



Program Title: **BCU 2 Star Training/Assessment
Canoe Foundation Rescue Test**

Client:
Duration: **2 Day 1 Night (+ 1 Day additional Location.)**



Location

Planet Scuba and the Wild Planet Co. Ltd. have over the last 15 years built a reputation for offering safe, fun and exciting adventure programs for Schools, colleges and corporate groups all over Thailand. Our intention with the Wild Lodge is to continue that reputation creating a

location that offers first class programs, first class instruction and first class equipment within a relaxing and pleasant and ecologically sustainable environment.

We operate the Wild Lodge in a way that promotes the active stewardship of our natural resources and surroundings and encourages current and future generations to protect it, but at the same time get out into nature and enjoy it. We realize that this involves individual commitment and may not be embraced by all, but if we can have all of our guests leave us with a better appreciation of the outdoors then we are some way forwards to making a difference.



The British Canoe Union

"Helping and Inspiring people to go canoeing"

Set up in 1936 to send a team to the Berlin Olympics, the British Canoe Union (BCU) is the lead body for canoeing and kayaking in the UK. Since then the organization has grown considerably, and the range of canoeing opportunity has increased tremendously.

The BCU is the umbrella organization for Canoe England, Canoe Scotland, Canoe Association of Northern Ireland and the Welsh Canoeing Association. The program is not intended to train participants to a high level of competency rather to highlight areas for future training and to give basic personal skills that can be utilized should the need arise.

We follow the guidelines laid down by the BCU and operate all canoe, kayak and raft programs within the lodge under these.

Equipment

Full equipment is provided for all training sessions. This will include PPE for water activities and a range of canoes and kayaks for the paddler to experience.

Individuals wishing to use their own equipment must agree to it being inspected and its use is subject to its compliance to our equipment guidelines.

Wild Planet instructors are trained in first aid and a full medical kit is present during all activities.





BCU 2 Star Training and Foundation Rescue Test

TWO STAR

The two star award covers basic strokes and techniques on flat water. The emphasis is on creating the desired movement of the boat through developing an understanding of cause and effect rather than concentrating on rigidly defined strokes.

Further training will be carried out during the additional day session based at Club Taco in Bangkok in order to give the paddler experience of a different set of conditions.

The training will be delivered in an informal manner, with lots of opportunity to practice and experiment with various techniques and coaching methods. At the start of the course your coach will action plan out your time on the water, aiming to make the course as relevant as possible to you.

You will cover:

- ***Theory & Safety Considerations***
- ***Equipment***
- ***Boat handling***
- ***Supports & braces***
- ***Rescues***
- ***Your next step***

By the end of the course you will have the skills to paddle the kayak in all directions, prevent a capsize as well as being introduced to the Eskimo roll and have more thorough knowledge of paddling

Solo performance at 2 Star level is required for attending a course for the qualification of Level 1 Coach.

FOUNDATION RESCUE TEST

The aim of this is to ensure that a paddler has the necessary safety awareness which will enable them to ensure the safety of themselves and others. It also covers rescue skills which can be used for self rescue and to help others in difficulty.

General Theory and Planning

- ***Safety and rescue protocols***

Bank Based rescues

- ***Coaching swimmer to shore***
- ***Rescue a swimmer with a rigid aid***
- ***Rescue a swimmer with a throw line***

Boat Based Rescues

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

* BCU qualification is awarded on completion of course, once the candidate has completed an extended trip. You will receive certification from the BCU in the UK.

ITINERARY

NOTE: Training sessions run by Graham Wardle and Robin Lloyd/David Milne

Saturday 28th March –

0730 – 0900 Transfer BKK to the Wild Lodge,
0930- 1200 – Pool Session
1200- 1300 – Light Lunch
1300 – 1630 - Intro 2* Skills, Kayak – Khao Ito Reservoir
1830 – Eve meal – BBQ
1930 – 2030 – Theory Session
2030 – Social

Overnight Wild Lodge

Sunday 29th March

0700 – Breakfast
0800 - 2* Canoe Skills
Lunch at Khao Ito Reservoir
1500 – Return to Wild Lodge
1530 – Transfer to BKK
1730 Arrive BKK

Saturday 25th April – CLUB TACO

0830

ASSESSMENT. (Practical) RL/DM

OTHER INFORMATION



Accommodation

We have a number of individually themed lodges, each lodge has a front balcony, main room and rear anti room with an en suite bathroom and rain shower. The main room of each lodge is large with 4 beds but additional folding beds can be added to a maximum of eight. All of the lodges are screened against insects. In addition to the individual lodges we have a self-catering lodge with 4 private sleeping rooms and the Siam and Guide rooms in the main house. All bedding and linen is provided for guests along with towels.

Type	No. Of Beds	No. Of Rooms	Total Pax
Lodge	Up to 8	8	64
Ranger Lodge w/kitchen	4	4	8
Siam Rooms	1 dbl	2	4



Meals

Food will be Thai style buffet, with the exception of breakfast, which will include toast and eggs. Specific western food can be arranged if required. Please give prior notice of vegetarian requirements or any specific needs.

Meals will be taken in the main Hornbill Sala, water will be provided with meals.

Throughout the day, water will be available during all activities; participants are also required to carry their own water bottle (or to reuse the bottle given to them at the start of the program),

which can be refilled on demand within the lodge. All activity locations will also have a 'drink station' where bottles can be refilled.

The Sunset Bar

Our bar on site sells a basic range of beer and wine at reasonable prices and is open during the evening

Note: Details of other lodge facilities such as swimming pool etc can be found in our main brochure.