



Foundation in Safety and Rescue Training (FSRT) Course No: 3541(A) Wednesday 28 October 2020

The course aims to provide paddlers with the key safety and rescue skills required to operate safely and to be able to deal with common emergencies. These skills form the foundations for safety and rescue throughout British Canoeing qualifications.

Fundamentally this course is designed for all paddlers irrespective of their chosen craft. The objective is to teach simple and safe skills that can provide the paddlers with the tools to solve simple paddling problems. This course is available in either bank-based or boat-based option.

Boat-based candidates must hold the paddle Explore Award, 2 star award or be of equivalent ability due to the paddling environment and the boat control required to complete the course.

www.britishcanoeing.org.uk/courses/foundation-safety-and-rescue-training

Course content

- General theory and planning
- Bank-based rescues
- Boat-based rescues

The day will start at White Hall Centre before moving down to Combs Reservoir where the practical elements will take place. We will return to White Hall at the end of the day. The course is going to involve a lot of time in the water or standing on the bank whilst wet so please come prepared (wetsuits can be borrowed).

Please read the full syllabus on the British Canoeing website to familiarise yourself with what will be covered:



www.britishcanoeing.org.uk





What to bring

- Personal paddling equipment
- Footwear to cope with bank and boat
- Warm clothes for off the water
- Warm hat, gloves, neck gaiter/buff, sun hat
- Towel
- Waterproof jacket and trousers
- Buoyancy aid
- Helmet
- Drinks bottle
- Flask
- Lunch bag/box
- Personal first aid kit
- Sunscreen
- Midge repellent
- Notebook and pen
- BC logbook/paperwork
- Safety and rescue kit (you would normally carry) including a knife

Course Times

9.00am – 5.30pm

Course Fee

£65.50 + British Canoeing fee - £5.00 members
£10.00 non-members

Please bring cash for the British Canoeing fee

Methods of payment

- Cash: please call in the centre to pay in person.
- Cheque: please make cheques payable to Derbyshire County Council.
- Debit/Credit Card: please telephone the centre or call in to pay in person.
- Invoice: please notify the centre of the name and address who the invoice is to be made out to.





Emergency contact

Please ensure that at the start of the course the Centre has up to date contact details. In case of emergency, contact with course members may be made through the office 01298 23260.

Cancellation

The Centre reserves the right to cancel any course, which is under subscribed. In the unlikely event of this occurring alternative arrangements will be offered or fees refunded.

Please note that in the event of you having to cancel your place on this course the following criteria will apply:

- Within one month of the course date – full payment will still be payable.
- Over one month of the course date – 25% will be payable.





FSRT APPLICATION FORM

Course No: _____ From: _____ To: _____

Surname: _____ First Name(s): _____ Sex: M/F

D.O.B. _____ Home Address: _____

Post Code: _____ Daytime Telephone Number: _____

Mobile Number: _____

email address: _____

British Canoeing Membership Number (If you have one): _____

Details of any medical condition, allergy, illness/ medication we should be aware of: _____

Name and address of family doctor: _____

Telephone Number: _____

To be signed by all applicants:

I have read and agree to abide to the Conditions of Booking as detailed overleaf.

Signed: _____ Date: _____

Please return this form together with your fee to:

White Hall Centre
Long Hill
BUXTON
Derbyshire
SK17 6SX

Telephone: 01298 23260
Fax: 01298 25945
email: white.hall@derbyshire.gov.uk



www.britishcanoeing.org.uk



Conditions of Booking

1. I understand the nature of the course and agree to abide by all safety regulations.
2. I understand that in the event of accident, loss or damage, the County Council will be responsible for its own liability including neglect attributable to its employees in the course of their duty.
3. I understand that the course fee **does not** include insurance against cancellation, personal injury, loss or damage to equipment whilst on the course.
4. I understand that in the event of having to cancel my place on this course the following criteria will apply:
 - Within 1 month of the course date - full payment will still be payable
 - Over 1 month of the course date - 25% will be payable.
5. I consent that the personal data on this consent form will be kept by White Hall Centre for insurance purposes in line with the General Data Protection Regulations, White Hall's Privacy Policy, Retention Schedule and the Limitations Act (1980) for 7 years. In the event of a 'serious accident' for 25 years from the birth date of the individual.

Would you like to receive White Hall's e-newsletter? If you do then please click on the link at the bottom of our web site at whitehallcentre.com.

Alternatively, please enter your email address below. You can unsubscribe at any time by clicking on the link at the bottom of our newsletters or on the link on our website, where you can also read our terms and conditions.

E-mail address for receiving the White Hall e-newsletter:

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	@		.co.uk
			.com
			.derbyshire.sch.uk
		other	