

## 5 STAR LEADER TRAINING – SURF (Thurso)

### What Paperwork Do I Need?

When you meet your trainers at **20.00**, 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.
- BCU 4 Star Leader Surf Award or old Level 3 Surf Award.

### What We Cover

This three-day course will provide relevant training to allow paddlers to work towards sitting their BCU 5 Star Surf Leader Assessment. The 5 Star Surf Leader Award is a discipline specific award and you will receive training in surf in appropriate advanced surf conditions and environments.

One day of the training course will be spent covering the BCU Advanced Surf Safety and Rescue course and two days of the course will be spent looking at the 5 Star Surf Leader syllabus which will include; personal paddling, leadership, tidal awareness, surf forecasting, surf awareness, equipment and environmental awareness. All this will take place on appropriate advanced 3 foot and above surf.

The three day package will provide you with everything you need to progress on to 5 Star Leader assessment.

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 a clear feedback and an action plan as to how to progress to a BCU 5 Star Surf Leader Assessment.

If you require further information about the BCU 5 Star 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)

### The Venue & Accommodation

The course is based in The Hostel in Thurso. You should aim to arrive by **20:00** on first evening. The address is Millbank Road, Thurso, Caithness. The wardens name is Alan Hourston and the hostel number is 01847 896 206. We are booked in on Full board however there is no evening meal on arrival or departure nights.

We will meet you in Thurso for the course and you will need to make your own transport arrangements to get to Thurso. If you need any assistance with this please get in touch with us and we will be happy to assist.

We have stayed at the hostel a number of times and usually have the place to ourselves. The bunkroom accommodation is included in the price; all meals and pack lunches are provided; the hostel providing linen and duvets. The final meal will be packed lunch on last day.



## 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 Thurso 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.

B&B may be available on the final night at Glenmore Lodge, please book this in advance. Accommodation may also be available at Thurso on the final night, please contact Alan Hourston direct for this on 01847 896 206.

## What Will I Need?

**If you need equipment please let us know in advance so we can bring it across for you, a form is attached. Please return the form even if no equipment is needed.**

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
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

**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)			