



## River Hamble Adventures

Paddlesports coaching on the River Hamble

# 2 day Outdoor First Aid course

**19<sup>th</sup> & 20<sup>th</sup> September 2026**

### The course

This will be a 16 hour British Canoeing recognised course that will be delivered over two days by a qualified First Aid trainer and British Canoeing Coach. There will be an emphasis on applying First Aid techniques in an outdoor environment, and special attention paid to situations we are likely to face in paddlesports.

### The venue

We'll be using the Sarisbury Green Community Centre which gives us a great venue with access to outdoor space. Easy to access from the M27/A27, and 30 mins walk from Swanwick station.

### Food & accommodation

There is a kitchen at the venue, shops nearby and for dinner, the [Harper's Steakhouse](#) and [The Old Ship](#) are both a short walk from the venue.



### Night paddle

There will be an optional after dinner night paddle from Swanwick on the beautiful River Hamble led by Glenn Jarman.





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## Accommodation

Camping is available locally and Southampton City centre is 20 mins drive away.

## Costs

£165. This includes course materials, certificates and the night paddle.

## Booking

Please register at [www.riverhambleadventures.com](http://www.riverhambleadventures.com) and book [here](#).

## Questions

To Glenn at [glenn@riverhambleadventures.com](mailto:glenn@riverhambleadventures.com) or on 07815 141835.

