

I have one space left, and your Club members are more than welcome to take it, on a FSRT Course on Sunday 5th July 2009. More dates will follow very soon.

Course start time is 9.00am meeting in the Car park in Hurley Village by the river Thames.

Please bring plenty of food and drink as we cannot guarantee the Lock café will be open. There will be toilets available next to us.

We aim to finish at 4.00pm.

Your course will be run by Tom Brindley who can be contacted on 07901 555548. He will be assisted by Tony Auito and Christine Dove.

YOU WILL BE GETTING WET SO PLEASE COME WITH APPROPRIATE CLOTHING. YOU SHOULD ALSO HAVE A REASONABLE LEVEL OF FITNESS TO COMPLETE THE TASKS PUT TO YOU.

Please note that we do need two Canoes as well as a Kayak each. Sharing maybe possible on the kayaks.

Assesement / Certificate

If you are a BCU member **please bring along your BCU card** and a cheque payable to the BCU for £5.

If you are not a BCU member please bring a cheque payable to the BCU for £10.

For course fees Please make cheques payable to "BVCC".

General information

What is the FSRT?

This course will teach you the key safety and rescue skills required to paddle safely and deal with most problems.

More information [Here](#)

Why do the FRST course?

Went want as many clubs members to get this award as is possible over the next year. It is a multi discipline course and not designed for any one craft.

As part of our operating procedures at rolling sessions and the Lido, we require a member with this award to be our safety officer.

This is a pre requisite for L1 coach.

Who can do it?

BVCC members take priority

For the time being it is open to those above 16 who hold a UKCC 2 star certificate or show ability to the same standard.

How much will it cost?

£30 per person for the 1 day course with continual assessment.

(Not including BCU registration / certificate fee).

Next Course?

5th July 2009

Number of places?

Ratio of 1-6

Once this course is full we will run a waiting list for further dates. These will not be released until completion of the above course. (Members signed up to the L1 coach training will take priority).

Contact?

Please contact coaching@bvcc.org.uk to put your name down or if you have any questions.