



It For Me? FSRT

FSRT is about developing skills to be able to deal with a range of safety and rescue scenarios which may occur in a sheltered water environment. The course includes safety protocol, bank based rescues, water based rescues in a range of paddlesport craft and incident management.

This course is open to all paddlers who can swim and have basic fundamental paddle sport skills and are able to purposely manoeuvre their craft to assist another person (approximately 2 star standard). This is a practical day involving a wide range of rescues in the water.

Aims

This one day course is designed for all paddlers irrespective of craft and is a pre-requisite for the Paddlesport Instructor award. It is suitable for any active paddler.

Content

The sheltered water training venue is within the beautiful Portland Harbour and uses a range of paddlesport craft. The emphasis will be on safe and effective rescues including personal safety, bank based options, boat based options and simple paddling scenarios.

For further information and more detailed syllabus

<https://www.britishcanoeing.org.uk/courses/foundation-safety-and-rescue-training>

What Will I Need?

You are welcome to use your own equipment. WOEC has a variety of clothing and equipment for you to use included in the price of the course. For full details see the general information page.