

# BCU 4 Star Leadership Award Assessment White Water Kayak

## Candidate Notes

**Dates:** Please refer to calendar. Dates are also available by arrangement.

**Venue:** Northern Region (usually River Tees). We also use the Swale, Tyne and Eden.  
**Courses by arrangement can be 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 conditions. The emphasis is on the application of strokes to achieve suitable techniques for grade 2 moving water, requiring the paddler to perform appropriate and effective manoeuvres”.*

**This is the appropriate award for those wishing to gain their 4 Star Leadership Award in C1 or OC1**

### 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 days on grade 2-3.
- 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 should bring the appropriate equipment for their own needs and, if you have access to it, that of a leader to support a group in their charge at this level.**

- Boat, paddles, etc
- Throw-line, sling and knife
- Clothing/other kit for the prevailing conditions
- Food and drinks (warm and hydrating)
- Leader kit if you have it
- If you cannot get access to any piece/s of equipment please contact course staff at the earliest possible opportunity.

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

### Sample Programme

Day 1	0900	Meet Venue 1
	0915	Course Outline, Candidate/Staff Introductions
	0945	Leadership and Incident Management
Day 2	0900	Meet Venue 2
	0930	Leadership and Personal Skills
	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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