turn a little cool. The early mornings in particular in late May early June can be a little fresh. Summer heat can bring on quite violent thunderstorms. Bearing this in mind it may be prudent to bring more than shorts, tee shirt and sandals – ideally long lightweight trousers, a couple of fleeces and a waterproof top and trainers. If you are camping a good quality 3-



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season sleeping bag will make your sleep more enjoyable. There are plenty of supermarkets, restaurants, bars and garages. If you do forget a couple of items its no big deal. There is also a pharmacist, clinic and hospital close by.

List of useful things to bring

- Keep your valuables with you at all times, or lock them away securely.
- Don't forget your E111 also take out travel and accident insurance.
- A small first aid kit is use full as well as any special medicine for yourself or your family.
- Insect repellent and after bite - the area where we are located is not troubled by summer midges; however on warm summer evenings we do some times get a couple of mosquitoes. If you cover up a little and use a little spray there is no problem.
- A good head torch for night reading and the loo walk.
- Mobile phone service is excellent.
- We also have a wireless connection.
- We are at high altitude so there is a high percentage of UV and the sun is very intense. Your UK skin could be quite sensitive so use good sun protection.
- Because it can be very warm it is very important to drink plenty of water.
- Again because of the sun and altitude very good quality sunnies are recommended.
- Good book, ipod, cameras etc

Travelling to the Alps

For advice on travelling to the Alps please refer to the travel information sheets available to download on the 'downloads' page of the Canoe Control website.

Courses

Most courses below include both 2-4-6 river days and 7 nights of the accommodation option you choose.

- All prices are per person unless stated otherwise.
- Discounts are available for return bookings, couples, groups/schools & clubs etc.
- We are pleased to offer advice on travel. We have travel info on this site.
- Please ensure you have adequate travel, accident and health insurance. Click on our insurance link.
- We have our own river shuttle buses.
- Payment can be made by cheque payable to Canoe Control International Ltd. By direct on line banking or via our PayPal link.

Custom courses

Please call e-mail us and we can tailor make a course to suit just you or a private group of friends club etc.

Introductory course

Whitewater up to grade 1-11

Dates are available for June, July, and August

Duration: Two four or six day course for kayaks/Canoes & sit-on-tops (BCU 1-2 Star can be included)

Staff to client ratio: 1:4

Course venue: French Alps -- also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport



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This is a course designed to give you the core skills needed to progress with confidence in your new sport. Learn under expert tuition from professional coaches who spend their lives running rivers around the world. Right at the start of the course you will learn and become aware of what works. Our coaching is very structured and educational based however; a great deal of what you learn will come from you. By applying the use of experiential learning, knowledge is imparted to you the learner faster and more effectively. There is no strict syllabus; if your progression is fast we will develop your paddling on beyond the boundaries of other courses.

Itinerary

Day 1:

Arrive and settle in clients on F/C.

19.30 dinner.

Day 2:

09.00. All courses meet for morning coffee and the week's briefing.

09.30 Boat check or boat fit out. Gear check or gear fit out.

10.30 Load up boats and head for your first alpine boating location for safety brief and activity. This will be a great location that will be fun for both novices and paddlers with previous experience. This will give the course staff the chance to assess and finalise plans for the week ahead, however these plans may change as you progress.

12.30 - 13.15 River lunch followed by a short river trip for everybody with lots of play for experienced boaters and some thrills and spills for our new starters.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19.30 Dinner if on a Canoe Control fully catered week.

Day 3:

09.15 Start. Day one was a taster session. Today on a nice warm lake we will apply the use of experiential learning and led discovery techniques. In no time, guided by us you will learn and understand a great deal from your own progression.

12.30 – 13.15 Lunch followed by an afternoon session on a short gentle fun river trip in soft shell solo boats. Because they are so forgiving you will be able to access moving water safely and enjoy a great sense of achievement at the end of your day. Using some easy moving water enhances your learning.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19.30 Dinner if on a Canoe Control fully catered week.

Day 4

09.15. Start. Today will be spent building on the level of comprehension achieved. We are not governed by syllabi; you will learn at your own pace and practise what is needed to control your boat perfectly.

12.30 – 13.15 Lunch. Because in a short time a high level of understanding and competence has been achieved, we can move onto some moving water in a hard-shell boat. This will help your paddling to become more reactive and improve performance.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the next couple of days.

19.30 Dinner if on a Canoe Control fully catered week.

Day 5

09.15. Start. By taking part in an outdoor adventurous sport we are exposing ourselves to a certain amount of risk.

However if you become more aware of this environment you lessen the risk. More awareness will also produce more fun and enjoyment. This morning's lake session will concentrate on how to manage and deal with a number of risk situations.

12.30 – 13.15 Lunch, followed by an afternoon full on fun session. Have a rest from the formal coaching sessions and let yourself go! We will set off down river and hit some waves and holes in our double inflatables, or as our French friends call them La Hotdog.



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17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee. This evening will be spent planning an all day river trip. As we have said, if your progression is fast we will let your paddling progress without the restraints of a set course. The next day will give you more chance to develop individual skills.

19.30 Dinner if on a Canoe Control fully catered week.

Day 6

09.15 Start. This will be an all day easy river trip. We will take our lunch with us and be self-supporting. You will find the river has a whole series of workshops of varying difficulty. This will give us the opportunity to develop your individual skills.

18.00 Afternoon tea/coffee and relaxed discussion/video about your day with reflection on the week.

19. 30 Dinner if on a Canoe Control fully catered week.

Day 7

09.15. Start. This morning is one of consolidation. A warm lake that will give you the chance to go back and confirm what you have learnt. We know you will be pleased with just how fast you have progressed. We will join one of the other groups for a combined lunch and perhaps a relaxing afternoon of river play where it started almost a week before, a pool session on rolling your Kayak or just the opportunity to relax with a book in the shade.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee and finalisation of your action plan for the future.

19.30 If you are on a fully catered week we head off to our favourite restaurant for a slap up dinner.

Day 8

Depart.

Intermediate course

Whitewater up to grade 11

Duration: Six day course for kayaks, canoes & sit-on-tops (BCU 2-3 Star can be included)

Staff to client ratio: 1:4

Course venue: French Alps– also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Designed for clients who have already completed the fundamental course or paddlers who have already acquired some skill. This course will help you establish an understanding of the relationship between your body, boat and blade. We use moving water to develop efficient, effective and safe paddling technique. Once again there is no set syllabus, your progress dictates the pace and scope of the course.

Itinerary

Day 1

Arrive and settle in. Full catering clients have dinner at 19.30

Day 2

09.00 All courses meet for morning coffee and the week's briefing.

09.30 Boat check or boat fit out. Gear check or gear fit out.

10.30 Load up boats and head for your first alpine boating location where there will be a safety briefing and warm up activity. This will give the course staff a chance to assess you and finalise plans for the week ahead.

12.30 - 13.15 River lunch followed by a short river trip. Lots of play for experienced boaters and some thrills and spills for our new starters.

17.00 Head for base, dry gear and freshen up.



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18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19.30 Dinner for full-catering clients.

Day 3

09.15 Start. This morning we use a nice warm lake to look at how to develop your paddling to enable you to become more efficient and therefore more effective and safer.

12.30 - 13.15 Lunch followed by an afternoon session on a short fun section of river. We use moving water to highlight the practical use of paddling technique.

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee, discussion/video about your day, and the week ahead.

19.30. Dinner for full-catering clients.

Day 4

09.15 Start. Once again we use moving water to gain a greater level of understanding about the paddle and body usage and how boat movement is achieved.

12.30 to 13.15 Lunch.

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee. Review of the week so far and chat about the next couple of days.

19.30 Dinner for full-catering clients.

Day 5

09.15. Start. By taking part in an outdoor adventurous sport we are exposing ourselves to a certain amount of risk.

However if you become more aware of this environment you lessen the risk. More awareness will also produce more fun and enjoyment. This morning's lake session will concentrate on how to manage and deal with a number of risk situations.

12.30 – 13.15 Lunch, followed by an afternoon full on fun session. Have a rest from the formal coaching sessions and let yourself go! We will set off down river and hit some waves and holes in our double inflatables, or as our French friends call them La Hotdog.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee. This evening will be spent planning an all day river trip. As we have said, if your progression is fast we will let your paddling progress without the restraints of a set course. The next day will give you more chance to develop individual skills.

