

HCC White Water Safety and Rescue Course (WWSR) 7th/8th and 21st/22nd May. By Martin Stretton.

This course is covered over 2 days, and due to the high interest, we had to split the course over two weekends.

Weekend 1 was due to take place above the Chipper on the top site of the Tryweryn. Unfortunately the powers that be, late Thursday, decided not to turn on the tap. Therefore after some frantic emailing between Neil Dixon and myself a new venue was found, Llangollen. A quick swop around with campsites on Friday, and we were off. Neil Smith and I decided to go up Friday evening where we camped at Abbey Farm, great place to stay with a bar onsite. A few beers later, and a sing song by the welsh locals we made our own way to bed.

Next morning we decided to go and search for breakfast, after driving around Llangollen we managed to find The Hand Hotel (one to remember as nowhere else is open at 8am). With full bellies we met up with the rest of the gang at JJ's. Quick introductions and we made our way up to Horse Shoe Falls. Car shuttle and theory done, we set off down the Dee to spend 4 hours swimming, rescuing, live baiting and even jumping off rocks on Serpents Tail.



Neil Smith diving into the Dee at Serpent's Tail



Abi and Ro, live bate rescue.





All jumping for joy at the tail.

Lunchtime was spent at the Tail accompanied by a very smelly sheep in a tree, something that will stay with us all for some time, as the smell did!!. Time getting on we moved down the Dee to Town Falls and the get out.



Again another good evening spent in the campsite pub with great food and company.

The second day was spent at JJ's covering swimming stoppers, boat entrapments, wading rescues, more rope work and scenarios. Really great fun was had by all and I would suggest everyone should try it



Stopper swim at JJ's



Rope work at JJ's with Richard Tyler.

Weekend 2 was attended by the second group with the addition of Neil Smith and I, this was due to the low river levels on the first weekend, Neil Dixon had suggested that we could come along as guests to experience the full power of the water. The second weekend covered the same as the first but with the full on water power of the Upper Tryweryn. Pictures speak a thousand words!!!!



Chest harness test to show what it feels like under load.



Chest harness test to show what it feels like under load, hold for 10 seconds and release your self.





Chest harness which twisted and trapped, about 10 seconds but it felt a lot longer before Neil released me.



Colin Harrison jumping in at Chapel Falls.