

Cardiff International White Water Courses and Activities 2010



Dŵr Gwyn
Rhyngwiadol Caerdydd
Cardiff International
White Water

www.ciwww.com



A Proud Capital



HARBOUR AUTHORITY
AWDURDOD HARBWR

Welcome to ...

Cardiff International White Water (CIWW)

Cardiff International White Water (CIWW) will be the very FIRST on-demand white water rafting facility in the UK and will attract the attention of people looking for adrenalin fuelled, white water adventure. Adventurers at all levels of experience can enjoy this world-class white water facility situated at the International Sports Village, Cardiff Bay.

The 250 metre long action packed white water rafting course will offer variable river flows, making it suitable for all ages and abilities. CIWW will also have flat water areas for those looking for a more sedate challenge. Experience rafting and other paddle sports from the mild to the wild in a safe and fun-filled environment with something for everyone ...



White Water Rafting

THE most popular and sociable of all our water sports, White Water Rafting ranging from the thrills and spills to the gentler float trip, we have it all. Descend raging rapids in the heart of our capital city on this adrenalin fuelled activity. Whatever your experience you are in for an enjoyable ride!

Perfect for a stag or hen weekend, a team building or corporate activity day, or whether to just come along with friends and have some fun, you are guaranteed an unforgettable experience. Off peak and full raft rates available for a typical 2 hour session.

Raft Session (Peak): £49pp
Full Raft (6 People, Peak): £294
Raft Session (Off Peak*): £42pp
Full Raft (6 People, Off Peak*): £252

*Off Peak: 8.30am and 9am sessions

Hot-dog

Hot-dogging is a one or two person inflatable kayak and is perfect for those looking for a new white water challenge. You will be guided initially by CIWW instructors during a typical 2 hour session, until you are ready to take on the white water challenge solo, yet another ride to remember!

Session (Peak): £55pp
Session (Off Peak*): £49pp

*Off Peak: 8.30am and 9am sessions

Hydro Speed

Hydro Speed is riding white water rapids on a float "hydrospeed" - similar to a body board. At water level you will be in touch with every rapid, twist and turn. You cannot get any closer to white water ... sessions are typically 2 hours.

Session (Peak): £55pp
Session (Off Peak*): £49pp

*Off Peak: 8.30am and 9am sessions

Park and Play

Dont be afraid to bring your own kayak or canoe to try out our facilities, whether you want to rip it up on one of the white water features or just a sedate paddle in the retained water pool. We are able to provide the environment you need.

White Water Course (All day): £10pp
Retained Water Pool/Ely (All day): £4pp

Paddlesports - Introductory

Paddlesport Taster

You will be introduced to all the equipment and basic skills at CIWW and our local waters of Cardiff Bay on a specially designed half day session.

Pre Course Experience: None

1/2 day

£ 40

9am - 12pm

1pm - 4pm

Venue: Cardiff International White Water

8 May

3 June

7 August

2 October

5 June

10 July

4 September

6 November

Introduction to Paddlesport

This course is designed for people who wish to try kayaking and canoeing for the first time, gaining confidence and a good grounding of the sport. You will be introduced to all the equipment and basic skills at CIWW and our local waters of Cardiff Bay.

Pre Course Experience: None

1 Day

£ 75

1000 - 1530

Venue: Cardiff International White Water

8 May

3 June

7 August

2 October

5 June

10 July

4 September

6 November

Discover Canoeing

Sit back, relax and take in the scenery as we guide you down the beautiful river Wye. The trip will be set at a leisurely pace and you will be coached in the art of canoeing whilst travelling to your camp site. After a day on the river there is no better way to relax than putting your feet up in front of a campfire and gaze at the stars. As you wake up to the noise of the tranquil river Wye you will be eager to jump back on and navigate your way down river to take in more breathtaking scenery. This course is a must for anyone who has ever felt the irresistible lure of canoeing. All that is required is that you bring yourself and something to eat!

Pre Course Experience: None

2 Days
£ 150
Venue: River Wye

31 July - 1 August
4 - 5 September

Introduction to Sit on Tops

Interested in buying a sit on top? Or would like some training? We have a course specifically designed for you. This course will develop your skills in using the craft and educate you in safety issues in relation to a variety of waterways.