19.30 Dinner if on a Canoe Control fully catered week.

Day 6

09.15 Start. This will be an all day easy river trip. We will take our lunch with us and be self-supporting. You will find the river has a whole series of workshops of varying difficulty. This will give us the opportunity to develop your individual skills.

18.00 Afternoon tea/coffee and relaxed discussion/video about your day with reflection on the week.

19.30 Dinner if on a Canoe Control fully catered week.

Day 7

09.15. Start. This morning is one of consolidation. A warm lake that will give you the chance to go back and confirm what you have learnt. We know you will be pleased with just how fast you have progressed. We will join one of the other groups for a combined lunch and perhaps a relaxing afternoon of river play where it started almost a week before, a pool session on rolling your Kayak or just the opportunity to relax with a book in the shade.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee and finalisation of your action plan for the future.

19.30 If you are on a fully catered week we head off to our favourite restaurant for a slap up dinner.

Day 8

Depart.



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Introductory whitewater

Whitewater up to grade 11

Duration: Six day course for kayaks, canoes & sit-on-tops (BCU 3 Star can be included)

Staff to client ratio: 1:4

Course venue: French Alps– also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

This course is designed for paddlers with some elementary skill. Through our progressive teaching of elementary techniques, your skill level and understanding of moving water will develop quickly and naturally.

Itinerary

Day 1

Arrive and settle in. Full catering clients have dinner at 19.30

Day 2

09.00 All courses meet for morning coffee and the week's briefing.

09.30 Boat check or boat fit out. Gear check or gear fit out.

10.30 Load up boats and head for your first alpine boating location where there will be a safety briefing and warm up activity. This will give the course staff a chance to assess you and finalise plans for the week ahead.

12.30 - 13.15 River lunch followed by a short river trip. Lots of play for experienced boaters and some thrills and spills for our new starters.

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19.30 Dinner for full-catering clients.

Day 3

09.15 Start. This morning we access a section of river, which will be perfect for the elementary issues of this course. The flow of water and low technical difficulty will develop your paddling to become more efficient hence more effective and safer.

12.30 – 13.15 Lunch. The afternoon's session will be an extension of the morning's. Time will be spent on developing styles and techniques to improve boat control and performance. Using moving water relative to the student's ability enhances and speeds up learning capabilities.

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee. Review of the week so far and chat about the next couple of days.

19.30 Dinner for full-catering clients.

Day 4

09.15 Start. By taking part in an outdoor adventurous sport we are exposing ourselves to a certain amount of risk. However if you become more aware of this environment you lessen the risk. More awareness will also produce more fun and enjoyment. This morning's white water site will pose a number of questions for us. We will resolve them by practicing a number of simple rescue methods, which will mostly involve the use of a boat and a throw rope. Expect to get wet but unlike the UK the bank side temp will be around 30°C.

12.30 – 13.15 Lunch followed by an afternoon full on fun session. Have a rest from the formal coaching sessions and let yourself go! We will set off down river and hit some waves and holes in our double inflatables, or as our French friends call them La Hotdog.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee. This evening will be spent planning an all day river trip. As we have said, if your progression is fast we will let your paddling progress without the restraints of a set course. The next day will give you more chance to develop individual skills.

19.30 Dinner if on a Canoe Control fully catered week.



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Day 5

09.15 Start. This will be an all day easy river trip. We will take our lunch with us and be self-supporting. The river will present us with a whole array of practical workshops, giving you the opportunity to develop your individual skills. This trip will also allow us to expand upon different leadership styles, and look more closely at group dynamics and management.

18.00 Afternoon tea/coffee and relaxed discussion/video about your day with reflection on the week.

19.30 Dinner if on a Canoe Control fully catered week.

Day 6

09-15 Start.

Each the rivers technical difficulty has increased. The water is faster; there are more rocks to get around, holes to paddle hard through and small drops to boof. The experience is very exciting, rewarding and fun

Because you have more control of your boat and ability to use the river.

17-00. Head for base. Arrive, dry gear and freshen up.

18-00. Afternoon tea/coffee, relaxed discussion, review of the week and your progress.

19-30. Dinner if on Canoe Control fully catered week.

Day 7

09.15. Start. This morning is one of consolidation. We will paddle a familiar short section of river to gauge your progress and will join one of the other groups for a combined lunch and perhaps a relaxing afternoon of river play where it started almost a week before, a pool session on rolling your kayak or just the opportunity to relax with a book in the shade.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee and finalisation of your action plan for the future.

19.30 If you are on a fully catered week we head off to our favourite restaurant for a slap up dinner.

Day 8

Depart.

Intermediate whitewater

Whitewater up to grade 111

Duration: Six-day course for kayaks/canoes (BCU 4 Star can be included*)

Staff to client ratio: 1:3

Course venue: French Alps — also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

*** Included within the core course structure can be the new BCU basic ww safety and rescue**

Cost includes all guiding/coaching, shuttle transport

With our coaching, your river awareness and paddling skill will develop at a fast rate. However as working professionals we coach our clients as individuals, designing teaching programs that maintain learning within each person's comfort and learning zone. This course will also develop an exposé on differing leadership styles to suit the ever changing river environment. Monitoring progression will be ongoing, ensuring that core fundamental skills are not compromised. River paddling sessions will concentrate on what works best for the learner not just following a prescribed formula on a piece of paper. The ability to recognize and use water features is fundamental to the improvement of your river running and playing skills, this course will highlight and improve. We will improve the control of your riverboat by enhanced perception of the relationship between your boat, body & blade. Improved body posture will make you a more dynamic active boater.

Itinerary

Day 1



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Arrive and settle in. Full catering clients have dinner at 19.30

Day 2

The week's operational river remit will be around grade 2-3.

09.00 All courses meet for morning coffee and the week's briefing.

09.30 Boat check or boat fit out. Gear check or gear fit out.

10.30 Load up boats and head for your first alpine boating location where there will be a safety briefing and warm up activity. This will give the course staff a chance to assess you and finalise plans for the week ahead.

12.30 - 13.15 River lunch followed by a short river trip. Lots of play for experienced boaters and some thrills and spills for our new starters.

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19.30 Dinner for full-catering clients

Day 3

09.15 Start. This morning we will look at group dynamics and leadership styles. As the river is very much a moving class room, this will be an on the move, hands on day. The flow of water and technical difficulty (relative to the group's ability) will develop your paddling to become more efficient hence more effective and safer.

12.30 – 13.15 Lunch. Followed by an afternoon session that is continuation of the morning and time will be spent on developing styles and techniques to improve boat control and performance. Using moving water enhances and speeds up learning capabilities. Though the day confidence and competence will improve quickly

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee. Review of the week so far and chat about the next couple of days.

19.30 Dinner for full-catering clients.

Day 4

09.15 Start. By taking part in an outdoor adventurous sport we are exposing ourselves to a certain amount of risk.

However if you become more aware of this environment you lessen the risk. More awareness will also produce more fun and enjoyment. This day will be a full rescue day containing elements of the BCU whitewater safety and rescue course but is designed primarily by Canoe Control. Many bank and boat based rescue methods will be practiced in a real river environment. The white water site chosen will pose a number of practical problems for us to resolve. Expect to get wet but unlike the UK the bank side temp will be around 30°C. Lunch will be taken sometime in the day. At the end of the day there will be a full equipment review - what worked and how much gear do we really need to carry?

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee. This evening will be spent planning an all day river trip. As we have said, if your progression is fast we will let your paddling progress without the restraints of a set course. The next day will give you more chance to develop individual skills.

19.30 Dinner if on a Canoe Control fully catered week.

Day 5

09.15 Start.

This will be an all day river trip. We will take lunch with us. The river will present us with a whole array of practical workshops, giving you the opportunity to develop your individual skills. This trip will also allow us to expand upon different leadership styles, and look more closely at group dynamics and management. The technical difficulty of the river will increase, creating fresh demands and improving forward paddling and body posture.

