

Advanced Long Boat Training

Got your C2C Grade Two Certificate? Now let's put on some pace!

Overview

2 Days

Starting with a flat and moving water session we will refine technique and seek out the quickest lines.

Day One will include **video analysis** of strokes technique on the river provided by a separate member of the PFOC Team to ensure quality footage and feedback.

Grade Two Certificate is a Prerequisite

Accommodation

We provide accommodation in our off-grid [Cabins](#) at no extra charge for the duration of the course.

You will need to bring your own bedding (sheets, pillows and duvets or sleeping bag) and towels. We provide hand towels, bathmats, tea towels and cloths for cleaning. The bedrooms are not heated so please make sure you bring enough bedding to keep warm.

Food

You need to provide your own food for the duration of the course. Be prepared to pack and take it with you on the river.

Gear

We can provide all gear besides your boat and basic clothing. See the gear list below for more details.

Course Schedule

Day 1

8:30 am - [Meet at Peel Forest Outdoor Centre](#) base

Morning

Skills and coaching on the moving water. Utilization of video to work on strokes.

Afternoon

River Run – Work on navigating rapids and finding the best line.

Video footage of paddling rapids followed by analysis at the end of the day.

Day 2

Times TBC with group the day before

Full Rakia Run – Taste of the distance 50km from put in to take out. Focus on efficiency and line choice.

Gear List

On the course we will be spending lots of time in the water, upside down and swimming come prepared for this.

Please inform us of the items you need us to supply before the start of your course and the sizes. This saves us bring heaps of gear out to the pool on the first day.

Compulsory Gear:

- **Boat you will Race in**
- Thermal Polypro or woollen shirt
- Fleece jersey or second polypro shirt
- Woollen or Polypro socks
- Pair of running shoes (these will get wet)
- Towel
- Spare change of clothes
- Drink bottle
- Lunch and snacks
- Sunscreen
- **Any medications you take**

Gear We Can Supply:

By this stage we would recommend using your own gear to be getting familiar with how it works.

- Helmet
- Windbreaker jacket
- Wetsuit
- Personal Flotation Device (Life jacket)
- Paddle
- Safety equipment related to kayaking e.g. throw bag, pin kit, first aid kit, split paddle, bothy etc...

Optional Gear:

- Cap
- Beanie
- Thermal leggings (highly recommended on cooler days)
- Thermos

Gear We Can Supply on Request:

- Thermal top or leggings
- Fleece Top
- Beanie