Pre Course Experience: None

1 Day
£ 75
1000 - 1530
Venue: Cardiff International White Water

15 May	12 June
17 July	14 August
11 September	9 October
13 November	

White Water Kayaking

Introduction to White Water Kayak

A one day course for kayakers who have decided to specialise in white water kayaking. We aim to develop your paddling skills and coach you in moving water techniques such as breaking in/out and ferry gliding. The course will also include an introduction to moving water safety and river reading. The course will be run on local grade II + rivers or guaranteed white water provided by CIWW.

Pre Course Experience:

Ability to paddle and control a kayak.

1 Day

£ 75

1000 - 1530

Venue: River Venue

9 May

6 June

4 July

1 August

5 September

3 October

7 November

Intermediate White Water Kayak

This course will look at leadership, group management, skills and safety on more demanding white water. The course is based around the goals of each group and will aim to build confidence and knowledge.

River Venues include:

CIWW, Rhondda, Usk, Wye, Tawe and Ogmore.

Pre Course Experience:

Able to paddle grade II confidently and have experience on grade III water and the ability to roll in moving water.

1 Day

£ 75

1000 - 1530

Venue: River Venue

23 May

20 June

18 July

14 August

19 September

17 October

21 November

Performance White Water Kayak

This course is designed to build on your existing grade II-III skills and introduce you to the exciting world of grade IV. The course will also look at leadership, group management, personal skills and all safety aspects. We aim to build confidence and knowledge using a fun and safe environment. This course can be tailor made to meet the goals of each group.

Pre Course Experience:

Must be a confident grade III paddler

1 Day

£ 75

1000 - 1530

Venue: River Venue

15 May

17 July

11 September

13 November

12 June

14 August

9 October

Freestyle Kayaking

Introduction to Kayak Freestyle

This course is ideal for any paddler who wants to have more fun on flat and moving water. This half day course will be tailored to your needs developing your skills ranging from tail squirts to cartwheels and loops. We can also offer flat water coaching and an introduction to some of South Wales easier play spots.

Pre Course Experience:

Previous paddling experience required, also a good roll is advantageous.

1/2 Day

£ 40

9am - 12pm

1pm - 4pm

16 May (1/2 day)

8 August (1/2 day)

Intermediate Kayak Freestyle

This course is aimed to develop on your existing freestyle skills and take you to the next level of playboating. We can help you go vertical, get some big air or just help you have more control and fluidity.

Pre Course Experience:

Previous experience in white water and a good roll.

1/2 Day

£ 40

9am - 12pm

1pm - 4pm

13 June (1/2 day)

12 September (1/2 day)

Performance Kayak Freestyle

Freestyle is about having fun, showing off down the river, total control and free expression. If you've always wanted to shred a wave, spin 360s in a hole, do cartwheels, flat spins, blunts or tricky woos – we can help. Transport can be provided to some of South Wales and southern England's finest play spots or enjoy the guaranteed white water provided by CIWW.

Pre Course Experience:

Previous experience in white water and a basic understanding of foundation freestyle moves.

1/2 Day

£ 40 (on site only)

9am - 12pm

1pm - 4pm

11 July (1/2 day)

10 October (1/2 day)

Sea Kayaking

Introduction to Sea Kayak

This is the perfect introduction to sea kayaking. If you've paddled on sheltered water and felt the lure of the sea, this day is for you! During the course we'll cover sea kayak handling, safety and rescue skills and trip planning. This course will be based in and around Cardiff Bay and the coast of South Wales.

Coastal Venues include:

Severn Estuary, Porthcawl, Ogmore, Dunraven Bay, Rest Bay, Llantwit Major and Tusker Rock.

Pre Course Experience:

You should be a competent paddler on flat water at about 2 star standard. This course is not suitable if you are new to kayaking.