17.00 Head for base. Arrive dry gear and freshen up.

18.00 Afternoon tea/coffee. Personal 1 to 1 discussion/debrief on how you feel about your personal performance. Plan together the next day's second full river day trip, which will reflect the result of development over the last few days.

19.30 Dinner if on a Canoe Control Full/catered week.

Day 6

09.15. Start. We take lunch with us. The section of river today will be around the same standard as the day before. But there will be a couple of sections where river water will be faster and there are more rocks to get around and use, harder holes to paddle through and drops to boof. The day will be exciting, rewarding and fun. We may even get to practise



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some of those improved rescue skills. But boat control and paddle skill and technique will be seen to have improved immensely.

17.00 Head for base. Arrive dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion, review of the week and your progress

19.30 Dinner if on a Canoe Control Full/catered week.

Day 7

09.15 Start. We will paddle a familiar short section of river to gauge your progress. This will make the morning session one of consolidation. We know you will be very surprised how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoon of river play where it started almost a week before, a chance of a final pool session to perfect your kayak rolling or just the opportunity to relax with a book in the shade.

17.00 Head for base. Arrive dry gear and freshen up.

18.00 Afternoon tea/coffee and finalisation of your personal action plan for the future.

19.30 If you are on a full/catering week we head off to our favourite restaurant for a slap up dinner

Day 8

Depart.

Advanced whitewater

Whitewater up to grade 1V

Duration: Six day course for kayaks, canoes & sit-on-tops (BCU 5 Star training included*)

Staff to client ratio: 1:3

Course venue: French Alps — also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

*** Included within the core course structure can be the new BCU advanced ww safety and rescue**

Cost includes all guiding/coaching, shuttle transport

This course will be an ideal foundation for the new BCU/UKCC 5 Star training and the progressive kayaker wanting to step up and dramatically improve their ability. Our course days will be spent on grade 3-4 white water. At this level of boating technical flaws can quickly be identified. To resolve any paddling issues, the first morning will be used to analyze students boating skills. To this end a non-remote site, specific to the course standard will be used. The course group will then descend a section of river chosen for its suitability. Numerous types of rapids will be run, rocky steep technical, pool drop and continuous, slides, drops, slots etc. Differing styles and merits of running each rapid will be reviewed. What are the seen dangers trees, stoppers, pinning rocks. What about the unseen dangers such as under-cuts, siphons and entrapment etc? The consequences of all will be examined and discussed. Safety will be applied if is deemed to be necessary. On the river there will be sessions on group and self-awareness and at the end of each day there will be a video and review. Students will have a full debrief on their day. This course will be presented by professional river guides/coaches who spend their working lives on the rivers of the world.

Itinerary

Day 1

Arrive and settle in. Full catering clients have dinner at 19.30

Day 2

The week's operational river remit will be around grade 2-3.

09.00 All courses meet for morning coffee and the week's briefing.

09.30 Boat check or boat fit out and gear check. A full appraisal will be made of the gear you wear and carry in your boat. As with all courses good serviceable equipment is very important, however this course will put greater demand on you and your gear.

10.30 Load up boats and head for your first alpine boating location where there will be a safety briefing and warm up activity. This will give the course staff a chance to assess you and finalise plans for the week ahead.



Information sheet for the French Alps

12.30 - 13.15 River lunch followed by a short river trip. Lots of play for experienced boaters and some thrills and spills for our new starters.

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion/video about your day, and the week ahead.

19.30 Dinner for full-catering clients

Day 3

09.15. Start. For this morning we will build our session around a clean grade 3 rapid. Here we will apply the old maxim, go for hard moves/eddies on the easier rapids, rather than easy moves on hard rapids.

Here we will be able to look more closely at group dynamics and differing leadership styles. What are the seen dangers trees, stoppers, pinning rocks. What about the unseen dangers such as under-cuts, siphons and entrapment etc? The consequences of all will be examined and discussed. Safety will be applied if is deemed to be necessary.

12.30 – 13.15 Lunch. Followed by an afternoon session that is continuation of the morning and time will be spent on developing styles and techniques to improve boat control and performance. Using moving water enhances and speeds up learning capabilities. Though the day confidence and competence will improve quickly

17.00 Head for base, dry gear and freshen up.

18.00 Afternoon tea/coffee. Review of the week so far and chat about the next couple of days.

19.30 Dinner for full-catering clients.

Day 4

09.15 Start. This day will be a full rescue day on a specific site (not a slalom course). The rescue equipment you carry in your boats will be used, hence the first day appraisal. We will be looking and dealing with issues created by paddling grade 3-4 water. Bank and boat based rescue methods will be practiced in a real river environment.

12.30 – 13.15 Lunch. All members of the group will be completely involved in the management of the sessions. Expect to get wet but unlike the UK the bank side temp will be around 30°C. Lunch will be taken sometime in the day. At the end of the day there will be a full equipment review - what worked and how much gear do we really need to carry? It will be a great learning day and a lot of fun.

17.00 Head back for base to dry gear and freshen up.

18.00 Afternoon tea/coffee. This evening will be spent planning an all day river trip. As we have said, if your progression is fast we will let your paddling progress without the restraints of a set course. The next day will give you more chance to develop individual skills.

19.30 Dinner if on a Canoe Control fully catered week.

Day 5

09.00 This will be an all day river trip. We will take lunch with us. The river will present us with a whole array of practical workshops, giving you the opportunity to develop your individual skills. This trip will also allow us to expand upon different leadership styles, and look more closely at group dynamics and management. The technical difficulty of the river will increase, creating fresh demands and improving forward paddling and body posture.

17.00 Head for base. Arrive dry gear and freshen up.

18.00 Afternoon tea/coffee. Personal 1 to 1 discussion/debrief on how you feel about your personal performance. Plan together the next day's second full river day trip, which will reflect the result of development over the last few days.

19.30 Dinner if on a Canoe Control Full/catered week

Day 6

09.15 Start. We take lunch with us. On today's paddling trip the core element is grade 4. You will develop your skills on a couple of rapids that you can easily repeat a couple of times. This will help you to consolidate your boating, and for you to analyse the progression made.

17.00 Head for base. Arrive dry gear and freshen up.

18.00 Afternoon tea/coffee relaxed discussion, review of the week and your progress.

19.30 Dinner if on a Canoe Control Full/catered week.

Day 7

Information sheet for the French Alps

09.15 Start. We will paddle a familiar short section of river to gage your progress. This will make the morning session one of consolidation. We know you will be very surprised how fast you have progressed. We will join one of the other groups for a combined lunch. Perhaps a relaxing afternoon of river play where it started almost a week before, a chance of a final pool session to perfect your kayak rolling or just the opportunity to relax with a book in the shade.

17.00 Head for base. Arrive dry gear and freshen up.

18.00 Afternoon tea/coffee and finalisation of your personal action plan for the future.

19.30 If you are on a full/catering week we head off to our favourite restaurant for a slap up dinner

Day 8

Depart.

Rescues

Basic course on whitewater up to grade 11-111. Advanced course on whitewater up to grade 111-1V

Duration: Six day course for kayaks, canoes & sit-on-tops (BCU 5 Star training included*)

Staff to client ratio: 1:3

Course venue: French Alps — also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

*** Included within the core course structure can be the new BCU advanced ww safety and rescue**

Cost includes all guiding/coaching, shuttle transport

Description

This is a full on no punches pulled rescue course. A full review of the group's equipment will be made. Dangers caused by poor gear design, wrongful application, worn out gear and faulty manufacturing will be examined. This will enable all the group to discuss fully and look together at current equipment issues. Together we will find out what we really need to carry, what gear works what fails and what is inherently dangerous. The course will give you the opportunity to use the gear you carry to its full potential. We will then move onto practical sessions concentrating on lots of practice using varied rescue systems and techniques. The first day will end with evening lectures and a discussion forum. The second day will consist of a number of hands on workshops, putting all the theory into practice in real locations. We will be setting up stopper rescues, vertical and river pins, entrapments, harness belays, swimmer and boat rescue, etc. You will find out what works in a full on situation.

BCU Basic kayak/Canoe WW Safety and Rescue

Itinerary

Day one 09.00. Meeting. Water levels will dictate the location.

Welcome. Briefing. Paper work.

