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To:
All Members of SAV22
SCC

Ref: SCC/SAV/04

Date: 31 Jan 22

SAV22 JOINING INSTRUCTIONS AND INFORMATION PACK

AIM & BACKGROUND

1. The aim of this document is to set out the information, administration and standards needed to join SCCs Introduction to Alpine White Water Paddling Expedition - Seapoint Alpine Venture 2022 or SAV22 for short. SAV22 will run over the period **8 - 16 Jul 22** to the Allgäu region of Bavaria and is a moderate water alpine paddling opportunity geared towards beginner-intermediate white water paddlers with coaching/leading, kit and travel supplied.

2. The aim of the expedition is to have **maximum fun** in the alpine paddling environment giving paddlers the opportunity to challenge themselves when they want to. It will train up to 12 client paddlers introducing them to moderate alpine white water (WW) and complete British Canoeing (BC) Personal Performance Awards (PPA) along the way if they wish to.

TRAINING

3. Training will be conducted progressively over 6 days on alpine rivers graded; 1 - 2(3) and will be delivered at a level bespoke to client experience and ability. Participants will be split into two groups led by Ash Clare (BCU L3 WW & Canoe Coach) and Sammy Deans (L2 Coach MWE). Both groups will have the option to conduct the BC WW Kayak Award and/or the BC Explore Award if they want to along the way. Some static & theory training will be conducted all together (depending on COVID guidance at the time). Both groups will paddle the same river trips appropriately distanced. A training itinerary complete with locations is at Annex A. All timings are in local time.

4. **Paddler Prerequisites** – No moving water or white water experience is necessary but paddlers applying for SAV22 should be a minimum of BC Discovery standard in their chosen craft.

a. **Age** – All paddlers must be 18 years of age to attend SAV22 unless accompanied by a parent or guardian with 16 being the minimum age due to it being school term time.

b. **Disability** – Disabilities can be catered for but paddlers need to be independent on the water, self-caring and independently transferring. ie a wheelchair user that can transfer on to the minibus or mobilise with walking aids could take part. Likewise an adaptive paddler who normally paddles tandem with a paddle buddy/partner can attend as part of a tandem team.

5. **Paddle Craft** – All planned river trips are suitable for; closed cockpit kayaks (CCK), sit on top kayaks (SOT) and open canoes. Both the WW and Explore awards can be taken in CCKs and SOTs.

6. **White Water Safety and Rescue** – Both Coaches are qualified in White Water Safety and Rescue (WWS&R) techniques. All paddlers will conduct WWS&R training on the first morning including WW swimming techniques and throwline training. Helmets and buoyancy aids (BAs) will be worn at all times on the water and when carrying out WWS&R activities.

7. **Pre Training** – SCC has 2 Day BC Discover Award courses programmed in 2022 in the run up to SAV22 with each training day expected to be a minimum of 6hrs training. Members can use club sessions (Thursdays & Saturdays) to gain the technical skills to Discover standard and beyond. The ability to eskimo roll is not required for attending SAV22 but ideally the ability to perform an eskimo rescue if in a closed cockpit kayak is desirable. Both rolling and eskimo rescues are needed for the BC WW Award and learning before SAV22 is ideal. Kayak Intermediate Training Days are delivered by Ash monthly at SCC and are ideal pre training for SAV22.

ADMINISTRATION

8. **Accommodation** – SAV22 will be centred on the village of Wertach 87497 in the Allgäu region of Bavaria in Germany. Clients will be responsible for booking their own accommodation in the local area. This way clients can 'live to their means'. Camping & caravanning sites, self-catering apartments, B&B and half board hotel accommodation are all available in the local area and bookable on line. There will be a central meeting point in the village each morning. A WhatsApp group will be utilised to facilitate coordination between clients to share accommodation bookings if desired to reduce costs.

9. **Feeding** - All meals will be the responsibility of the individual. The morning meeting point is a supermarket carpark with a bakery; perfect for breakfast and for purchasing packed lunches from. A packed lunch will be required each day. For evening meals; there are numerous restaurants and pizza or burger take away style options within the village. A self-funding 'End of Expedition Meal' will be coordinated for the final Friday evening by the Expedition Leader.

