

## **Appendix 2 : Documentation Exemplar 2**

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### **RAFTING**

#### **Location**

The River Winstar 1 km above stream and below stream of Castle Head, not beyond the road bridge at Meathop. The River Winstar is classified as a very sheltered water ie 'a slow moving river without weirs or rapids'.

#### **Technical Expert**

Clive Hebblethwaite BCU Level4 Coach [Open] and BCU Level4 Coach [Kayak]  
Tel: 015395 52436

#### **Leader**

All Rafting Leaders must have up-to-date First Aid for Remote Places and have been on Castle Head's Rafting Training Course and be deemed competent  
Or have a Canoe Safety Test or Lifesaver Award and have suitable experience  
Or Level 1 Coach or higher

The Leader shall have full responsibility for, and command of, the group and shall designate roles to accompanying helpers

#### **Staffing ratio / Group Size**

1 : 12

#### **Personal Equipment**

Canoe cagoules  
Canoe helmets  
Buoyancy aids  
Trainers & socks  
Glasses put on retaining string  
Waterproof trousers and sufficiently warm clothing  
Sunscreen if necessary  
Personal medication [eg asthma inhalers]

## **Group Equipment**

Rafting knife

Emergency rafting First Aid Kit including waterproof plasters

Spare warm clothing

Survival bag

Dry bag

Mobile phone [recommended]

Throw line

## **Transport**

Not essential. Can be used for drop offs upstream at Sandy Bridge or pick ups down stream at Meathop Bridge.

Care is needed when using trailer to move equipment [see Appendices 1 & 2].

## **ADDITIONAL INFORMATION**

### **Tidegates**

Approximately 2 1/2 hours before high tide in the tide table for Barrow a bore wave comes up the estuary. This varies in size from a ripple to a metre or more. The tidal gates shut immediately the wave hits them and the River Winster backs up. About 5 hours later they open again. This may cause a sudden rush of water within 30 minutes. At time of high river flow and spring tides the change in flow from zero to considerable in short space of time needs to be recognised.

### **Flood Conditions**

During periods of flood care will be needed to direct the canoes through the arches of the Wilkinson Bridge. Exceptionally, once every few years it may not be possible to fit under the bridge but these conditions are very obvious.

If Meathop is your destination ensure you have enough control of your group to get out at the slacker water by the bridge before the current picks up immediately before the railway side gates.

### **Weil's Disease**

This problem is more of a risk to instructors than students and knowledge of the symptoms [pain in calf muscles can be particularly noticeable] may mean you can direct a GP to take a blood test that allows early diagnosis. Diagnosis can also be by clinical suspicion that allows early antibiotic treatment and thus reducing considerably the chances of the disease progressing further.

The Winster is a clean river, the majority of the pollution being by fertilisers. This causes excess algae growth and unsightly debris on the surface during warm weather. Rats are not a major problem and therefore the already rare Weil's Disease is not a significant problem.