

BCU 5 Star Training Course White Water Kayak (Inc. 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 assessment indicates that a candidate has entered the top level of performance, involving high levels of personal skill and leadership. It is a leadership award and the appropriate 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”.

The training will reflect these criteria and assist with your preparation/development towards assessment.

This is the appropriate award for candidates wishing to pursue their 5 Star in C1 or OC1.

Pre-requisites:

- ☑ Be minimum of *18 years of age*
- ☑ **BCU 4 Star Leadership Award** (or **Old Level 3 Coach Award**) in appropriate craft. This is recommended, but not a pre-requisite of this training course (although it is for assessment).
- ☑ **Previous Experience:** A confident approach to paddling on grade **3 water** with small sections of 4. A good roll will contribute to the quality of your learning experience! **Remember this is a training course and you will not be asked to paddle any sections of water you are not happy with.** Course staff are experts in the delivery of this course and the selection of water will reflect the learning needs of all candidates.
- ☑ The **BCU Advanced White Water Safety and Rescue Course** is highly recommended to complement this course and is a pre-requisite for assessment. Please email for details.

Personal Equipment:

Candidates are encouraged to bring appropriate equipment for both their own needs and that of a leader to support a group in their charge at this level. A number of items are essential:

- ☞ An unstitched (clean ended) 16 foot sling and an HMS style river Karabiner
- ☞ Adequate food and hydration to maintain energy levels and prevent exposure throughout the course
- ☞ A suitable throw-bag
- ☞ Clothing (including spare) to deal with the prevailing weather conditions (as for 4 star)
- ☞ Flask for hot drinks
- ☞ Dry bag/s to keep you kit watertight
- ☞ Split paddles
- ☞ A buoyancy aid with a harness

Note: Items you have borrowed will be considered your own.

You should bring a note pad (waterproof if you have one) and pen. Bring an up to date logbook

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Sample Programme

Day 1

0830 Meet Venue 1
0900 Course Outline, Candidate/Staff Introductions
0930 River Journey
1730 Day 1 De-brief

Day 2

0900 Meet Venue 2
0930 River Journey
1600 Second Journey Ends
1630 Course De-brief and action planning
1800 Course Ends

Notes:

The venues we choose will be determined by the water levels and will reflect the required learning outcomes of the course. On the second day we will seek to use venues which offer both a variety of river styles and reflect your training needs (as assessed by the course staff on day 1 and negotiated with all course participants).

As preparation for this course and to maximise the quality of your learning experience we recommend the following:

- ☞ Get as much experience on the grade of water covered by the 5 star terms of reference. Try to ensure this experience is gained with a 5 star holder in the appropriate discipline as it will ensure as safe an experience as possible and you will be able to see how they operate!
- ☞ Bring the boat you normally paddle on this type of water. Do not fall into the trap of bringing a boat because you have been told yours is no good. This award is about performance. If in doubt contact us for advice.

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