



WW PACKRAFT / SWIFT WATER SAFETY AND RESCUE (SWSR) COURSE BOOKING INFORMATION PACK UP

At Tirio we're passionate about enabling your adventures. We want you to discover more, do more, see more and feel more. Packrafting is a new and exciting way to journey, it will revolutionise how you travel in Snowdonia and beyond. We want to ensure you have the best possible experience and to leave us with the same passion for Packrafting as we have!

To start you on your way we've created the following information Pack up. Please read it and if you are unsure or require clarification on anything just get in touch! If you've already booked you will have already seen lots of this information – it's here again as a reference, in case you forget!

This Booking Information Pack is intended as a guide only and so it should be read in conjunction with our [Terms & Conditions](#).

WHAT TO BRING

Individual Equipment A list of equipment is included later in this pack up. The environment in North Wales can change quickly and so it's important to prepare accordingly. You do need to have the items on the list with you. The lists are minimums so feel free to bring extra, we're going to be outside on the water for several hours each day – so it's important that you stay warm and dry. Don't despair if there's something you don't have, just give us a call; we'll do our best to help out!

Your Own Gear It's a great idea to train with your own paddling and safety kit. Please be aware though, for safety reasons, your kit must be suitable for the environments we'll be paddling in. For instance, if your Buoyancy Aid isn't suitable for White Water, we won't allow you to use it on the river. Don't panic though! We have a wide range of suitable kit for you to use if that's the case, and there's no extra cost – so no worries!

Drysuits Drysuits are essential in colder months and we know how expensive they can be – nearly as much as your raft! So, we've got selection of drysuits that can be hired at a hugely discounted rate of £15 per day, also, due to their cost we will ask for a £100 cash damage deposit at the start of the course – refundable at the end if the suit is returned undamaged. You must tell us your size as soon as possible at the latest, 1 month prior to the Course.

Packrafts The many styles of packraft all handle differently, so training with your own is definitely a good thing. However, the style of your raft will need to be suitable for the water we are paddling on, so if you're paddling a flat-water packraft, we won't allow you to use it on white-water. If that's the case, you can hire one of ours. The same applies if you don't have a raft yet, it's OK, we have plenty to hire. Hire rates are £15 per day.

Borrowing Equipment Due to the Coronavirus Restrictions and the requirement to thoroughly disinfect all equipment once it has been used, if you need to borrow kit you must let us know in plenty of time – at least 2 weeks prior to the start of the Course. For clothing you must tell us what size you need as you will not be able to try on several sizes on the day

Food and Drink Packrafting is a physically demanding activity, so eat well before starting each day. It's also a good idea to bring *a hot flask as well as a packed lunch for each day*.

ARRIVAL TIME AND MEET UP LOCATION

The course will usually start at 0900 on the first day. The full Meet Up info will be sent out in the week before; it will be in North Wales but the exact location and time will be dictated by the water levels in the area. When we meet, we'll complete paperwork and discuss our objectives for the Course. We'll normally finish each day around 1630. Although, it will be later by the time you get back to your accommodation.

Please note! DO NOT attend if you are exhibiting any signs or symptoms of Coronavirus (COVID-19), instead contact us on 07450 245561.

TRAVEL ARRANGEMENTS

The weather in North Wales is fickle and so we may need to travel at the beginning and end of each day to get to suitable venues, **so a car is essential.**

PAPERWORK AND INSURANCE

No one likes paperwork! So, we've tried to keep it to the minimum without omitting any important information. You need to read the information given to you when you book and be sure to answer all the questions accurately. You'll be asked to sign a waiver form when you arrive, a copy of which can be found in our [Terms & Conditions](#).

Sometimes things go wrong; you breakdown en-route to us, you lose some gear or severe weather stops play. So, we strongly recommend that you have adequate cancellation insurance to cover any losses that may be incurred by the unforeseeable cancellation of your activity. Tirio holds full public and professional liability insurance. Details are available on request.

ACCOMMODATION

North Wales is a tourist hotspot and has numerous accommodation options – too many to list here! As you're going to be wet everyday it's not a bad idea to arrange a Cottage, Bunkhouse or B&B so you can get warm and dry each night – although there are some great campsites nearby too. We do have some excellent accommodation options on our "Friends" page of our website – so that's a good place to start. If you need any other info please give us a call. We suggest that villages near the A5 between Betws y Coed and Corwen are a pretty central location to base yourself from, as there are plenty of great rivers within a short drive and lots of accommodation – **that said, depending on weather and water levels, we may need to travel approx. 30 miles to reach a suitable venue.**

DESCRIPTION OF THE ACTIVITY

At Tirio we take your safety seriously and, whilst we don't want to cause you unnecessary concern, we do feel it is important that we make you aware of the inherent risks associated with these adventurous activities. Please take the time to read the following information; of course, please contact us if you wish to discuss anything!

Packrafting is an "Assumed risk" – "Water contact sport" that may carry attendant risks, including personal injury, damage to personal property and death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement. A summary of Activity types and risks is listed below:

Water Based Activities - Open water and rivers can be hazardous. The water can be deep, cold with the prospect of long swims in cold water. Other hazards may be present such as rocks, trees, other water users, water hazards and bank debris. You may be required to paddle your packraft for several hours each day.

Hiking and Rugged Terrain - Reaching the water and hiking may require walking on uneven rugged ground. Hazards include steep or slippery ground and bad weather. You may be required to walk for several hours each day. The nature of the terrain may also lead to damage to personal property.

