

BCU 4 Star Leadership Award Training White Water Kayak Candidate Notes

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

Venue: Generally the North East 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). There may also be a river fee to pay if the venue requires it.

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 moderate water. The emphasis is on the application of strokes to achieve suitable techniques, requiring the paddler to perform appropriate and effective manoeuvres in real situations”.

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**
- Previous Experience:** you are advised to have some experience of good grade 2 river 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.
- 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, 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

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| Day 1 | 0900 | Meet Venue 1 |
| | 0915 | Course Outline, Candidate/Staff Introductions |
| | 0945 | Leadership Day |
| | 1700 | Day 1 ends. |
| Day 2 | 0900 | Meet Venue 2 |
| | 0930 | Leadership and Personal Skills 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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