1 Day
£ 75
1000 - 1530
Venue: Coastal Venue

22 May	24 July
18 September	20 November

Intermediate Sea Kayak

This new course bridges the gap between Introduction to Sea Kayaking and performance sea kayaking. The aim of this course is to introduce you to more challenging locations, tidal races and offshore islands. Your coach will aid you to develop your boat handling and confidence, encouraging you to get involved in all aspects of trip planning and on the water. We'll also help you develop your practical navigation. This course can also include practical workshops on safety and rescue skills.

Pre Course Experience:

You should have previous experience of sea kayaking and be confident in force 3 conditions.

1 Day
£ 75
1000 - 1530
Venue: Coastal Venue

19 June
21 August
16 October

Performance Sea Kayak

This course introduces further advanced sea paddling skills including handling your boat in rough water, new safety/rescue skills, pilotage, navigation, trip planning skills, seamanship and equipment trends.

The aim is to provide you with the skills needed to become safer and more independent on the sea. The South Wales coastline provides the perfect backdrop for this course, so you can be assured that you'll visit some of the best sea kayaking locations available, including Flat Holm, Tusker Rock and the Sand Banks (subject to conditions).

If you're looking for an exciting and rewarding weekend of sea kayaking, this is the course for you.

Pre Course Experience:

A confident sea paddler with some experience of tidal races and winds of force 3 to 4, with the ability to roll.

2 Days

£ 140

1000 - 1530

Venue: Coastal Venue

3 - 4 July

25 - 26 September

Open Canoeing

Introduction to White Water Canoe

A one day course for canoeists who have decided to specialise in white water canoeing. We aim to develop your paddling skills and coach you in moving water techniques such as breaking in/out and ferry gliding. The course will also include an introduction to moving water safety and river reading. The course will be run on local grade II + rivers.

Pre Course Experience:

Ability to paddle and control a canoe well.

1 Day

£ 75

1000 - 1530

Venue: River Venue

9 May

4 July

5 September

7 November

6 June

1 August

3 October

Intermediate White Water Canoe

This course will look at leadership, group management, canoe skills and all safety aspects. We aim to build confidence and knowledge using a fun and safe environment. This course can be tailor made to meet the goals of each group.

Pre Course Experience:

Able to paddle grade II confidently and have experience on grade III

1 Day

£ 75

1000 - 1530

Venue: River Venue

23 May

18 July

19 September

21 November

20 June

15 August

17 October

Performance White Water Canoe

This course is designed to build on your existing grade II-III skills and introduce you to the exciting world of grade IV. The course will also look at leadership, group management, canoe skills and all safety aspects. We aim to build confidence and knowledge using a fun and safe environment. This course can be tailor made to meet the goals of each group.

Pre Course Experience:

Must be a confident grade III paddler.

1 Day

£ 75

1000 - 1530

Venue: River Venue

30 May

25 July

26 September

28 November

27 June

22 August

24 October

British Canoe Union Star Awards

BCU 1*

This is the first stage in qualifying in paddle sport. This course is a basic introduction, which most people can achieve after a day's coaching. This award can be obtained in either canoe or kayak.

Pre Course Experience:

None required

1 Day
£ 60

19 June
21 August
16 October

BCU 2*

The two star is a prerequisite to obtaining a level one coach award. This is an improvement award that helps paddlers develop fundamental flat-water skills. The aim is to improve the understanding of how the paddle and the boat react with the water. This award will be obtained in both a kayak and a canoe.

Pre Course Experience:

1 Star desirable, previous experience would be necessary.

1 Day
Training: £ 60 per person per day
2 May

Discounted rates for block booking of training days

Assessment: £ 60 per person
15 May
15 August

3*

3* Canoe Training

This training is Open Canoe specific and will give you the skills towards your 3* Canoe Assessment.

Pre Course Experience:

- BCU 2* Level skills (Canoe)
- Experience on moving water is desirable

2 Days

£ 110

17 - 18 July

3* Canoe Assessment

As the candidate you must prove yourself able to be a competent canoeist as part of a group paddling open water and on simple moving water. This can be used as one of the pre-requisites for the BCU/UKCC Level 2 Coach Award.

Pre Course Experience:

- Provide evidence of at least 3 different journeys in open canoe of 3 hours or 10km
- BCU 2* Level skills (Canoe)

1 Day

£ 60

13 September

3* White Water Kayak Training

This training is White Water Kayak specific and will give you the skills towards your 3* White Water Kayak Assessment.