10. **Transport** – SCC will provide transport in order to conduct SAV22 as follows:

a. **Minibus** – An 8 seater combi/crew-cab type vehicle with 8 /9 seats and a load space for luggage with tow ball and electrics to tow a trailer. The second an 8 seater Ford Toureno type minibus. Both vehicles will be hired and therefore in good service condition.

b. **Canoe Trailer** – It is planned to take the SCC Canoe Trailer on SAV22 towed by a hire vehicle detailed above.

c. **Drivers** – SCC Coaches will drive the vehicles for the daily shuttle to and from the river trips. SAV22 expedition members will need to act as drivers for the second minibus and will need an international drivers permit available from the Post Office. Anyone with a B+E or D1E licence maybe be asked to co-drive Ash to and from Bavaria with the trailer.

d. **Channel Crossing** – A ferry will be used Dover to Calais. Sailings are frequent, flexible and travellers have the opportunity to buy a substantial meal on board, especially useful during the return trip.

11. **Group Travel** – The expedition will travel to Bavaria overnight by minibuses travelling together leaving on **Fri 8 Jul 22**. All SAV22 expedition members are to meet at SCC for 1900hrs to load the minibuses and trailer. Once loaded the minibuses will catch a ferry from Dover to Calais and road trip to Wertach arriving early afternoon on Sat 9 Jul 22. Arrival back to SCC on **Sat 16 Jul 22** is expected to be approx 2200hrs. A route card will be produced for each vehicle by Ash.

12. **Direct Client Travel** - Clients have the option to meet direct in Wertach if they choose to self-drive or fly/drive/train to Bavaria. There is a good public transport system with the nearest train station being Oy-Mittleberg 10 minutes' drive from Wertach. Some clients may wish to make SAV22 part of a wider family holiday.

13. **Equipment.** A full list of equipment for expedition members can be found at Annex B. It is expected that SCC will provide; kayaks, spray decks, paddles, helmets, BAs and cagoules to each client.

a. **Personal Safety Kit;** - Personal helmets, BAs and throwlines will be inspected for safety by the expedition leader prior to leaving UK for suitability and serviceability. Any that do not conform to safe standards will be substituted with SSC equipment.

b. **Appropriate Paddling Attire** – Alpine rivers are mainly fed by glacial and snow melt and are markedly colder than the Royal Military Canal, UK rivers and even the sea. All expedition members are strongly advised to wear a long john wetsuit, rash vest/base layer and canoe cagoule. A suitable pair of water sports shoes, with a substantial sole, will also be required. Dry suits and dry cags/trousers can also be worn/taken by personal preference. It should be noted the ambient temperature can be mid to high twenties at that time of year and there is a trade-off in clothing to avoid 'Boil in the Bag'.

c. **Kayaks, Canoes, Paddles** – Personal CCKs, SOTs, Canoes and paddles can be taken. Those clients without their own will be supplied by SCC.

d. **Luggage** – Baggage space in the group minibuses maybe be limited so is to be kept to a minimum. Paddling kit can be bagged, loaded into CCKs and sealed in with a neoprene spray deck & zip tied closed prior to being loaded on to the trailer. Any clients that are travelling independently will need to arrange to meet at SCC in order to load their boats and paddles onto the trailer unless transporting their own.

e. **SCC Merchandise** – There is opportunity to produce a Hoodie or T Shirt with the SCC and a SAV22 Logo. This will be explored once bookings are confirmed

14. **Finance.** For the cost of SAV22 refer to the SCC website. All fees are payable prior to departing. All participants will require Euros for spending money. The Post Office offers commission free exchange, ordered online and delivered to your home. Alternatively there are cash machines located within the village which take all major UK debit cards (prior to BREXIT). Everyone is recommended to travel with €50 to cover food and any unscheduled eventualities.

15. **Medical** – Having a medical condition or disability will not stop attendance on SAV22. However in order to cater for impairments to mobility or cognitive processing, clients will be asked to divulge these prior to being allocated a place. Disabled paddlers need to be independent on the water, self-caring and independently transferring however some of the access to the rivers can be challenging. The Expedition Leader has extensive experience in adaptive paddling, and the areas to be used, and an honest discussion between Ash and the client prior to booking is recommended so both parties have a realistic expectation of what will be required.

a. **Medication** – It is advised that anyone requiring medication for any reason ensure they have adequate supplies for 21 days. Normally 14 days is recommended but with COVID it would be prudent to increase the amount taken 'in case' we are unexpectedly isolated.

b. **Sharps** - Any participants that may require a sharps box, ie diabetics etc, are asked to provide their own facilities for safe disposal in the usual way.

16. **Emergency Medical** – An in date European Health Insurance Card (EHIC) will continue to be valid due to BREXIT current information. If participants do not have an in date EHIC card a new GHIC Card can be applied for see Gov.uk.

