

# BCU 5 Star Leadership Award Assessment (Canoe) Candidate Notes

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

**Venue:** We run these courses in the Fort William Area of Scotland and the North of England. Courses booked by arrangement can be run at a venue of 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 in advanced situations. 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 and on remote, exposed open waters in open canoe. The five star leader has the skills and judgement to select appropriate trips for paddlers with a range of experience”.*

## Pre-requisites

- ☑ • **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 open canoe 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, but four or even five days may be more appropriate.

## 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 Journey/s                               |
|       | 1700 | Day 1 ends.                                   |
| Day 2 | 0900 | Meet Venue 2                                  |
|       | 0930 | Open Water Day                                |
|       | 1530 | Individual Course De-briefs                   |

**Notes:** The venues we choose will be determined by the water/wind levels and will reflect the required outcomes of the course. *Should water levels/conditions 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.*

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

07890139908