09.15. The basics.

01) Principles of safety. Introduction of Clap = communications, line of site, awareness and position.

02) A review of ww rescue equipment / boats and apparel, what do we need and what works.

03) Dry land rescue exercisers, reach, throw, tow, recovery, and simple effective rope systems.

04) Leadership/river, issues, river reading, hazards, judgment, river/group management.

12.30. Bank break.

13.00. Theory into practice.

05) Applied leadership, route finding, pace, judgment, management.

06) Bank security, personal river survival, improve paddling skill improve safety.

07) Primary rescue tools, Throw bag and boat.

08) Rescues. Dealing with swimmers, pins, entrapments, live bait. Boat rescues.

16.00 Off the river.

16.30. Debrief. Lecture room review, clarification and reflection on the day.



Information sheet for the French Alps

Day two.

09.00. Meeting. Water levels will dictate the location. Briefing. Questions and clarification.

09.15. Bank warm up.

01) River warm up, improve paddling skill improve safety.

02) Personal and bank security, incident management.

03) Scenarios lots of.

12.30. Bank break.

04) Scenarios lots of.

05) First Aid.

06) Evacuation.

16.00 Off the river.

16.30. Personal debriefs and written action plans.

BCU Advanced Kayak WW Safety and Rescue course.

Itinerary.

Day one 09.00. Meeting. Water levels will dictate the location.

Welcome. Briefing. Paper work.

09.15. Evaluation.

01) Principles of safety. Reaffirming Clap = communications, line of site, awareness and position.

02) Critical analysis of ww rescue equipment / boats and apparel, what works for you. 03) Valued rescue exercisers, reach, throw, tow, recovery, technical effective rope systems.

04) Leadership/river, issues, read and run, hazards, judgment, river/group management. 12.30. Bank break.

13.00. Theory into practice.

05) Applied leadership, route finding on class 3-4 rapids, pace, judgment, management. 06) Bank security, personal river survival, improve paddling skill improve safety.

07) Primary rescue tools, Throw bag and boat.

08) Rescues. Dealing with swimmers, broachers, stopper rescues, vertical pins, entrapments, live bait. Boat rescues.

16.00 Off the river.

16.30. Debrief. Lecture room review, clarification and reflection on the day.

Day two.

09.00. Meeting. Water levels will dictate the location. Briefing. Questions and clarification.

09.15. Bank warm up.

01) River warm up, improve paddling skill improve safety.

02) Personal and bank security in high-risk situations, incident management.

03) Scenarios lots of.

12.30. Bank break.

04) Scenarios lots of.

05) First Aid.

06) Evacuation.

16.00 Off the river.

16.30 Personal debriefs and written action plans.

Guiding service

A one or two days guiding service for a minimum of 2 clients each trip for those paddlers simply requiring river guiding. On class 3-4 the ratio is three clients to 1 guide. On class 2-3 four clients to one guide. This is purely a guiding service



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not a coaching course. Also on the guiding service we do not provide the use of our shuttle vehicle and driver. **Guiding fees are at cost and found on our dates and prices page.**

Steep creek course

Whitewater basic course up to grade 111. Advanced course up to grade 1V

Duration: Six day course for kayaks/canoes

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

(French Alps only)

Over the years we have been able to locate a number of progressively challenging steep and vertical drop locations. Due to the enormous amount of melt water from the mountains our creek courses tend to run a little later than in other regions. We use a number of natural and artificial steps to develop your drop running technique in a structured, progressive manner. Once you have mastered the basics we move to natural sites for you to perfect your steep river-running style. Hazard awareness and general river skills are taught alongside creek running techniques to ensure that your skills are fully rounded. If you want to improve your boof, flare and melt down, we'll have the answers. By building your confidence, skill and river awareness you will soon be able to tackle bigger drops and more challenging rivers in confidence and safety.

The key elements are core stability, dynamic balance and drive. For dates see the calendar or group dates can be put together by arrangement.

Itinerary

Day 1

Arrive, settle in and meet the staff and other course members.

Day 2

All course members meet for a briefing concerning the week ahead. After fitting out boats and a gear check, we depart to a section of river that has something for all - waves and holes to play in or just fast water to warm up on. After a light lunch we set off on a short trip. This day gives everybody the chance to get used to the faster water. It also gives us the chance to assess and review your river style, and discuss what you want to achieve on the course.

Day 3

We will spend the morning ensuring that your basic moving water skills are sound. The key elements here are stability, dynamic purpose and drive. We will coach and advise accordingly. We will also ensure that leadership issues are clearly understood. After lunch we will work at our artificial steps site, it's like having a vertical slalom course. Steps range from one meter to five with deep pools at the base. Progression is fast here because of the structure and ease of repetition. Like a slalom course simple or more advanced moves can be taught in the same location. As well as verbal feedback we use video to highlight specific areas. When we return to our base we will have an analysis of the day's learning.

Day 4

Your progress will determine the day's location. Short steep river sites are chosen to enable us to work on your individual needs.

Day 5



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Things are now getting steeper and more technical. The work spent on those fundamental key elements will now pay off. We will access a small gorge, which in lower water is perfect for boof and flares etc. It will also highlight the need for drive, core stability and dynamic purpose.

Day 6

Time to review the last few days - skill consolidation is the theme. We will review safety and equipment and although this is not a rescue course we will look at the specific safety considerations of creek running.

Day 7

This will be a day at a classic alpine location and will be the culmination of the week's practice. You'll be amazed at the improvement in your skills

Day 8

Depart

Family adventure

For many years families have shared great adventures with us rafting, canoeing and kayaking on some of the most exciting white water rivers in Europe. The professional coaches/guides who work on our advanced river courses are the same highly skilled experts that will look after you and your family. You can rest assured that you will be in very safe and capable hands. We supply all the river equipment and have a range of white water craft that will fast track you all into the adventurous world of white water boating. We also have a range of accommodation options available, from self-catering studio apartments to our full board camping option. Our family-size frame tents are pitched on our private site in the beautiful secluded valley of the river Gyronde. All tents are fitted with electric lights and have camp beds. Our apartments are situated in a small quiet alpine village only a short distance away. Please see separate description.

Cost is on our dates and prices page. However a guideline is parents 5% reduction children 15 and under 30% reduction.

1-to-1 coaching

A Level 5 Coach will deliver this, who is also a qualified Alpine River guide. This type of coaching can prove money well spent, development is fast for the amount of time spent on the water. For busy people who want fast progression, this could be for you.

Boats and equipment

Boats are reserved for hire for clients on our courses.

Boat hire at cost.

Equipment at cost.

Aquatic first aid

Course date by arrangement or can be built into the fabric of other courses. This award is intended to address the First Aid incidents most likely to arise during the majority of canoeing situations, which take place on very sheltered to moderate water and within a reasonable distance of medical assistance. To create your own course, please contact us. Suitable for all those working in the water sports industry. The course may also be sufficient for those needing to update their existing first aid qualification. The course is designed to cover First Aid techniques relevant to canoeing and other water-based activities and will be taught over an 8 hour period. Candidates obtaining a sound knowledge and understanding of the



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subject during the theoretical and practical tuition of the course will obtain the Aquatic First Aid Certificate. Assessment will be ongoing throughout the course and not by examination.

Whitewater rafting

We run and organize rafting trips in the area, though out the summer. These are useully one off day river trips, for groups of friends, clubs etc. Please contact us with your details then we can tailor a trip specific to your needs.

River Trips

These trips are available for white water kayakers and first time rafters. The depth of our river experience allows us to offer our clients an ever increasing amount of world class river journeys. The French Alps and Provence, give you the opportunity to experience the rush of pure adrenalin on their white water rivers. These rivers flow from high snow capped mountains, down valleys warmed by a Mediterranean sun. You do not need to be an experienced white water boater to enjoy a river journey with Canoe Control. We have a world class program that can cater for people of all abilities. The only requirement that we insist on is that you have a sense of adventure.

Swiftwater Rescue

This course is run by arrangement.

Alpine whitewater leadership

Whitewater up to grade III-IV

Dates are available for June, July, and August. Please contact us to book your course or trip

Duration: Six day course for kayaks

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Description.