Pre Course Experience:

- BCU 2* Level skills (Kayak)
- Experience on moving water is desirable

2 Days

£ 110

28 - 29 August

3* White Water Kayak Assessment

As the candidate you must prove yourself able to be a competent kayaker on grade 2 white water. This can be used as one of the pre-requisites for the BCU/UKCC Level 2 Coach Award.

Pre Course Experience:

- Evidence of having paddled on grade 2 water
- BCU 2* Level skills (Kayak)

1 Day
£ 60

15 November

3* Sea Kayak Training

This training is Sea Kayak specific and will give you the skills towards your 3* Sea Kayak Assessment.

Pre Course Experience:

BCU 2* Level skills (Kayak)

2 Days
£ 110

12 - 13 June
11 - 12 September

3* Sea Kayak Assessment

Candidates will demonstrate their ability to skilfully control their kayak in the prescribed conditions up to force 3: Rolling on flat water, tows, rescues, planning, theory, navigation and weather.

As the candidate you must prove yourself able to be a competent Sea Kayaker in winds up to force 3. This can be used as one of the pre-requisites for the BCU/UKCC Level 2 Coach Award.

Pre Course Experience:

Provide evidence of at least 3 different journeys on the sea, of about 3 hours (8nm) each.

1 Day
£ 60

23 August
15 November

4 Star Leadership Awards

This award is for people who want to lead competent paddlers in a 'moderate' water environment (as defined by the BCU).

This can be on rivers or the sea.

4* White Water Kayak

Training	2 Days £110 1 - 2 May	Assessment	2 Days £110 13 - 14 November
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Pre Course Experience:

BCU 3* Level Skills (White Water Kayak)
16 Years of Age

Pre Course Experience:

- Attended 4* Training (White Water Kayak)
- First Aid Course (8hr min)
- BCU Whitewater safety and rescue
- Provide required logbook experience

4* Canoe

Training	2 Days £110 10 - 11 April	Assessment	2 Days £110 6 - 7 November
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Pre Course Experience:

- BCU 3* Level Skills (Canoe)
- 16 Years of Age

Pre Course Experience:

- Attended 4* Training (Canoe)
- First Aid Course (8hr min)
- BCU Whitewater safety and rescue
- Provide required logbook experience

4* Sea Kayak

Training	2 Days £110 5 - 6 June	Assessment	2 Days £110 28 - 29 August
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Pre Course Experience:

BCU 3* Level Skills (Sea Kayak)

16 Years of Age

Pre Course Experience:

Attended 4* Training (Sea Kayak)

First Aid Course (8hr min)

Provide required logbook experience

BCU Coastal Navigation (or Similar RYA award)

BCU Coastal Navigation Training

This classroom based course is for sea kayakers who want to learn about journey planning and coastal navigation. It is also a pre-requisite for the 4* Sea Kayak award.

Pre Course Experience:

Minimum 16 years of age

1 Day

£ 60

20 June

31 October

BCU Safety Awards

BCU Foundation: Safety and Rescue Training

Fundamentally this course is designed for coaches and paddlers irrespective of their chosen craft. The objective is to teach simple and safe skills that can be applied appropriately.

Pre Course Experience:

BCU 2* Level skills

2 Day

£ 110

The course has two purposes:

1. To provide the paddler/coach with the necessary skills to ensure the safety of themselves and others.
2. To provide the paddler/coach with the appropriate rescue skills to help themselves and/or others in difficulty.

5 - 6 June

7 - 8 August

2 - 3 October

BCU White Water Safety and Rescue Training

This course is designed for all white water paddlers. The objective is to teach simple and safe skills that can be applied appropriately.

Pre Course Experience:

- confident on grade 2 water
- confident swimming in moving water
- minimum 16 years of age

2 Days

£ 110

25 - 26 September

23 - 24 October

27 - 28 November

BCU Coaching Awards

BCU/UKCC Level 1 Coach

This is the first step on the paddlesport coaching pathway. It will introduce you to the fundamentals of good coaching practice and help you to understand and coach technical and tactical aspects of your sport. This course is run over 4 days which can be spread over 2 weekends.

