**KZN** Kayak & River Safety School

 t/a Swiftwater***X***

**1 day river/self awareness course**

Just as the name refers, this is a 1 day accredited course, planned around introducing river/water users to the liquid elements. This course is great for novices, schools, DWAF, Umgeni Water, DUCT, Msinsi, social and corporate groups, along with rescue elements.

In terms of the exercises introduced, they are:

. identifying river features, what they represent, i.e. hazard/safe zones

. understanding river dynamics/current/hydraulics

. swimming, defensive and aggressive techniques

. wading techniques, single, pairs and in groups

. self awareness, challenge levels & comfort zones

. environment awareness, river bank geography

. correctuse of white water equipment, PFD’s, ropes, craft etc

Course will be approx. 6hrs long and a combination of 30% theory and 70% practical, hosted and run on a section of B grade river, where the above can be showcased and experienced first-hand, in a controlled, safe environment. A certificate is issued to each candidate on course completion.

Cost is ***R500*** per person and minimum sized groups are 12 and maximum is 20. Weekday’s and weekends (the latter subject to swift water course & CSA river event bookings) are fine, however 3 week prior bookings/notice is required to secure.

***“Always observing a safety first, safety always and NO compromise policy….. and, applying the when in doubt, get out and KNOW your limits mindset.”***