

## **4 STAR LEADER ASSESSMENT – SURF (Thurso)**

**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 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 surf training OR 'old' in-date trainee Level 3 status within the last 3 years.

### **The Course**

This two-day course will look at all aspects of the BCU 4 Star Surf 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 Surf 4 Star Leader Award this will be in the appropriate moderate water surf environment (maximum of 3 foot surf with no hazards).

The assessment will include personal paddling, surf awareness, surf forecasting, equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with leadership of small groups of peer paddlers.

All of the above will be covered using the fantastic locations that the north coast has to offer in the Thurso 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 Surf Leader Award.

If you require further information about the BCU 4 Star Surf 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)

### **Arrival & Departure Information**

Having arrived safely on the arrival evening the course will begin with an opening brief at **09.00** (please try to make it on time with all your paperwork). We will meet you at Thurso so please arrange your own travel arrangements. The course will finish by 17.00 on the last day.

## The Accommodation

The course is based in the hostel in Thurso. You should aim to arrive at the hostel for 23.00 hrs on the first evening. There is no evening session and our full board starts with breakfast the following morning. The address of the hostel is Millbank Road, Thurso, wardens name is Alan Hourston 01847 896206. We usually have the hostel to ourselves, there are 2 dorms and duvets are provided.

## What 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

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

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



<b>Paddle sport courses Equipment list</b>			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return even if no equipment is required.</b>			
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)			