

## 4 STAR LEADER ASSESSMENT - Canoe.

**YOU NEED TO REGISTER WITH THE SCA/CANOE ENGLAND/CANOE WALES/CANI PRIOR TO DOING YOUR ASSESSMENT.**

### What Paperwork Is Required?

When you meet your trainers at **20.00 hrs on the first evening** they will need to see the following:

- Note: It is not essential to be a member of either canoe unions to undertake training. However, we recommend that all students join before attending. Tel BCU on 0845 370 9500; or Tel SCA on 0131 317 7314.
- **Leadership Registration Form.**
- Log Book showing evidence of experience (see syllabus for appropriate experience).
- Recognised First Aid Award (minimum 8hrs training including CPR) within the last 3 years.
- Relevant Leadership Training – 4 Star Leader open canoe training OR ‘old’ in-date trainee Level 3 status within the last 3 years.
- Relevant Safety Training – White Water Safety & Rescue Training.

### The Course

This **two-day** course will look at all aspects of the BCU 4 Star Canoe Leader Award. The 4 Star Leader Award is a discipline specific award and you will be assessed in your chosen discipline and appropriate environment. For the BCU 4 Star Canoe Leader Award you will be based in the appropriate moderate water environment (for Canoe this is rivers of grade 2 and open water with winds up to force 4).

The assessment will include personal paddling, equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with leadership of a group of up to six competent paddlers.

All of the above will be covered using any of the Lodge’s on site facilities of lecture rooms, rolling pool and pond, along with the local rivers and lochs that are most appropriate.

The course will finish by giving you clear feedback and an action plan to enable you to continue progressing your paddling skills, along with hopefully awarding you with your BCU 4 Star.

If you require further information about the BCU 4 Star Canoe Leader Award and it’s syllabus please contact the BCU direct on 0845 370 9500 or [www.bcu.org.uk](http://www.bcu.org.uk)

## **What Equipment Will I Need?**

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

We have a range of some of the latest river kayaks from Pyranha and other top manufacturers. All our Sea kayaks are this years models from P&H and Valley. Our Open boats are all new from Mad River. The surf kayaks are also of up to date design.

Our paddling clothing is from Peak and we have a wide range tailored to your discipline.

We use a range of paddles depending on the activity, Lendal and Werner for sea kayaking and Werner for river kayaking. There are specialist additional open boating items such as poles and sails.

### **GLENMORE LODGE CAN SUPPLY:**

- ✓ Bouyancy aids
- ✓ Helmets
- ✓ Spray decks
- ✓ Cags
- ✓ Wet suits
- ✓ Wet suit bootees
- ✓ Small drybags
- ✓ Dry suits (only for out of season kayak courses)
- ✓ Paddling Trousers
- ✓ Pogies
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Towlines
- ✓ Split Paddles

### **White Water and Swift Water Rescue**

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks

### **Expeditions**

- ✓ Large dry bags



✓ **Barrels for open boat journeys**

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- ✓ Sleeping bag & liner
- ✓ Tents (2 & 3 person)
- ✓ Karrimat
- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug

**EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.**

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves\*\*\*
- ✓ Vacuum Flask & Water Bottle \*\*\*
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! \*\*\*
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellant – it may be midgey!\*\*\*
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

**Open Canoe**

- ✓ For open canoe courses Spey descent etc. a pair of wellies are very useful.
- ✓ For 5 Star courses please bring headtorch and light sticks for night paddling.\*\*\*

**Items marked \*\*\* are available in our shop subject to availability.**