Pre Course Experience:

- Be 16 years old or over
- Have an interest in paddlesport and be keen to learn more
- Have completed a BCU Canoe Safety Test or Foundation Safety and Rescue Training
- Hold a BCU 2 Star Award (only if you're opting for the boat-based award)

4 Days (Course delivered over 2 weekends)
£ 250 per person (non residential)

8 - 11 May
24 - 25 July and 31 July - 1 August

BCU/UKCC Level 2 Training

The emphasis of the training course is to 'observe, analyse and implement'. This means experimenting with new coaching styles and techniques and with new boats! Basically, it's about putting theory into practice, giving you foundation skills and understanding, along with the confidence to transfer them into a variety of coaching situations.

4 Days
£ 250 (non residential)

2 - 5 September

BCU/UKCC Level 2 Transfer

This is for currently qualified BCU Level 2 or trainee BCU Level 3 coaches that want to transfer to the new UKCC accredited coaching scheme. This course will bring you up to speed with the standards required to sit a UKCC level 2 assessment.

2 Days
£125

18 - 19 September

BCU/UKCC Level 2 Assessment

The assessment itself is fairly straightforward - you will be observed delivering 2 coaching sessions. This could be either within your working environment or on a scheduled assessment.

1 Day
£ 110

20 November

BCU Moderate Water Endorsement

This award is for coaches that have the BCU / UKCC Level 2 Coach Award and the 4* Leadership Award (relevant discipline.) This award allows you to coach in a moderate water environment.

Moderate White Water Kayak

Training	1 Day £75 3 October	Assessment	1 Day £75 28 November
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Moderate Water Canoe

Training	1 Day £75 2 October	Assessment	1 Day £75 27 November
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Moderate Water Sea Kayak

Training	1 Day £75 3 October	Assessment	1 Day £75 28 November
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Level 1 Raft Guide

TRAINING

This is a three day training course that is mainly river-based. It also includes some flat-water and dry-land training, as well as theory sessions aiding you to become a trainee raft guide.

Pre Course Experience:

- BCU/WCA/SCA/CANI Membership (and c1 form)
- 16 years of age
- White water experience is desirable, not essential

Training 3 Days
 £200

16 - 18 August
18 - 20 June
20 - 22 August
22 - 24 October
10 - 12 December

ASSESSMENT

This is a one day, mostly water based assessment. Successful completion of the course will be a site specific raft guide qualification.

Pre Course Experience:

- Attended Raft Guide Training Course
- First Aid (8hr min)
- 18 years of age

Assessment 1 Day
 £60

14 March
10 April
9 May
12 June
11 July
14 August
12 September
9 October
14 November
11 December

Multi Activity at CIWW

Multi activity courses are specifically designed to cater for both dry and wet weather; demonstrating everything Cardiff International White Water has to offer.

Multi activity days offer an environment where everyone has equal participation and our wide range of activities can be tailored to meet your specific needs.

Cardiff International White Water excels in delivering day and week long multi activity programmes.

Why not try a Multi Activity journey, encompassing mountain biking and perhaps a trip on the river?

Activities can include:

- Canoeing
- Kayaking
- Bell Boating
- Problem Solving
- Improvised raft building
- Pioneering

Available year round

£22.50 half day | £45 full day

Minimum of 5 people required

Groups up to 100 catered for

Corporate

Cardiff International White Water can offer a variety of environments designed to promote team work, team bonding, leadership skills, team performance and assist business development. Whatever your group, size or budget, our expert team will put together a bespoke package to meet your needs.

Contact Cardiff International White Water for further details.

Individual and Group Bookings

If you have never experienced the thrill of water sports then now is your chance! We cater for both amateur and professional enthusiasts from age 8 upwards. Young people or adults can make a booking individually or as part of a larger group, selecting dates, times and activities. A group booking of over 20 people will need to be made as far in advance as possible.

Please contact the centre for further details.

Schools and Colleges

Cardiff International White Water provides educational activities for schools and young people from a single activity to week long programmes. Whether it's an end of school term activity day, Duke of Edinburgh award, alternative curriculum based study or part of Key Skills Development; we offer an extensive range of schools programmes and activities.