All activities delivered by Tirio take place in areas that are not without inherent risk. We make every effort to minimize risks to our Participants. Should any risk remain, we will then advise the safest way to proceed. All Participants must follow Tirio staff recommendations.

PHYSICAL CONSIDERATIONS

Due to the nature of the activity, all participants should be content that they are of a suitable level of physical health to undertake it. Depending on your chosen activity you may be required to walk and paddle for several hours per day. The description of your activity on our website will give you a clear indication of the distances covered.

All participants must be able to easily swim 50m and be confident in open water (defined as 25m from land).

SPECTACLES

Spectacles can be a hazard to you whilst participating in sessions. If you choose to wear spectacles you must accept that injury may occur and accept full responsibility for any such injury. Participants may wear contact lenses.

CORONAVIRUS / COVID-19

Throughout your Course we will do everything reasonably practicable to manage the risk of Coronavirus (COVID-19) transmission. This may include things like: Social distancing measures, increased hygiene and additional procedures and safeguards. To do this we will provide you with information prior to your Activity and Tirio Staff will brief you on how to act during the activity.

Participant(s) should read the statements below carefully; they are designed to allow you to assess your suitability to participate in an Activity. If anyone meets any of the following criteria, then we would ask the Participant **not to attend** the Activity:

- Currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell)
- Have been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19
- Have returned from a country outside of the UK in the last 14 days, other than those on the exempt list - UK GOV and Home Nations Gov.

MEDICAL MATTERS

Please read the questions below; they are designed to help you to assess your suitability to take part in our activities. You will have been asked to consider these when you booked. **If you answer "YES" to any of the questions below then please telephone us to discuss your suitability to attend the course – DO NOT EMAIL US WITH MEDICAL INFO!** Please do not send any medical information to us, instead you will be required to sign a Medical Declaration at the beginning of your course.

If, in between booking and your Activity, your health changes please give us a call to discuss prior to arriving. Tel +44 (0) 7450245561.

Sometimes we may need a letter from your Physician stating you are able to undertake the Activity – this will need to be supplied to us in writing prior to booking.

Do not wait to tell us on arrival, as we may not be able to allow you to participate.

You must bring with you any medication that you may require; this must be shown to us prior to the activity and kept to hand throughout.

Medical Questions:

Have you ever been told by a physician that you have a heart condition, or you should only do physical activity recommended by a physician?

Upon doing physical activity, do you feel pain in the chest?

When you were not doing physical activity, have you had chest pain in the last month?

Do you ever lose consciousness, or do you lose your balance because of dizziness?

Do you have a joint or bone problem that may be made worse by undertaking physical activity?

Is a physician currently prescribing medications for your blood pressure or heart condition?

Are you pregnant or post-partum?

Do you have diabetes?

Have you ever suffered from any form of seizures, fits or epilepsy?

In the last 6 months have you not undertaken regular physical exercise?

Do you know of any other reason why you should not undertake strenuous physical activity?

YOUR INFORMATION

We collect this information to manage your booking and to ensure you have the best possible experience with us. We do not share this information with other people or companies, unless having been agreed by you or it is for legal or insurance purposes. Please see <https://www.tirio.co.uk/terms-and-policies> for more information.

EQUIPMENT LIST

Please read this carefully and ensure you have all the equipment and clothing listed. Your activity may not be able to go ahead if you do not have enough equipment. Drop us an email if you need any clarification. **Items marked * can be hired from us, please let us know as soon as you can if you need anything – we may require a cash damage deposit at the start of the course.**

Paddling gear:

- *Drysuit or Dry trousers **and** dry bag. A wetsuit can be used in summer.
- *Neoprene or waterproof gloves.
- *Water shoes or spare trainers (for paddling in).
- *Neoprene socks.
- *A specific White Water Buoyancy Aid Certified to ISO 12402-5/6 (Including a rescue Harness if you're on the SWSR Course).
- *A packraft.
- *Paddle.
- *Any other paddling gear such as throwline, tow line etc that you may use.
- *A water rescue knife.
- *A folding hand saw.
- *A helmet approved for Watersports.
- A First Aid Kit.

In addition to your paddling gear, each day you'll need the following:

- *A drybag to carry your food, drink and gear whilst on the water. 20l drybags are normally more than adequate for day trips.
- *A water-tight liner or drybag for inside your drybag. Make sure it is water-tight!
- A means of securing your drybag on your packraft.
- A warm change of clothes (to change into at the end of the day).
- Food and drink for each day. Loads of calories!
- A hot sweet drink in a small flask is a good idea.
- Sunglasses, sun hat, sunscreen (as required).
- Alcohol Hand Sanitiser.
- A Suitable Face Covering.

Despite wearing a drysuit, your under-garments may (probably!) get wet so make sure you have enough of the following for each day. Please do not wear cotton tops or bottoms as the material stays cold and heavy when wet.

- Warm fleece top and 'Warm' trousers (Jogging bottoms are fine). These are for under your drysuit.
- Wicking base-layer.
- Thermals.
- Warm socks.
- You must take any medication you may require with you every day.

For bank work it's good to have:

- Warm hat x 2.
- Gloves.
- Waterproof Jacket.
- Walking shoes or boots.

You'll also need any additional clothing or items for sleeping, washing, eating, evenings in the pub etc.