

## PAA REPORT – JAMES ESLICK

Over the summer I took part in two kayaking qualifications, the first of these was a coaching qualification which enables me to assist in coaching groups and opens up opportunities for summer jobs in the future. On this course I spent time learning the techniques and skills behind lesson delivery and then led two assessed lessons, one in canoe and the other in kayak, these lessons helped to improve the way I implemented the techniques we had learned on the first day and helped me to improve my repertoire of activities to undertake with the group. The second qualification that I undertook over the summer was a white-water safety and rescue qualification. This qualification is designed to improve upon my safety skills in a dangerous environment and involved learning about various rescue and self-rescue techniques including learning how to safely swim down rapids, throwlines, how to use a chest harness to carry out live baiting (swimming out to grab an unconscious casualty) and how to rescue someone who is pinned in the river. These skills are vital to becoming a safer paddler and will enable me to help other people I might be paddling with independently in the future, if they got into trouble.