Take advantage of a company with over 15 years of Professional Alpine Guiding experience. The course is available during the summer from our base in the French Alps and included within the core course structure will be the New BCU 5 star training, advanced rescue, incident management and emergency first aid. This is the ideal course for the club/university or individual boater wanting to lead trips in the Alps. However; the course is designed specifically to help paddlers who would like to become Professional River Guides.

The very nature of the rivers of the south French Alps demands a very dynamic and structured approach to river leadership. Most of the rivers are very technical and totally continuous. This demands from the leader a very high skill level and solid judgment directed toward the people on the river with **you**. Our course days will be spent mostly on grade 3-4. However the issues relating to leading lesser able groups on lower grade rivers will be fully examined. To resolve any technical issues, the first morning will be used to analyze boats/equipment/apparel and students boating skills. Though the course numerous types of rapids will be run, rocky steep technical, pool drop and continues, slides, drops, slots etc. Differing styles and merits of running each rapid will be reviewed. What are the seen dangers trees, stoppers, pinning rocks. What about the unseen dangers undercuts, siphons and entrapment etc? The consequences of all will be examined discussed. Safety will be applied if its felt warranted. The course is designed and will be delivered as a very much hands on. On the river there will be sessions on group and self-awareness. At the end of each day however; there



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will be a video and review. **Students will be offered feedback through out each day, and a full debrief in the evening.** This course will be presented by river professional's guides/coaches who deliver modern and dynamic courses. Who also spend their life on the rivers of the world?

Itinerary

Day 01.

Arrive and settle in clients on Full/Catered 19-30 dinner.

Day 02.

09-00. All courses meet for morning coffee and the weeks briefing.

09-30. Boat fitting out and gear check. A full appraisal will be made of modern boats, the gear/equipment you wear and carry in your boat? As with all courses good serviceable equipment is very important. However because of the dynamic nature of this course. There will be a greater demand on you and your gear.

11-30. Load up boats and head for our first Alpine boating location.

Safety brief and activity. A great location for this short fun session. This will give the course director and staff chance to assess and finalise plans for the week ahead. However these plans may change as you progress.

12-30 to 13-00 River lunch.

A short river trip, which will help us to develop group structure and communications. The use of the mnemonic CLAP (Communication, Line of Sight, Avoidance and Position) will be in evidence. Near the end of the trip there will be with a chance to sharpen and tweak paddling skills, and study coaching techniques.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee relaxed discussion/video about your day, followed by a briefing of the day's ahead. Pack gear for a fast start in the morning.

19-30. Dinner; if on a Canoe Control Full/catered week.

Day 03.

09-15. Start. This morning we will build our session around a clean grade 3 rapid. Here we will apply the maxim, go for hard moves/eddies on the easier rapids, rather than easy moves on the harder rapids.

Students will be coached on the rapid to heighten river awareness and control.

12-30 to 13-00 Lunch.

The after-noon time will be spent on developing styles and techniques to improve boat control and performance. Body posture, active and loaded blade and still the ever - evolving importance of forward paddling.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Relaxed discussion/video about your day,

19-30. Dinner if on a Canoe Control Full/Catered week.

Day 04.

09-15. Start. This day will be a full rescue day on a specific site (not a slalom course). The rescue equipment you carry in your boats will be used, hence the first day appraisal.

We will be looking and dealing with issues created by paddling grade 3-4 water. Bank and boat based rescue methods will be practiced in a real river environment.



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What are the seen dangers trees, stoppers, pinning rocks. What about the unseen dangers undercuts, siphons and entrapment. How do we deal with them?

The consequences of all will be examined discussed.

12-30 to 13-15 Lunch.

Here we will be able to look closely at group dynamics All members of the group will be completely involved in the management of the sessions. Expect to get wet but unlike the UK the bank side temp will be around 25-30c.

At the end of the day we will carry out a full review on performance and equipment. What worked and how much gear do we really need to carry? It will be a great learning day and a lot of fun.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Look back and video/review the day. This evening we will plan an all day river trip for the next day. The trip will give us all a great chance to develop our individual leader and boat skills. We will be taking lunch on the river.

19-30. Dinner if on a Canoe Control Full/Catered week.

Day 05.

09-15. Start. We will be taking lunch on the river.

This day will mostly be dedicated to river leadership.

The trip will be on grade 3 and 4. There will be a number of grade 5 rapids to review

The river will present us with a whole array of practical workshops, allowing us to expand upon different leadership and paddling styles.

We will use CLAP to aid in developing good communication skills.

Lunch.

We will also look more closely at group dynamics and group management.

The technical difficulty of the river will increase, creating fresh demands; these demands may expose areas of technique that can be improved upon.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Emergency First Aid

20-00. Dinner if on a Canoe Control Full/Catered week.

Day 06.

09-15. Start.

We take lunch with us. On today's paddling trip the core element is grade 4. You will develop your skills on a couple of rapids that you can easily repeat a couple of times.

This will help you to consolidate your boating, and for you to analyse the progression made.

Lunch.

This afternoon we will descend a steep narrow section of river to highlight other aspects of Alpine Guiding.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee Emergency first Aid



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20-00. Dinner if on a Canoe Control Full/Catered week.

Day 07.

09-15. Start. This will be a morning of consolidation there will be short workshops on skills, incident management/rescue and leadership.

Lunch.

This afternoon we will look at the issues regarding leading less able groups on fast flowing Alpine grade 2. The importance of putting people on water relative to their ability. Building confidence through gaining competence.

17-00. Head for base. Arrive dry gear and freshen up.

18-00. Afternoon tea/coffee. Finalising your personal action plan for the future.

20-00. If you are on a Full/catering week. We are off to our favourite restaurant for a slap up dinner

Day 08. Depart.

Verdon Canyon

On its path from the mountains of Haute Provence to the sea, the Verdon cuts through a number of limestone gorges. The most spectacular and beautiful of these is the Gorge du Verdon. This is the famous 'Grand Canyon' of Europe. The descent of this class 2-4+(5) canyon is like a mini expedition. Because of its length (34 kilometers), difficulty and nature (portages and scouting) it is a paddling experience on a scale that is found nowhere else in Europe.

Some paddlers on their first descent have taken over 8 hours or more to finish it, others have even had to leave their boats and come back the next day. However, Canoe Control guides with intimate knowledge of the gorge can make the journey an adventure and not an ordeal, increasing your safety and decreasing the time needed to complete it. The gorge has been very well documented in many guidebooks; please refer to White Water South Alps by Peter Knowles for a detailed description.

This trip can be taken as a complete package as part of the structure of our Alpine courses in the summer, or when we are in Provence in April and early May. It also can be taken as a completely separate trip. Although this is a guided trip each paddler will need a sound skill level (solid class 3+4 with good roll). A good fitness level and a degree of mettle are necessary. The trip will consist of one guide and Safety Boater, per four clients.

Releases from the dam at Castellan are usually every Tuesday and Thursday during the spring and summer. Dated Verdon Gorge trips will normally be offered on the Thursday, with a preparation paddle the day before. However group bookings for Tuesday are possible. We do not offer this trip as a one-day package. The prep day is of great importance for training and skill review. Clients already on a Canoe Control week can join this trip. However, there will be a supplementary fee.

Itinerary (also operated from Provence)

Day 1

09.00 Meet for briefing at l'Agentiere and paddle the whitewater course.

11.00 Leave the water, drive to Briançon and paddle either the lower Guisane or Briançon gorge.

15.30 Set off for the Verdon at Castellan. For added security and because of the lengthy shuttle and drive involved we have a dedicated driver.

19.30 Set up camp.

Day 2

Our driver drops the group at Pont de Carajuan. This will be a day-long boating adventure, in about the most dramatic setting of any river trip in Europe. For most of the trip we will have radio contact with our driver. We finish the trip at



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Pont du Galetas, where our vehicle will meet us, with much needed food and drink. After loading the boats and finding the nearest bar, we will drive back to our Alpine base in time for dinner.

Cost

Cost includes preparation day and canyon day - this includes camp fees and travel but not meals (unless on a fully catered Canoe Control course). The Cost does not include use of boats (unless already on a Canoe Control course). Boats/gear can however be hired at our standard rate. There is a supplementary (fuel) payment for existing Canoe Control alpine clients.