17. Details of local medical facilities and emergency numbers are as follows:

- | | | |
|----|----------------------------|---|
| a. | Obersdorf: | Adula Klinik, In der Leite 6, 87561 Oberstdorf |
| b. | Wertach: | Fachklinik St. Mary, Wertach GmbH Am Berg 11, 87497 Wertach |
| c. | Nesselwang/Imst: | Krankenhaus St. Vinzenz - Kirchenweg 15, 87459 Pfronten |
| d. | Immenstadt: | Klinikverbund Kempten-Oberallgäu GmbH |
| e. | Fussen: | Kliniken Ostallgäu-Kaufbeuren Clinic, Stadtbleiche 1, 87629 |
| f. | Emergency Numbers Germany: | Ambulance/Mountain Rescue – 112 |
| g. | Emergency Numbers Austria: | Ambulance -144, Mountain Rescue – 140 |

18. **Travel Insurance** – All expedition participants are strongly advised to obtain Travel Insurance including Medical Insurance. It is important to check that the policy covers paddle sport activities and rescue in the same vein as ski insurance does for skiing activities.

19. **Documentation** - All expedition participants are to consult the Government website prior to departing in order to ensure they are in possession of all travel documents such as: passports, driving licences & permits that may be required especially any new requirements due to BREXIT. Passports for instance will require a minimum of 6 months left on them.

SOCIAL MEDIA

20. It is intended to set up a WhatsApp Group for all SAV22 expedition members. This can be used for coordination prior to and during the expedition, as well as inter client coordination for booking of accommodation. It facilitates direct communication with the Expedition Leader to ask all those niggling questions prior to departing. Clients will only be added to the group once booked, paid and confirmed with the SCC Admin and Finance Team should you wish to be.

21. Photos and films will be uploaded to the SCC FB Page during the expedition. It is intended to produce a short film of highlights and upload to YouTube placing the link on the SCC FB Page in order to generate interest for future SCC activities, courses, river trips and expeditions. Consent to the use of your images will be requested prior to uploading to social media. It is understood that not everyone is a social media fan and you should feel comfortable to decline appearing at any point.

ALCOHOL

22. German beer has often surprised the most avid of drinkers. Whilst all expedition members are adults SCC Coaches reserve the right to refuse to take any paddler on to the water if they are deemed the worse for wear from, or under the influence of, alcohol and may be a danger to themselves or others.

COMMUNICATIONS

23. Contact telephone numbers for SAV22:

- Expedition Leader Ash Clare - 0044 7535 882576
- SCC Admin and Bookings - TBC

SUMMARY

24. In summary SAV22 will run over the period **8 - 16 Jul 22** to the Allgäu region of Bavaria and is a moderate water alpine paddling opportunity geared towards beginner-intermediate white water paddlers with coaching/leading, kit and travel supplied. There is an opportunity to gain current British Canoeing Personal Performance Awards but above all else the aim is to have maximum FUN in an alpine paddling environment!

Ash Clare

A M Clare
BCU L3K & L3C Coach
SCC Coaching Team

Annexes:

- A. Expedition Programme.
- B. Suggested Packing & Equipment List.

SEAPOINT ALPINE VENTURE 2022 - EXPEDITION PROGRAMME

Date	Activity	Location/Grade	Remarks
8& 9 Jul 22	1900 – Meet at SCC Load Trailer and Minibuses Road Trip to Wertach in Bavaria Arrival & book into Accommodation	SCC Seabrook	
10 Jul 22	River Iller Trip Sonthofen – Immenstadt: DOP & Lunch Gr 950645 (Marienbrucke) PUP Gr 928678 (Road bridge) Reading water and white water formations Defensive & aggressive swimming techniques, Flat water entries Intro to throwline rescues & practice Breaking in/out, Ferry gliding Student practical rescues Intro to surfing a wave River Signals	River Iller Gd 1(2) Map sheet L8526 Theory	Meltwater fed Static site for WWS&R & Intro work until lunch River Trip PM
11 Jul 22	River Iller Trip Fischen - Immenstadt: DOP Gr 965573 (Fischen Carpark) Lunch Gr 950645 (Marienbrucke) PUP Gr 928678 (Road bridge) River Hazards and Grading's Continue breaking in/out practice Intro to S Turns Reverse ferrying Recce of Rapids & Bank Safety placement, 'When to walk' Discussion Midstream Breaking in/out & S Turns Surfing Practice - Crossing on a wave Practical Portage	River Iller Gd 2- 1(2) Map sheet L8526 Theory Turbine Weir	Meltwater fed
12 Jul 22	River Lech Trip (Austria) DOP Gr 074375 (Swimming Pool) Lunch Gr 129408 (Haselgehr) PUP Gr 167458 (Blue bridge) Environmental Considerations Discussion Continued consolidation of moving water skills: Steeper gradient & more volume Stronger eddies, chutes, flows & cross currents Bigger wave trains Dealing with faster tighter corners Practical Rescues	River Lech Gd 2 Map sheet L8728 Theory	Meltwater fed
13 Jul 22	River Loisach Trip DOP Gr 542607 (Canoe Club) Lunch Gr 554609 (PX Bridge Stopper) PUP Gr 594656 (Swimming Pool) Major Hazard Gr 556613 Large Weir Portage Weir Safety & Danger Discussion Paddling in & out of stoppers Stopper surfing & stopper rescue Mid-stream breaking in & out Pairs eddy hopping Student leading & route selection	River Loisach Gd2(3) Map sheet L8532 Theory	Meltwater fed During Portage

