



We consider essential for every whitewater paddler to have full knowledge of the safety aspects of their

**Tentative dates \* :**

1st event: May 17 - 18 (Year of 2014)

\*These dates can be altered due to bad weather conditions or if the river flows make impossible the realization of the practical session

**Course logistics:**

Location- Praia Fluvial do Areinho (Paiva River - Arouca)

Duration – 12 hours distributed over two days

Schedule – Saturdays and Sundays from 10h00 to 13h00 and from 14h00 to 17h00

Minimum number of students – 4

Maximum number of students – 10

Price for students with own gear – 60 euros

Price for CCABP members with own gear – 50 euros

Full rental gear from CCABP – 15 euros per 2 day session (attention, the number of kits is limited)

Accommodation- Camping in the beach or stay in the Club's bungalow (free)

### Course topics :

- Correct use of gear
- Self-rescue
- Group safety
- Group coordination
- Didactical river run

### Contacts and registration:

Daniel Afonso (email [ccabp.formacao@gmail.com](mailto:ccabp.formacao@gmail.com) )

**Note:** Registration should be made to the previous email. Upon registration, we will send a confirmation email and require payment via wire transfer. Details will be provided then. Confirmation of payment will be required on the first day of the activity.