Meals and accommodation for existing clients will be covered as per their original trip. As with all river trips the suitability of group members is entirely at the discretion of the guide.

Personal ability

However this trip makes special demands on leadership, control and skill. If at the end of the preparation day the guide feels a client's skill is not adequate an alternative venue will be offered. Please consider this when booking, as no refund will be available, unless Canoe Control cancels the whole trip.

BCU 1 Star Kayak/Canoe Award.

Whitewater up to grade 11

Dates are available for June, July, and August. Please contact us to book your course or trip

Duration: Two four or six day course for kayaks/Canoes

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Description.

Canoe Control delivers this course in the UK, the French Alps and Provence.

Training and Assessment is over two days focusing on personal skills needed for this exciting sport. It's a great start for anyone wanting to learn the fundamental skills involved in paddling both kayak and canoe.

Itinerary.

Day 1:

AM. The first session in a kayak makes use of experiential learning; this enhances the natural ability you all ready have. This takes place in a safe placid water environment. Then we look at the fundamental control skills and safety aspects of using a kayak.

PM. With these new, found personal skills, you will gain further understanding on how to control the boats passage through the water. By linking paddle strokes together progression will be accelerated and the boat will move ever smoothly.

Day 2:

AM. The skills you have learnt are very transferable from kayak to canoe. This coaching session looks at the fundamental control skills and safety aspects of using a canoe in a placid water environment

PM. The use of a single paddle helps to enhance your control of the paddle blade. This in turn helps in the control of both canoe and kayak. The assessment will be on going whilst on a short journey.

Personal debriefs.

Pre requisites.



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Short Syllabus please view the full syllabus on our download page.
Ideally be able to swim

Venue.

Open placid water

Personal Paddling Skills

Lifting, carrying, launching and landing
Directional control forward and reverse
Move sideways
Support both sides
Will also need to show competence in canoe and kayak skills

Rescue Skills

Capsize and empty craft

BCU 2 Star Canoe/Kayak Award

Whitewater up to grade 11

Dates are available for June, July, and August. Please contact us to book your course or trip

Duration: Two four or six day course for kayaks/Canoes

Staff to client ratio: 1:3

Course venue: French Alps -- also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Canoe Control delivers this course in the UK, the French Alps and Provence.

An improvement award that helps paddlers develop fundamental paddle sport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact. This award is significantly different to the old 2 star, with a change to develop generic movement skills that can transfer to any discipline and with an assessed journey.

Day 1:

AM. A number of personal skills, coaching sessions in a kayak, to build in a dynamic commitment to your boating. This will again be in a placid water environment, but the emphasis will be looking at the skills required to build speed and reaction.

PM. Having a more dynamic style will lift performance. However we will ensure that we coach best practise at all time. To this end correct body posture is one of the main elements in improving and maintaining boat performance. With a more dynamic style and advancing skills confident and competence will grow. Aspects of safety and rescue.

Day 2:

AM. The transfer of improved kayak skills into a canoe will enhance your understanding of the relationship of boat to water. With increased performance and speed reaction needs to be more responsive. However improved understanding will improve your pro-activeness, this intern will improve performance further.

PM. A short journey with group and water awareness issues. Also there will be some very slow elements of moving water, this will help link many of the strokes together and help toward a successful conclusion of the course. Practised rescue skills.

Personal debriefs.

Pre requisites.



Information sheet for the French Alps

Please study the full BCU syllabus available off our downloads page.
Ideally be able to swim

Venue

Open placid water. Elements of slow moving water.

Personal Paddling Skills

Show competence in canoe and kayak skills
Lifting, carrying, launching and landing
Efficient forward paddling
Reverse over a figure of 8 course
Moving sideways, both static and on the move
Supporting, both static and on the move
Canoe sailing and poling

Rescue Skills

Eskimo Rescue (kayak)
Deep-water rescue
Towing and use of towline

Safety, Leadership & Group Skills

Personal risk management
Awareness of others

BCU 3 Star Kayak Whitewater Award Training.

Whitewater up to grade 11

Dates are available for June, July, and August

Duration: Two four or six day course for kayaks/Canoes

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Please study the full BCU syllabus available off our downloads page.

Canoe Control delivers this course in the UK, the French Alps and Provence. The training will be over two days and the assessment will be one day. The training focuses on personal skills on grade 2 white water. The course also covers aspects of white water rescue and paddling as part of a group.

A full detailed action plan will be drawn up during the course. This will greatly assist in your personal development toward your assessment.

Successful performance at this level indicates that the paddler can consider themselves intermediate kayakers, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a grade 2 river

Itinerary



Information sheet for the French Alps

Day 1:

AM. An easy moving water site will be chosen to review personal ability. Coaching and development of technical skills to around the 3 star standard. Very elementary throw rope and boat based rescue practise.

PM. Personal skills will be developed on technical grade 2 rapids. River reading, setting up safety and group dynamics will be explored. Each day will end with a personal debrief for each student.

Day 2:

AM. This day will cover the differing leadership styles that are needed to deal with the ever-changing river environment. The use of signals and what equipment is needed. Further coaching and development of personal paddling skills.

PM. Throw bag blitz sharpen up on the first rescue session. Session on rolling skills and playtime. Quick on the water group paddling review.

Personal debrief and writing up the action plan for the one day assessment

Pre requisite

Ideally be able to swim

Logged evidence of having paddled on grade 2 water

Venue

Open water

Personal Paddling Skills.

Lifting, carrying, launching and landing

Efficient forward paddling

Reverse over a figure of 8 course

Moving sideways, both static and on the move

Supporting, both static and on the move

Rolling

Breaking in and out

Ferry gliding

Show competence on moving water up to and including grade 2

Rescue Skills.

Deep-water rescue

Towing and use of tow line

Eskimo Rescue

Throw line

Safety, Leadership & Group Skills

Personal risk management. Have the ability to assess risk.

Awareness of others and the river.

Paddle on grade 2 water as part of a led group

New BCU 4* Training

Whitewater up to grade 111

Dates are available for June, July, and August.

Duration: Two four or six day course for kayaks/Canoes



Information sheet for the French Alps

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement.

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or Provence/French Alps (Spring/Summer). This course is offered in 2-4-6 day format. The 6 day course can include the assessment. The course days will be spent on grade 2-3 white water.

Aim

To prepare towards the successful completion of your 4 Star Assessment but more importantly to improve your personal performance, river skills, safety and awareness. Thus enabling the enhancement of yours and others enjoyment of white water.

Trainers

Current A4/5 Inland Kayak Coaches.

New BCU (UKCC Endorsed) Level 4 Coaches.

Coaches are full time working professionals - coach to candidate ratio 1:4

The course group and pre-requisites (Please read the BCU training notes for 4 star – see downloads page)

- Paddlers need to be a competent boater on class 2 and have experienced paddling sections of easy grade 3.
- First aid award minimum 08 hrs - (optional for training but needed for assessment).
- Previous experience up to easy grade 3

Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate. (including BCU ww Safety & Rescue). Candidates must be 16 years, but no responsibility until 18 years.

Please bring all original certificates (not copies), logbook, and BCU membership card and completed theory paper.

Boat and Equipment

- A play the river/creek type boat, suitable for running grade 2-3 white water and above.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day.
- Food and drink.
- Rescue/emergency equipment i.e. first Aid, throw ropes, knife, slings, karabiners, splits and shelter etc.

Description

The structure of the course is built around the New BCU 4 Star Inland kayak syllabus of river skills, leadership, and rescue and incident management. Please read the syllabus (see the downloads page).

- Candidates will be trained/coached to improve their paddling skills/performance, river judgement, river awareness, safety/incident management, planning (trip/gear etc) and leadership.
- Use of CLAP (communication, line of sight, avoidance, position) will be taught and be in evidence.
- Preparation to help the candidate be aware of the non-interventionist style of assessment I.E. Explanation that assessors do sometimes need clarification on issues that arise on the day.



