

4 STAR LEADER TRAINING – Surf (Thurso)

What Paperwork Do I Need?

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 3709500; or Tel SCA on 0131 317 7314.
- Log Book.
- BCU 3 Star Surf certificate or log book information to support that you are able to paddle at new 3 star award or old 4 star award standard.

What We Cover

This **three-day** course will provide 3 full days of relevant training to allow paddlers to work towards sitting their BCU 4 Star Surf Leader Assessment. The 4 Star Leader Award is a discipline specific award and you will receive training in your chosen discipline and appropriate environment. For the Surf 4 Star Leader award this will be based in the appropriate moderate water surf environment (Maximum 3 foot surf with no hazards).

The training will include personal paddling coaching and feedback, tidal awareness, surf awareness and forecasting, equipment awareness, environmental awareness, supporting knowledge, safety and rescue, and leadership/group management.

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 at the end of the third day by giving you a clear feedback and an action plan as to how to progress to a BCU 4 Star Leader Assessment.

If you require further information about the BCU 4 Star Surf Leader Award and it's syllabus please contact the BCU direct on 0845 3709500 or www.bcu.org.uk

The Venue & Accommodation

The course is based in The Hostel in Thurso. You should aim to arrive by **23:00 on the evening** before the course starts. There is no evening session and our full board starts with breakfast the following morning.

The address is Millbank Road, Thurso, Caithness. The wardens name is Alan Hourston and the hostel number is 01847 896 206.

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

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. 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 Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. A kit list is included when booking. If you have your own kit please bring it along. We advise that you do not rush out and buy kit for the course, but use ours as a chance to find out what best suits your needs.

If you need equipment and are traveling direct to Thurso please let us know in advance so we can bring it for you. A form is attached for this, please return it even if no equipment is required.

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

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.**



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)			