



Chris Eastabrook

coaching - river leading - paddling

White Water Courses

Foundation White Water

It starts here - learn the starting skills to get you onto white water.

Progressive White Water

With an expert coach along side, we shall look at your paddling skills and take you a stage further to enabling you reach your long term goals.

Getting Steep

The rivers just got steeper, this course will teach you the necessary skills to be safe and style more challenging white water.

White Water Safety & Rescue

If one of your group got in trouble on the river, would you know what to do? Here we will cover techniques to solve common situations to keep you safe!

White Water Leader

This course will give you practical awareness of different leadership styles and techniques so you and your paddling partners are safe out there.

BCU 3 Star Award

The aim of the day is getting you to demonstrate the skills to pass you 3 star.



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

www.chriseastabrook.co.uk