Information sheet for the French Alps

- River sections to be run will be chosen for their suitability/remit. Numerous types of rapids will be run – rocky steep technical, pool drop, continuous, slides and small drops etc.
- Differing styles and merits of running each rapid will be practised.
- Candidates will need to take into account, the group or individuals members of the group's ability.
- Candidates need to be fully aware of their actions and decisions.
- The trainers will set-up a number of incidents, for candidates to manage.
- There will be a theory paper, which we will forward prior to the course.

Itinerary

Day 1:

Two days involving River Skills/Leadership and Incident management etc.

08.30 Meet for coffee, introductions, admin and briefing.

Bank side gear and boat check.

The trainer will be looking to achieve a fun, safe, smooth, flowing descent, in which the lead boaters gain confidence and competence. Sound judgement on developing river issues will be explored.

Throughout both days' all candidates will be given ample opportunity to be up front, running the river in their own distinctive style.

12.30 Fuel/food stop.

The afternoon will be of the same style. However a simple incident will be structured to look at group management etc.

16.00 Finish session.

16.30 Tea/Coffee. Confirmation of the next day's venue

Day 2:

08.30. Meet at River location, for coffee and briefing.

A more remote river will be chosen for today's trip.

Evacuation procedures will be examined.

Candidates will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a "gung ho, all down the river" attitude.

12.30 Fuel/food stop.

A coach led skills session to review improvement.

The requirement of bank inspection or the setting up of protection may be needed; use of route markers/flags signals will be examined.

16.00 Finish session.

16.15 Group debrief.

16.30 Personal debrief and written action plans.

End of course

New BCU 4* Assessment

Whitewater up to grade 111

Dates are available for June, July, and August.

Duration: Two four or six day course for kayaks/Canoes

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport

Location



Information sheet for the French Alps

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps/Provence (Spring/Summer).

All the course days will be spent on grade 2-3 white water. Actual venue will be decided closer to the course date.

Aim

We offer an assessment that will be fair, set in a real environment with no roll play or falsely set up situations. Our many years of non-interventional style assessments, allows the candidates free expression of their own personal style of boating, judgment and group management. From this approach a smooth/flowing type of assessment will evolve. This helps toward a more relaxed day for you the candidate, and allows the assessor to see the true boater. After all it's you the candidate who pass or fails the assessment. The assessor observes a candidates performance and sets that performance against a criteria laid down by experience and the BCU.

Assessor

One Current A4/5 Inland Kayak Coach.
New BCU (UKCC Endorsed) Level 4 Coach
Coaches are full time working professionals

Assessment

This will be set against the criteria laid down in the new BCU 4 ILK star assessment syllabus. Rivers used will be on and within the remit for the award.

The course candidates and pre-requisites

Below find a brief résumé of the requirements. Please refer to the New BCU 4 Star Syllabus (on the downloads page) for full details. Paddlers of a good skill level and who have built up a number of year's river running experience. Each candidate must have the ability to lead a group of up to 4 competent paddles on grade 2-3 river journeys. They will have achieved the following pre-requisites enabling them to be able to attend an assessment. (competent = boaters who do not need coaching in the new 4 star environment)

- First aid award (minimum 08 hrs).
- Previous Experience.
- New BCU 4 Star training.
- BCU WW Safety and Rescue.
- Age 16 or over. However not responsible for a group until 18 years.

Please bring all original certificates (not copies), logbook, BCU membership card and completed theory paper.

Boat and Equipment

- A river/creek type boat suitable, for running grade 2-3 white water.
- Personal protection equipment (PPE), taking into account rocky cold rivers, and the weather conditions to be expected on the day.
- Food and drink.
- Rescue/emergency equipment i.e. first Aid, throw ropes, knife, slings, karabiners, splits, mobile phone and shelter etc.

Description



Information sheet for the French Alps

The structure of the course is built around the new BCU 4 Star Inland kayak syllabus of river skills, leadership, and rescue and incident management. Please read the syllabus

Candidates will be assessed on their paddling skills/performance including playing in small stoppers surfing waves, river judgement, river awareness, safety/incident management, planning (trip/gear etc) and leadership. Use of CLAP (communication, line of sight, avoidance, position) should be in evidence.

The assessment will be of a non-interventionist style. However the assessor may at times need to clarify certain decisions.

River sections to be run will be chosen for their suitability/remit. Numerous types of rapids will be run – rocky technical, pool drop, small drops and continuous etc. Differing styles and merits of running each rapid will be discussed. Candidates will need to take into account, the ability of the group or individual members. Candidates need to be fully aware of their actions and decisions. If no natural incidents occur the assessor will set-up a number of incidents, for candidates to manage.

There will be a theory paper, which will be forwarded prior to the course.

Itinerary

Day 1:

Two days involving River Skills/Leadership and Incident management etc.

08.30 Meet for coffee, introductions, admin and briefing.

Bank side gear and boat check.

The assessor will be looking for a safe, smooth, flowing descent, in which the lead boaters display confidence and competence. Sound judgement on developing river issues will be expected.

Throughout both days' all candidates will be given ample opportunity to be up front, running the river in their own distinctive style.

12.30 Fuel/food stop.

The afternoon will be of the same style, however; if a natural incident does happen the assessor will only intervene if safety is compromised.

16.00 Finish session.

16.30 Tea/Coffee. Confirmation of the next day's venue

Day 2:

08.30. Meet at River location, for coffee and briefing.

A more remote river will be chosen for today's trip. Evacuation procedures will be examined.

Candidates will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a "gung ho, all down the river" attitude.

12.30 Fuel/food stop.

The requirement of bank inspection or the setting up of protection may be needed; use of route markers/flags signals etc. will be at the discretion of the lead boater at the time.

If no natural problems have occurred, incidents will need to be set up for candidates to manage. These will be simple, not complex but will reflect the nature of the river.

16.00 Finish session.

16.15 Group debrief

16.30 Personal debrief and written action plans.

End of course

New BCU 5* Inland Kayak Training

Whitewater up to grade 1V

Dates are available for June, July, and August

Duration: Two four or six day course for kayaks/Canoes

Staff to client ratio: 1:3



Information sheet for the French Alps

**Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement
Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite
Cost includes all guiding/coaching, shuttle transport**

Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps (Spring/Summer). This course is offered in the UK /French Alps in a 2-4 or 5-6 day format. The 5-6 day course can include the assessment. All the course days will be spent on grade 3-4 white water. A third river training day is optional, but may be formally recommended by the course trainer

Aim

To prepare towards the successful completion of your 5 * assessment but more importantly to improve your personal performance, river skills, safety and awareness. Thus enabling the enhancement of yours and others enjoyment of white water.

The course group and requisites

- Paddlers who are confident and technically competent on at least grade 3+.
- Or hold the New BCU white water 4 star award.
- First aid 16 hrs (optional for training but not on assessment).
- Training minimum age 16.
- Assessment minimum age 18.

Please bring all original certificates (not copies), logbook, and BCU membership card and completed theory paper.

This is also an ideal course for the progressive Kayaker wanting to step up and dramatically improve their personal paddling ability, river and group awareness.

Boat and Equipment

- A river/creek type boat suitable, for running grade 3 white water and above.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day, at the location of the course.
- Food and drink.
- Rescue equipment i.e. Throw ropes, knife, slings, karabiners, splits and shelter etc.

Description

The core structure of the course is built around the new BCU 5 Star Inland kayak syllabus of river skills, leadership and incident management.

To help establish the technical standard required. Dynamic sessions, with sound analyses and feedback, coupled with progressive coaching. Will help students to recognise their ability relative to the award and advance their personal boating if required.

Practical demonstrations and discussions on differing leadership styles, incident management, rescue and evacuation procedures, will be shown and practiced.

Equipment - this course will emphasis the importance of excellent personal apparel including footwear. A low coach to student ratio (1x3) will ensure that all sessions are best practice, and each student is fully integrated within the course structure.



Information sheet for the French Alps

River sections to be run will be chosen for their suitability. Numerous types of rapids will be run – rocky steep technical, pool drop, continuous, slides, drops and slots etc.

Differing styles and merits of running each rapid will be reviewed.

What are the seen dangers high water, trees, stoppers, and pinning rocks? What about the unseen dangers, undercuts, siphons and entrapment etc? The consequences of all will be examined and discussed. If cover is needed, what type of safety should be applied? On the river there will be sessions on group and self-awareness. At the end of each day there will be a review and students will have a full debrief on their performance.

