



Chris Eastabrook

coaching - river leading - paddling

Flat Water Courses

Introduction to Paddlesport

This fun day out will look at all aspects of paddlesport from personal skills to safety in a playful and pleasant environment.

Flat Water Improvers

Now you have decided kayaking or canoeing is for you, we can build upon your new skills to help you become an efficient paddler in a sheltered location.

BCU 2 Star Award

The new BCU 2 star requires you to have a full range of skills in a number of disciplines, at different locations. This course will train and assess you to the national standard.

BCU Canoe Safety Test

This course is an extremely well spent day, teaching everything from kit theory to rescue techniques to practical role play. A must for new coaches and old hands to ensure safety whilst out and about!



For more information, dates, prices or bespoke courses visit:

www.chriseastabrook.co.uk