We can offer activities and courses at both our centres and offsite; catering for a wide range of groups, from a few children to a whole class. All courses run by CIWW are designed to support Key Stages 2 - 4 of the National Curriculum.

Specific activities can be delivered as part of GCSE, A-Level and B.Tech.

Our adventure activities help to gain valuable life skills such as confidence, leadership, self esteem, motivation, problem solving ability, group communication and learning from success and failure.

BCU Paddlepower (Youth Scheme)

Paddlepower has been designed around the needs of young people - fun, colourful and with easily identifiable progression.

Paddlepower is an exciting scheme that has been designed to meet the needs of young people. Its colourful and youth centred approach aims to :

- Encourage more young people to come into and stay in the sport
- Provide progression and reward achievement in a wide range of topics
- Show them all aspects of the sport - both competitive and adventurous
- Provide signposts into Clubs where their skills and development can be nurtured
- Provide a flexible structure for delivery according to the venue/situation

The Paddlepower Scheme consists of 5 awards all with a colourful and youth friendly approach to provide an appropriate pathway for young paddlers. Please arrange a meeting with the paddlesport team to discuss the first steps for your students into the great sport of canoeing.

Available year round
Term Time: 2 hour session

Stag & Hen Weekend Adventure in the Capital

Why sit in the bar all day when you can choose something out of the ordinary for your Hen or Stag weekend? Cardiff International White Water is unique in being able to supply a range of adventure activities in the heart of Wales's Capital city. Hen and Stag activities are suitable for all ages, abilities, shapes and sizes!

Cardiff Bay and the local area has it all. A great city for combining outdoor activities with your Stag or Hen weekend.

Available year round

Please contact Cardiff International White Water for further details.

Duke of Edinburgh

Cardiff International White Water is experienced in providing training, assessments and expeditions for the Duke of Edinburgh's Award Scheme from Bronze to Gold Level. The availability to provide a wide range of activities for the Award also allows the 'Physical' section to be delivered through paddlesport.

Cardiff International White Water can also tailor make training relevant to the proposed expedition.

Available year round. Please contact Cardiff International White Water for further details.

Events

Fancy raising some money for an organisation? Then look no further. For a pre-agreed price, we can arrange a bespoke day to launch a project or raise money through an event.

We have worked with private organisations, charities and even large education groups to host and facilitate events in these unique surroundings.

Available year round. Please contact Cardiff International White Water for further details.

Inclusive Adventure Activities

Cardiff International White Water can provide a programme delivering an exciting experience for young people and adults, wishing to participate and experience an outdoor activity in Cardiff Bay, and the surrounding rivers. The centre is working to develop partnerships with statutory and voluntary organisations providing an inclusive facility delivering activities in canoeing, bell boating, kayaking and rafting.

All staff have received disability training and have been involved in working with vulnerable groups in outdoor activities. Adaptive and specialised equipment for any disability or impairment including wheelchair users can be provided.

Other Courses

Cardiff International White Water offer not only the challenge of learning a new activity, but also assist personal and overall development.

Groups gain confidence with courses tailored to meet the needs of all participants, from basic to advanced, single sex and mixed, on both the water and the land. Please contact the centre for more detailed information.

If you have not found what you are looking for, please contact us!

About us

Our Staff

All members of the team are dedicated to ensuring that programmes are delivered to the highest professional standards.

All instructors hold appropriate National Governing Body Instructor/Coach qualifications from the British Canoe Union (BCU), and have the necessary relevant experience in the activities that they supervise.

Our Courses

Cardiff International White Water offers access to watersports and land based activities in the heart of the city, we have all the equipment you need for a fun and safe time.

