

4 STAR LEADER ASSESSMENT – SEA (Inchree)

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

What Paperwork Do I Need?

When you meet your trainers at **2000hrs** 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 sea training OR 'old' in-date trainee Level 3 status within the last 3 years.
- Relevant Safety Training –Coastal Navigation and Tidal Planning, or similar NGB structured theoretical navigation course.

What We Cover

This two-day course will look at all aspects of the BCU 4 Star 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 Sea 4 Star Leader Award this will be in the appropriate moderate water sea environment (see training guidance notes for moderate water definition).

The assessment will include personal paddling, tidal planning, navigation, equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with leadership of a group of 4 paddlers.

All of the above will be covered using the fantastic locations that the west coast has to offer in the Fort William area. Our accommodation also has classroom facilities.

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 Leader Award.

If you require further information about the BCU 4 Star Leader Award and it's syllabus please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk



The Accommodation

We will be staying in comfortable Chalets at Inchree. Duvets and linen are provided but not towels.

All food for the course will be supplied in the restaurant, with pack lunches whilst out on the water (there is no evening meal on arrival). There are Laundry and drying facilities provided and a hose down area for cleaning wetsuits. In the evenings there is a bar onsite selling a range of beers and whisky's.

Inchree is situated 8 miles south of Fort William and 5 miles north of Glencoe, at the north end of Onich village, 500 metres off the A82. The full address is Inchree Centre, Inchree, Onich, Nr. Fort William, Highland Region, Scotland, PH33 6SE. Tel: 01855 821287. www.inchreecentre.co.uk

The O.S. maps for the areas that may be used are numbers 49, 50 and 55, which we can supply if needed. Having processed the paperwork, discussed your needs and aspirations, and outlined the course programme on the arrival evening (**meeting at 20.00**), the next two days should be free to spend on the water.

Equipment, accommodation and food are included in the price as well as travel to and from the daily activity. There is no evening meal included on the arrival evening and you should have eaten before the 20.00 briefing and paperwork checks.

Arrival & Departure Information

The course will begin on the first evening with an opening brief at **20.00** (please try to make it on time with all your paperwork). We will meet you at Inchree so please arrange your own travel arrangements. If you need assistance with this please get in contact with us and we will be happy to help. The course will finish by 17.00 on the last day.

What Equipment Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. A kit list is on the website and included with your booking confirmation. We can supply waterproofs, boots, gaiters and all technical equipment from tents and cookers to wetsuits, helmets and all climbing gear, ice axes and crampons. We do not provide basic outdoor clothing such as socks, walking trousers, fleeces, hats and gloves. If you have your own kit do bring it along, you may feel more comfortable with it. We advise that you do not rush out and buy kit specifically for the course, you can use ours to find out what best suits your needs.

If you need equipment please let us know in advance so we can bring it across for you. A sheet is attached, please return even if no equipment required.

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
- ✓ Sleeping bag & liner
- ✓ Tents (2 & 3 person)
- ✓ Karmimat
- ✓ 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!



Sea Kayaking

- ✓ **Compass - Silva type 4 recommended *****
- ✓ **Personal Towel if staying at Inchree on Intro Sea Kayaking Course**
- ✓ **For 5 Star courses please bring headtorch & light sticks for night paddling*****

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



Paddle sport courses Equipment list			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return even if no equipment is required			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Boat			
Paddle please indicate splits, cranked or not			
Spray deck			
Wetsuit			
Wetsuit boots			
Cag			
Dry Trousers			
Buoyancy Aid			
Towline			
Dry Bag			
Tote bag			
Dry Suit (only provided for cold weather courses)			
Compass (sea courses only)			
Head torch (sea courses only)			
Flares (sea courses only)			