
BCU LEVEL 2 MODERATE WATER TRAINING – White Water and Open Canoe

When you meet your trainers at 0900 they will need to see the following:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Evidence of attending a BCU UKCC Level 2 Assessment or APL evidence arranged through the BCU.
- Log Book.
- BCU 4 Star Leader certificate in appropriate discipline.

What We Cover

This one day course provide the training require to progress to the BCU Level 2 Moderate Water Endorsement Assessment. The aim of the day is to develop your coaching knowledge to transfer the coaching skills from the UKCC Level 2 Award into a discipline specific moderate water environment. With this in mind the day will be spent primarily looking at ‘what’ we coach in the environment with the specific boats, and then ‘how’ we do that with the skills that we already have.

At the end of the day detailed action planning will take place to help you progress to assessment.

If you require further information about the BCU Level 2 Moderate Water Endorsement Award and it’s syllabus please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

The Venue

Glenmore Lodge is Scotland's National Outdoor Training Centre located in the heart of Cairngorms National Park. As a National Centre, we set the highest standards for quality of instruction, equipment, safety and environmental awareness.

Our access legislation, which is unique to Scotland, enables us to use an unprecedented range of venues on the water, hill and crag.

All equipment and Teas and coffees are included in the cost as well as a cooked lunch. Meals and accommodation can also be booked separately in advance if required. Please ring to ask for availability if intending to stay.

Arrival & Departure Information

This one-day course starts at 0900 when you meet you instructors and finishes around 1700. Cooked lunch, teas, coffees, and afternoon tea/cake at 1645hrs are included in the course price.

The Accommodation

If you wish book additional overnight accommodation please telephone in advance to check availability. We have an indoor rolling pool, sauna, indoor climbing wall and a small gym should you wish to bring along any items to make use of these facilities (eg an extra towel and climbing harness).

Getting to Glenmore Lodge

Glenmore Lodge is on OS map sheet 36 in grid square 98 09

By Train or Bus to Aviemore

By Plane to Inverness - there is a bus service to the train station in Inverness and Aviemore is 30 minutes down the line.

By car, it's just two and a half hours north from Edinburgh or Glasgow to Aviemore on the A9 and we are 15 minutes from Aviemore.

Sharing Transport

We have a transport sharing scheme through our website in the discussion forum. You will be asked for a user name, please enter your initial and surname so we can verify the information with your course booking. You will then receive an automatic email to confirm your account is activated, if you do not receive this within a couple of days please contact us.

What Will I Need?

This is an indoor based course so no specialist equipment is needed. Please feel free to bring along any personal tidal planning resources with you.

Customer Care

We value your custom and welcome your comments and suggestions for improving our service. Our customer care policy is available on our website or on request.

Insurance

We strongly recommend that you arrange adequate insurance cover before engaging in any sporting activity whilst travelling or on holiday. You should note that many travel insurance policies exclude cover for certain sporting activities, so you should carefully check the terms of any proposed insurance policy to ensure that it meets your requirements.

A link to an insurance provider which may be helpful to you is provided on our website under 'How to book' or copy the following link into your browser www.adrenalinetravelinsurance.co.uk/index.asp?referer=PSGML01

However, by providing this link, we are not recommending this product or advising on its suitability in any particular case.