

BCU 5 Star Assessment Course

White Water Kayak and White Water Canoe-C1/OC1

Candidate Notes

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

Venue: We run this course at a variety of venues. These include: Fort William area, North of England, Wales and the Borders. Courses by arrangement can be at a venue of your choice.

Cost: £160 per head (non-residential).

Course aims:

“Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership. It is a leadership award and the appropriate test for paddlers who wish to lead groups of up to 4 paddlers on advanced river journeys. The award holder has the skills and judgement to select appropriate trips for paddlers with a range of experience”.

Pre-requisites:

- ☑ Be minimum of *18 years of age*
- ☑ **BCU 4 Star Leadership Award (or Old Level 3 Coach Award) in appropriate craft**
- ☑ **First aid award** (minimum **16hrs**)
- ☑ **Previous Experience:** The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced paddling days in 3 different geographical areas.
- ☑ **5-star training:** At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, four or even five days may be more appropriate.
- ☑ **Advanced White Water Safety and Rescue Course.**

Personal Equipment:

All candidates must provide 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 Journey/s
1700 Day 1 De-brief. Day 1 ends.

Day 2

0900 **Meet Venue 2**
0930 River Journey/s
1500 Journey/s End
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. *Should water levels not be appropriate for the assessment 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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