Education & Training

Capsize & Recovery

4.5 - 5 hour Workshop

The aim of the workshop is to provide a model for clubs to use when running their own capsize and recovery sessions.

By the end of this workshop you will be able to:

- Explain the protocol and rationale for capsize & recovery training
- Describe how to structure the capsize & recovery training
- Demonstrate the elements of a capsize & recovery training.

You will be provided with supporting materials such as videos, a session plan and training guide to help you plan and deliver the training.

A UKCC Level 2 PREREQUISITE

Practical

You will complete a capsize and recovery session yourself during the workshop.
Bring the following with you:

- Rowing kit/swim suit and light t-shirt (suitable for capsize activity)
- Towel
- Change of clothing
- Notebook & pen
- Plastic folder to keep your notebook dry
- Lunch

For further details, please contact your nearest Education & Training Manager

www.britishrowing.org/contact

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