**KZN** Kayak & River Safety School

t/a Swiftwater***X***

**2 day Swift Water Course**

Like the title indicates, this course is a 2 day affair, normally held on a weekend (i.e. Sat/Sun). Course is made up of the following sessions:

***Saturday*:**

08hr30, meet & greet at the venue with supplied tea/coffee/biscuits.

09hr00, off-river theory session, on you, your equipment and the river dynamics.

12hr30, lunch

13hr30, gear/load up for the afternoon on-river session, using the 2man inflatables, supported by certified and very capable guides

19hr00, post first day’s action, reflection and discussions

19hr30, dinner and social

***Sunday:***

07hr30, breakfast

08hr30, off-river theory session on white water rescue techniques and use of equipment

10hr30, gear/load-up for the on-river practical session, again using the 2man inflatables and supported by the guides

Finish at about 13hr30, un-load, pack-up, de-brief then head off home

Cost is ***R1850 per person***. This cost covers 1 night accom (with all linen supplied), 3 x 2 course meals (i.e. Sat lunch/dinner & Sun breakfast), teas/coffees. Hire of on-river equipment; i.e. 2man inflatables; hire of on-river guides, use of off-river logistics..drivers, course certification and material; the latter through your respective club if CSA/KNCU registered. A refund and/or subsidy of sorts might be available at the time subject to application and registration through either CSA &/or KNCU.

You must bring; own paddling gear/apparel, towel, on-river juice/snacks for the 2 practical sessions, own drink for the Sat eve social and a good sense of humor. Often asked question, “who should attend this course.?” Well everyone who make’s use of our waterways, be it dams or rivers. On that note, NSRI, NAVY/SAPs rescue units, Rescue-Tech,Berg Mountain Rescue, Metro Fire, DWAF, Umgeni Water, CSA member unions (and their paddler members) fully support this course, however the course can be hosted for schools and rural communities. My motto and policy is simply***, “safety first, safety always and NO compromise…when in doubt… get out and know your limits.”***