14 Jul 22	River Argen Trip: DOP Gr 57784 (Track end) Access Gr 558782 (2 water Pool) PUP Gr 513760 (Carpark) Bow Rudder/Pivot turns Rolling Practical Eskimo Rescues Drops & steps Boofs & elbow turns Student Route Selection Playing the River	River Argen Gd 2(3) Map sheet L8324 Flatwater pool area	Spring & rain fed wild river therefore trip is dependent on previous weather
15 Jul 22	Final River Trip - Choice of the following options dependant on client ability: River Lech upper section Gd2(3) Meltwater River Iller upper section Gd2(3) Meltwater River Ammer Gd2(3) Rain Fed Revisit any of the previous Trips from the week	All Maps and Routes with SAV22 Leader	Potentially student choice of previously paddled trip
Evening	End of Expedition Meal	Local Restaurant	Self-Funding
16 Jul 22	Road Trip and Ferry back to UK. Arrival expected back at SCC approx. 2200hrs		

Notes:

1. Meeting at 'Nettos' Carpark Wertach each morning ready to go at 9am. Expected return to Wertach between 4-5pm each day. Some days maybe 6pm due to journey time.
2. A map pack is held by Ash for all river trips (less the Ammer), both hard copy and scanned soft copies as needed.

SEAPOINT ALPINE VENTURE 2022 - PACKING & EQUIPMENT LIST

1. **Paddling Kit** - The following list is by no means exhaustive and you should bring anything you would normally bring personally on a day's paddling.

Under wetsuit swim wear	Dry Bag/s	*Kayak (CCK or SOT)
Thermal Base layer or rash vest	Flask	*Paddle
Micro fleece top or sweat shirt	Water bottle	*Spraydeck
Wetsuit with long legs	Small lunch box	*Helmet
Wetsuit Boots/Watersports shoes	Waterproof Sunblock (+50)	*Buoyancy Aid
Dry Cag/Trousers/Suit (if owned)	Insect repellent	*Windproof Cagoule
Throwline (if owned)	Waterproof sports camera/GoPro	<i>*supplied by SCC as needed</i>
Hard waterproof phone case	Towel or Dry/Changing Robe	

Something to carry wet paddling gear in for travelling to and from the River each day!

2. **Personal Clothing & Belongings** – Again a by no means an exhaustive list but there to jog your memory to bring those essentials and clothing you might want for the week.

Trainers/Casual Shoes	Wash/Shower Kit & Towel
Sandals/Flip flops	Sun cream, lip balm & after sun cream
Casual clothes (warm and cold gear)	Insect repellent & Anti histamines
Fleece/Softshell jacket	Personal Medications & First Aid Kit
Hoodie	Penknife/multi tool
Waterproof Jacket	Laptop/Tablet
Sun Hat/Cap	Charging cables for Tablets/Phones/Cameras
Woolly Hat	Earphones
Sun Glasses/ Watersports Sunglasses (optional)	Euro Plug adaptors
Travel Mug	Pen & Notebook
Passport	Book
Drivers Licence	Bank Cards
Travel/Medical Insurance Documentation	Cash in Euros

3. **Coaches Equipment** – Coaches are responsible for bringing the following coaches kit for their group:

Throwlines
Sling and Carabiner
Rescue Kit
Split Paddles
Repair Kit
First Aid Kit
Group Shelter