

BCU 3 Star Training and Assessment in White Water Kayak Candidate Notes

Dates: Please see calendar list. Courses are also available by arrangement.

Venue: Barnard Castle area (exact details will be forwarded in the week preceding the course to accommodate water levels).

Cost: £90 per head (non-residential). If you book onto a BCU UKCC Level 2 Course with [kenhughescourses](#) (ask for details) there is a discount of £20 off that course: The whole weekend will then only cost £70! There may also be an additional fee of £3 to pay to get on the river should the venue require it.

Course aims:

“Successful performance at this level indicates that a candidate can consider themselves an intermediate paddler as they now can paddle on easy sections of white water. They can do this in a competent manner as part of a led group down a grade 2 river trip”.

The syllabus: <http://www.bcu.org.uk/bcu/2265-5-bcu-1---3-star-tests-.aspx>

Pre-requisites

- BCU 2 Star skills in kayak**
- Previous Experience:** you are advised to have some experience of simple grade 2 river conditions. Although *not* a necessity, it will help you get the most from the training.

Personal Equipment:

☞ **Candidates should bring the appropriate equipment for their own needs:**

- Boat, paddles, spray deck, helmet, etc
- Dry bag, buoyancy aid, wet-suit
- Clothing/other kit for the prevailing conditions
- Food and drinks (warm and hydrating)
- Dry bag to carry spare kit.
- Goggles and nose clip (for rolling practice)
- If you cannot get access to any piece/s of equipment please contact course staff at the earliest possible opportunity.

Note: you will only gain the award at the end of the course if you reach the required standard. However, 2 days of quality training in itself makes it worth attending the course.

Programme

Day 1	0900	Meet Venue 1 (finalised just prior to the course, likely to be the Tees).
	0915	Course Outline, Candidate/Staff Introductions
	0945	River Day (to include rolling clinic)
	1800	Day 1 ends.
Day 2	0900	Meet Venue 2 (determined on the first evening)
	0930	River Day
	1530	Individual Course De-briefs

Notes: The rivers and venues we choose will be determined by the water levels and will reflect the required outcomes of the course. *You should be prepared to travel to find suitable water.*

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