Itinerary

Day 1:

River Skills/Leadership.

08.30 Meet for coffee, introductions, admin and briefing.

Gear and boat check, the emphasis will be on light boats and carrying what you need. There will be a short throw rope practice, as this is a vital tool and we should all be sharp with its use. Dynamic river session, with sound analyses and feedback coupled with progressive coaching. Using CLAP (communication, line of sight, avoidance, position)

12.30 Fuel/food stop.

The use of stronger rapids, which are steeper and more complex. Coached practice sessions will help students to refine boat and river skills. The leadership role will be discussed and practical sessions set up to demonstrate the use of different styles.

04.00 Finish session.

04.30 Tea/Coffee. Group analyses of the day.

05.00 Individual debriefs.

Day 2:

08.30 Meet at River location, for coffee and briefing.

A remote river will be chosen for today's trip. Evacuation procedures will be examined. It also means we have to look more thoughtfully at our own and the group's ability. Students will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a gung ho 'all down the river' attitude.

12.30 Fuel/food stop.

Increased river difficulty will mean routes into rapids may need more consideration and care. The implied consequences of a bad line near an undercut rock or tree etc. means our river reading needs to be better. The requirement of bank inspection or the setting up of protection may be needed, use of route markers/flags signals etc.

16.00 Finish session.

16.30 Group debrief

17:00 Personal debrief and written action plans.

End of course

The Coach/Coaches

(L5 Inland Kayak. A5). Staff to client ratio 1:3 the course will be presented by full time working professional coaches.

The course group prerequisites

- Paddlers who are confident and technically competent on grade 3+.
- Sound practiced skills in the use of rescue/safety equipment, such as throw bags/slings etc.
- Completion of a BCU White Water Safety and Rescue course.



Information sheet for the French Alps

- Training minimum age 16.
- Assessment minimum age 18.

This is also an ideal course for the progressive Kayaker wanting to step up and dramatically improve their personal paddling ability, river and group awareness.

Boat and Equipment

- A river/creek type boat suitable for running grade 3 and above white water.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day, at the location of the course. Food and drink.
- Rescue equipment i.e. Throw ropes, knife, slings, karabiners, splits and shelter etc.

Description

The core structure of the course is built around the new BCU 5 Star Inland kayak syllabus of river skills, leadership and incident management.

- Review of group/personal protection equipment (PPE) and boat suitability.
- Studying the dangers caused by unsuitable gear (Hypothermia/Hyperthermia) and design, wrongful application, worn out gear and faulty manufacturing.
- Finding out by controlled practical application what gear works/fails and what can be inherently dangerous.

The course will certainly give you the opportunity to examine the gear you carry. Practical sessions concentrating on using and managing varied rescue systems and techniques. Putting all the theory into practice in a real location. We will be setting up stopper rescues, river pins, entrapments, harness belays, swimmer and boat rescue etc. Find out what works in a real situation. A review of evacuation and first aid procedures will be undertaken. The trainers will encourage candidates to be fully integrated into the fabric of the course. The day will end with a discussion forum. Personal debrief and action plan.

Itinerary

Bolt on day

08.30 Meet for coffee, admin and briefing.

Drive to our river location.

Bank side gear/personal protection equipment (PPE)/boat review.

Demonstrations of practical application and management of various rescue procedures, techniques, (tag lines, drag lines, synchs, lowers and vector pulls etc) and equipment to resolve vertical pins, broaches and entrapment situations etc.

Review of the sessions to underpin understanding.

12-00 15-minute Food/Fuel stop.

A number of incident management sessions, covering various key rescue issues.

Evacuation/Containment, and emergency first aid.

16.00 Finish river sessions.

16.30 Tea/coffee and review of the day.

17.00 Personal debriefs and action plans.

New BCU 5* Inland Kayak Assessment

Whitewater up to grade 1V

Dates are available for June, July, and August.

Duration: Two four or six day course for kayaks/Canoes



Information sheet for the French Alps

Staff to client ratio: 1:3

Course venue: French Alps – also available in the UK, Provence Massif Central and by arrangement

Accommodation option. F/C Tented. S/C Apartment. Camping. S/C Chalet. F/C Gite

Cost includes all guiding/coaching, shuttle transport.

Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps (Spring/Summer). All the course days will be spent on grade 3-4 white water.

Aim

We offer an assessment that will be fair, set in a real environment with no role play or falsely set up situations. Our many years of non-interventional style assessments, allows the candidates free expression of their own personal style of boating, judgment and group management. From this approach a smooth/flowing type of assessment will evolve. This helps toward a more relaxed day for you the candidate, and allows the assessor to see the true boater. After all it's you the candidate who pass or fails the assessment. The assessor observes a candidates performance and sets that performance against a criteria laid down by experience and the BCU.

Assessors

Two L5 Inland Kayak Coaches - Level 5 assessors who are full time working professionals.

Assessment

These will be set against the criteria laid down in the new BCU 5 ILK star assessment syllabus. Rivers used will be on and within the remit for the award.

The course group and pre-requisites

Paddlers of a high skill level and who have built up many years of river running experience. They will have achieved the following pre-requisites to be able to attend the assessment.

- New BCU 4 Star Test (river leader)
- First aid award (minimum 16hrs)
- Previous Experience:
- The candidate must provide documentary evidence of a minimum of 30 varied, quality advanced white water kayak river days in 3 different geographical areas.
- Logged experience of paddling grade V with peers.
- 5-star training
- At least 3 days logged experience of formal training in personal skills, leadership,
- Incident management, safety and rescue prior to assessment (see trainers notes – on the downloads page).

Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate. Candidates must be 18, or over, at the time of assessment. Please bring all original certificates (not copies), logbook, and BCU membership card and completed theory paper.

Boat and Equipment

- A river/creek type boat suitable, for running grade 3-4 white water and above.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day, at the location of the course.
- Food and drink.
- Rescue equipment i.e. first Aid, throw ropes, knife, slings, karabiners, splits and shelter etc.

Information sheet for the French Alps

Description

The structure of the course is built around the new BCU 5 Star Inland kayak syllabus of river skills, leadership, and rescue and incident management. Please read the syllabus

- Candidates will be assessed on their paddling skills/performance, river judgement, river awareness, safety/incident management, planning (trip/gear etc) and leadership.
- Use of CLAP (communication, line of sight, avoidance, position) should be in evidence.
- The assessment will be of a non-interventionist style. However the assessor may at times need to clarify certain decisions.
- River sections to be run will be chosen for their suitability/remit. Numerous types of rapids will be run – rocky steep technical, pool drop, continuous, slides, drops and slots etc.
- Differing styles and merits of running each rapid will be required.
- Candidates will need to take into account, the group or individuals members of the group's ability.
- Candidates need to be fully aware of their actions and decisions.
- The assessors will set-up a number of incidents, for candidates to manage.
- There will be a theory paper, which we will forward prior to the course.

Itinerary

Day 1:

Two days involving River Skills/Leadership and Incident management etc.

08.30 Meet for coffee, introductions, admin and briefing.

Bank side gear and boat check.

The assessor will be looking for a safe, smooth, flowing descent, in which the lead boaters display confidence and competence. Sound judgement on developing river issues will be expected.

Throughout both days' all candidates will be given ample opportunity to be up front, running the river in their own distinctive style.

12.30 Fuel/food stop.

The afternoon will be of the same style, however; if a natural incident does happen the assessor will only intervene if safety is compromised.

16.00 Finish session.

16.30 Tea/Coffee. Confirmation of the next day's venue

Day 2:

08.30. Meet at River location, for coffee and briefing.

A more remote river will be chosen for today's trip.

Evacuation procedures will be examined.

Candidates will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a "gung ho, all down the river" attitude.

12.30 Fuel/food stop.

The requirement of bank inspection or the setting up of protection may be needed; use of route markers/flags signals etc. will be at the discretion of the lead boater at the time.

If no natural problems have occurred, incidents will need to be set up for candidates to manage. These will be simple, not complex but will reflect the nature of the river.

16.00 Finish session.

16.15 Group debrief

16.30 Personal debriefs and written action plans.

End of course



Information sheet for the French Alps