

The Breede River clinic

Interest: A River skills and River knowledge clinic (one day)

Prerequisite:

>= 14 years of age (motivation needed if younger)

- Basic 'flat water proficiency' and capable of paddling independently on non-flowing water.
- Own canoe, life-jacket (PFD) and paddle.
- A splash cover recommended but not necessary.

Where: Nekkie's to Alvi's (± 16.2km)
When: Saturday 26 November 2011
Time: 9h30 for 10h00
Cost: Juniors / (Beginners) R 120 p.p

Presenter of clinic: Pierre-André Rabie
Size of Group: Maximum of 15 (3 Guides on water)

Topics discussed & activities included:

- **Theory session** on river bank (At Nekkie's before start paddling)
 - Basic safety, how currents work, different scenarios and the "do's and don'ts" of paddling on rivers.
 - Question session for any enquiries
- **Practical "guide-down"** the river in K1's like ducklings at all rapids.
With a guide going down 1st (showing how), one going down last and another one standing and assisting at each of the rapids / obstacles.
- **Rest break: Osdrif: (9.6km)**, with ice cold cooldrinks to all participants.
- **Arrive at "Nappy-run" (13.0km)**
 - **Practical** experience with **river currents session (swim)** (PFD been put on like a nappy)
 - Nappy run (guided) = like a 'super tube' effect, canalised river current round an island.
- **Lunch:** 'Boerewors rolls' & cooldrinks will be supplied.
- Paddle down last few kilometres to the finish and depart.

Refer to back of flyer for route

Interested? RSVP by 18 November at: breederivierkliniek@gmail.com / 072 147 1032



Nekkies Wegspring

Rubble Weir

S-bend Rapid

Concrete Weir

Polpulier bos rapid

Osdrift flat se rapid

Osdrift krans blaaskans

Nappy Run

Chicken Run

Alvi's Drift

Date: 1/4/2010

Image

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33°41'00.28" S 1'