

# BCU 4 Star Leadership Award Training (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 at a venue of your choice.

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

**Staff:** Ken Hughes (C5)

### Course aims:

*“Successful performance at 4 Star Leadership Assessment 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), on river trips of grade 2 and on open water with winds up to force 4. The emphasis is on the application of strokes to achieve suitable techniques for moving and exposed open water, requiring the paddler to perform appropriate and effective manoeuvres in real situations”.*

### Pre-requisites

- BCU 3 Star Award in appropriate craft**
- Previous Experience:** you are advised to have some experience of good grade 2 and windy open water conditions. Although not a necessity, it will help you get the most from the training.
- You do not necessarily need to have completed a **White Water Safety and Rescue** course for this training, as this can be done at a later date. Please email me for details of courses.
- We will discuss the assessment requirements during the training.

### 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, pole, PFD, Helmet, Cag, etc
- Throw-line, sling and knife
- Sailing rig/method of improvising
- Clothing 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.

**Please 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	River Day
	1700	Day 1 ends.
Day 2	0900	Meet Venue 2
	0930	Open Water 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.*

Ken Hughes 77 Queen Alexandra Road, Sunderland, SR2 9HE. Tel: 07890 139908.

[kenhughescourses@aol.com](mailto:kenhughescourses@aol.com)