

| Type                  | Description of water * | Skills progression**   | Recommended qualifications/skill set  | Personal (based on winter conditions - October to March)   | Additional Equipment (if trained/experienced in use)   |
|-----------------------|------------------------|--|---|--|--|
| Beginner              | I/II                   | Capsize and exit the boat properly. Experience of flat water paddling outside  | Practice in the pool and confident. Paddlepower entry level<br>British Canoeing awards 1*, 2*   | Warm base layer, fleece and cag. Woolie hat (Helmet for moving water ), PFD & Footwear (wetboots or trainers)<br>Nibbles/energy bars & hot drink<br>Dry clothing to change in to at end of trip. | Dry bags in boat   |
| Improver/Intermediate | I/II/III               | As above plus reliable support strokes, eddy in/eddy out, ferry glide, surf a small wave   | Progressing toward 3* in chosen environment (see <a href="#">British Canoeing Website</a> )<br>Foundation safety and rescue training (See BC <a href="#">Website</a> )<br>Leaders - white water safety and rescue | As above, other kit might be consisting wetsuit, semi dry cag or dry trousers and dry cag or dry suit with appropriate under layers. Helmet, PFD and wetboots                                    | As above and:<br>Throwline and knife (no throwline must be used without having a knife as well)                  |
| Intermediate/Advanced | III/IV                 | Move around a river confidently using the above, and being able to roll relatively reliably<br>Lots of experience at intermediate<br>Confident in taking a role in the group such as scout/lead/rescue swimmer as required   | White water safety and rescue<br>River leaders - Advanced white water safety and rescue (See BC <a href="#">Website</a> )<br>Leader and Guide courses (see BC <a href="#">Website</a> )                           | As above   | As all above and (within group)<br>Sling (3M min)<br>First aid kit<br>Karabiners<br>Splits<br>Shelter<br>Pin kit |
| Advanced              | III/IV/V               | Move around a river confidently using the above, ability to read and negotiate a rapid safely, including getting into key eddies. A (relatively) bomb proof roll<br>Lots of experience at intermediate/advanced<br>Take an active part in decision making and take the lead role as required | White water safety and rescue<br>Advanced white water safety and rescue (See BC <a href="#">Website</a> )<br>Leader and Guide courses (see BC <a href="#">Website</a> )   | As above   | As all above   |

\*For grading descriptions see [https://en.wikipedia.org/wiki/International\\_scale\\_of\\_river\\_difficulty](https://en.wikipedia.org/wiki/International_scale_of_river_difficulty), [BCU Terms of Reference](#), UK Rivers Guidebook @ <https://www.ukriversguidebook.co.uk/reports/general/river-grades-on-ukrgb>

\*\***REMEMBER** – lots of rain may change the river dramatically and must always also be taken into consideration by the lead coach alongside your experience. You must accept the coach's decision if you are informed this might not be your day to go for a paddle!!