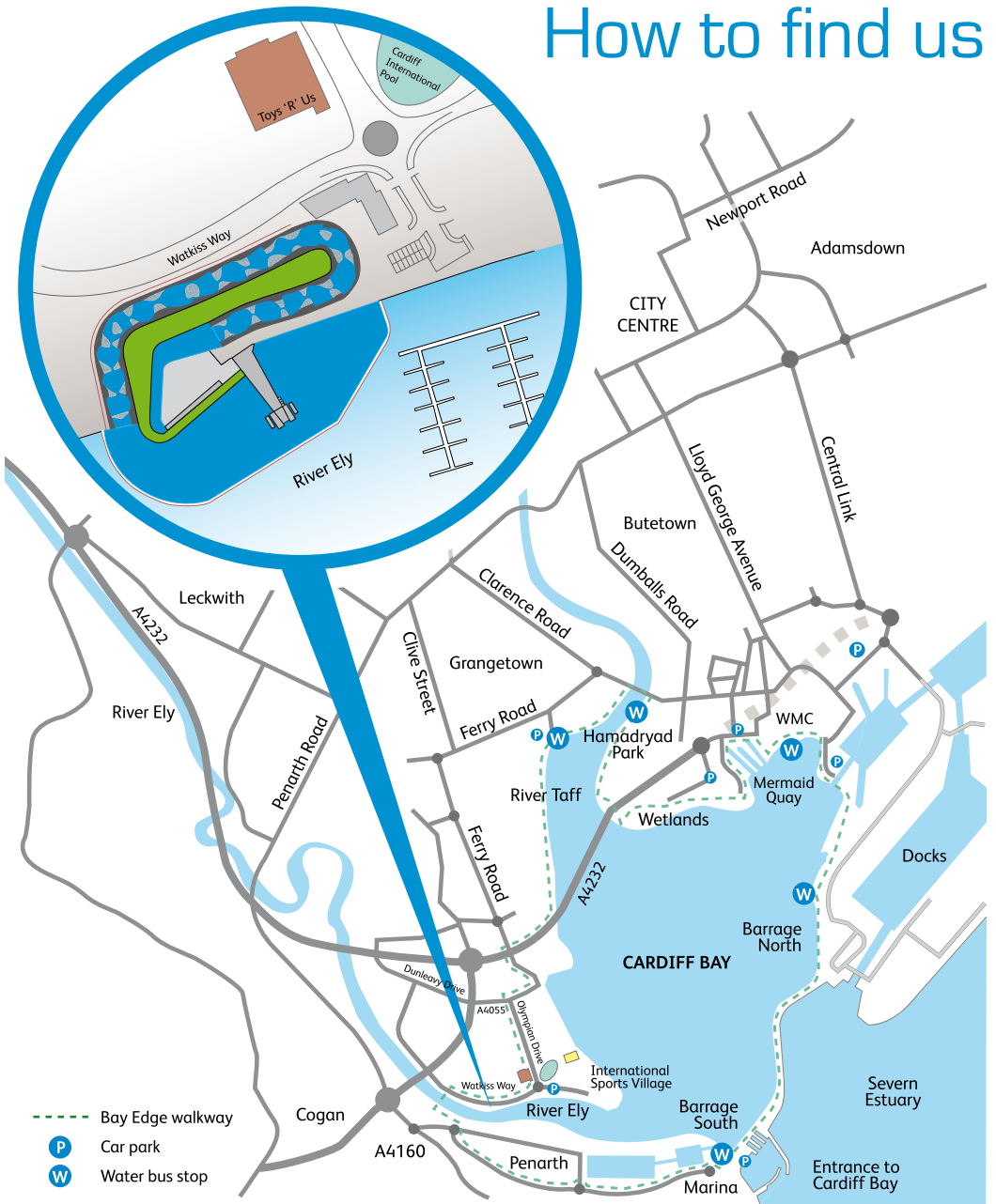
We specialise in using a variety of vessels and each course is explained throughout the brochure. All activities are subject to weather conditions, which may result in the cancellation of the course. We will, however, endeavour to accommodate all booking commitments should cancellations occur.

Cardiff International White Water is registered with The Adventure Activities Licensing Service as licensed to provide specified activities under the following heading(s):

Climbing/Trekking/Watersports

Licence details can be confirmed by calling The Licensing Service. Tel: 029 2075 5715.

How to find us



Cardiff International White Water, Watkiss Way, Cardiff Bay. CF11 0JS
E: info@ciww.com | www.ciww.com

The information in this guide is correct at the time of going to press. January 2010