

British Canoeing Courses in the Brecon Beacons 2022

provided by Steve Rayner Outdoor Pursuits

Details & bookings: steverayner.me.uk/courses | steve.rayner@brynbolgoed.co.uk | 07989 412415

All my courses will be run in accordance with Covid-19 regulations and guidance. Courses may include video-conference sessions to cover 'classroom' topics. These will usually be a few days before and/or after the main 'practical' sessions, arranged to suit participants. The dates shown below are for the 'practical' sessions only.

More courses will be added in due course: contact me to arrange other dates for all courses!

I aim to keep costs as low as possible, depending on numbers. Costs quoted below are the maximum I expect to charge for each course.

Personal Performance Awards

Training and assessment for any of the following:

- Paddle Start, Discover & Explore Awards, for paddlers developing generic skills on sheltered water: contact me for details and to arrange dates.
- Canoe Award, for canoeists developing skills on open water and Grade 1 rivers – £120: Sat 20-Sun 21 Aug
- White Water Award, for kayakers developing skills on Grade 2(3) rivers – £120: Sat 17-Sun 18 Dec.
- Touring Award, for paddlers in any craft developing skills on rivers and estuaries.

Foundation Safety & Rescue Training

Training for all paddlers, coaches and volunteers irrespective of craft or discipline: key skills to operate safely and deal with emergencies in Sheltered Water environments – £75: Sat 22 Jan, Sun 6 Mar, Sun 4 Sep.

Paddlesport Instructor Award

Combined training and assessment for instructors running paddlesport taster/starter sessions within the safety management systems of clubs, centres, or other organisations in Very Sheltered Water environments – £150-180: Sun 6 + Sat 12 Feb; Sat 26-Sun 27 Mar, Sat 17-Sun 18 Sep.

Paddlesport Leader / Sheltered Water Coach Award Preparation

Up to 4-days tailored to participants, aimed at developing personal paddling and leadership skills on Sheltered Water; with options for Touring Award assessment and indoor rolling clinic – c.£300: Mon 11-Thu 14 Apr.

Coach Award Training

For those whose core function is to coach paddlers who want to gain/improve paddlesport skills within their chosen discipline; comprises 2-day Core Coach Training followed by 2-day Discipline-Specific Training – £150-180 each:

- Core Coach Training: May / Jun (dates to be confirmed).
- Canoe and/or Kayak Coach (Sheltered Water) Training: Sat 25-Sun 26 Jun.
- Open Water Canoe Coach Training: Sat 15 Jul-Sun 16 Oct.
- White Water Canoe Coach Training Sat 29-Sun 30 Jan, Sat 19-Sun 20 Nov.
- White Water Kayak Coach Training Sat 19-Sun 20 Feb, Sat 29-Sun 30 Oct.

Paddlesport Leader & Coach Award Assessment

1- or 2-day assessment for Paddlesport Leader: 21-22 May (to be confirmed) – or contact me to arrange date.

1-day assessment for Sheltered Water Canoe and/or Kayak; White Water Canoe or Kayak; and Open Water Canoe Coach – contact me to arrange date.

Outdoor / Aquatic / Emergency First Aid

1-day (8-hour) course for those operating within a reasonable distance of medical assistance (including Sheltered Water and Climbing Walls) – accredited British Canoeing Aquatic First Aid Level 1 – £60-75.

2-day (16-hour) course for those operating in remote environments (including Moderate Water and mountain areas) – accredited British Canoeing Aquatic First Aid Level 2 – £120-150.

Contact me to arrange dates.

Steve Rayner OBE

White Water Kayak Performance Coach, Open Canoe Coach
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