

# River Safety Education



## COURSE CONTENT

### Using the river

How to have safe fun in our rivers.. How do you use the rivers? How do others use the river?

### Water skills

Practical sessions including: - river bugging, river crossing, white water swimming, survival techniques

### Learning about rivers

Features of a river, how can a river change from day to day?, are all rivers the same?

### Your stories

Sharing stories of good and bad times in and around rivers, learning from specific events.

### Making good decisions

Where to swim safely, checking for dangers, looking after each other, who is in charge, what happens if things go wrong.?

## River Safety Education.

The activities within this program are about giving participants core survival skills in rivers. Once these skills have been acquired, participants will know how to keep themselves and others safe in rivers, what to do if they end up in a river after falling in from the side, or capsizing out of a kayak or raft. The emphasis is on safe fun, learning about river dynamics, and respecting the power of rivers.

When students are involved in any river-based activity, those leading and supervising the activity need a high level of expertise (knowledge, skill and experience). TSB TOPEC is in a position to support you with your outdoor education programmes. All TSB TOPEC staff have undergone training in the River Safe activities and demonstrated that they have the expertise to conduct River Safe activities with participants.

The TSB TOPEC River Safety programme has been developed so participants can work sequentially through activities to provide a logical learning progression. This progression builds a broad river knowledge base and then applies the knowledge gained to more specific activities in and around rivers. A number of activities can also be used independently or in combinations of your choice to fit your own learning programme.

We can work with you in the lead up to a school camp, staff trips or other events and we can travel to sites to complete the training in and around your locality.

TSB TOPEC is a WSNZ endorsed River Safety Provider.

For more information please contact

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