

# OENZ COURSE OUTLINE

## *River Crossing*

### **9:00am - Meet your group and Instructor/s**

Meet at Shell service station carpark corner of Johns Road & Main North Road, Belfast at 9am

### **10:00am - Arrive at River.**

- Packing and selecting good outdoor clothing & equipment
- Gear check
- Introduction to different parts of the Rivers
- Identifying river features (braids, eddies, strainers etc..)
- Tips and tricks to check river flow and depth.
- Identifying a safe river crossing location.

### **11:00 – River crossing practice (time to get wet!)**

- Group river crossings
  - Backing out if it's too strong
- Solo river crossings
  - Backing out/turning if it's too strong
- Pack float river crossing (when it's too deep to touch the bottom)
- What to do if you get taken off your feet (ferry gliding/self-rescue swimming)

### **1:00pm Back at vehicles/Finish**

*\*Please note that this is just a guide to how the course normally runs and your instructor may choose to run your course in a different order to fit in with local conditions and the abilities or the group.*