

BCU 5 Star Leadership Award Training (Canoe)

Candidate Notes

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

Venue: Northern Region (Venues are selected to take advantage of water conditions).
Courses booked by arrangement can be run at a venue of choice.

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

Course aims:

“Successful performance at assessment 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”.

The training reflects these criteria and assists with your preparations/development towards assessment.

Pre-requisites

- ☑ **BCU 4 Star Leadership Award (or Old Level 3 Coach Award) in appropriate craft** is recommended, but not a requirement for this training course (although it is for assessment).
- ☑ **Previous Experience:** To benefit fully from the training candidates should be comfortable and/or prepared to paddle sections of grade 3 white water and open water in windy conditions.
- ☑ **Equipment:** Candidates should come fully prepared for their own needs throughout the course. This should include:
 - Boat, paddles, pole, helmet
 - 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.

Note: the pre-requisites for assessment will be discussed during the course, but you are advised to familiarise yourself with the syllabus via the BCU Web Site.

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 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 levels and wind conditions to reflect the required outcomes of the course. *Should water levels 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.*

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