

# BCU 4 Star Leadership Award Assessment (Canoe) Candidate Notes

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

**Venue:** Northern Region (usually River Tees and Ullswater). We also use Keilder Water, Swale, Tyne and Eden. Courses by arrangement can be delivered at a venue of your choice.

**Cost:** £150 per head (non-residential).

## Course aims:

*“Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to lead a group of up to 4 competent paddlers (not including themselves) in moderate water conditions. The emphasis is on the application of strokes to achieve suitable techniques for moving water, and exposed open water, requiring the paddler to perform appropriate and effective manoeuvres real situations”.* The assessment will reflect these criteria.

## Pre-requisites

- ☑ **BCU 3 Star Award in appropriate craft**
- ☑ **First aid award** (minimum 8 hrs)
- ☑ **Previous Experience:** The candidate must provide documentary evidence of a minimum of 12 varied, quality, moderate open canoe days on grade 2 and open water.
- ☑ **4-star training:** At least 2 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 2 days are seen as the minimum requirement, four or even five days may be more appropriate.
- ☑ Have completed a **White Water Safety and Rescue** course.

## Personal Equipment:

☞ **Candidates must bring the appropriate equipment for both their own needs and that of a leader to support a group in their charge at this level.**

**Note:** Items you have borrowed will be considered your own.

**Please bring an up to date log book with you to the course.**

## Programme

Day 1	0900	Meet Venue 1
	0915	Course Outline, Candidate/Staff Introductions
	0945	River Day: Personal Skills and Leadership
	1700	Day 1 ends.
Day 2	0900	Meet Venue 2
	0930	Open Water Day: Leadership and Incident Management
	1530	Individual Course De-briefs

**Notes:** The venues we choose will be determined by the water levels and will reflect the required outcomes of the course. *Should water levels not be appropriate you will be informed of the decision to cancel as soon as possible. You should be prepared to travel to find suitable water.*

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