

## **4 STAR LEADER TRAINING – White Water Kayak (Including BCU White Water Safety & Rescue Course)**

### **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 White Water 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 four-day course will provide relevant training to allow paddlers to work towards sitting their BCU 4 Star White Water Kayak 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 4 Star White Water Kayak Award this will take place in the appropriate moderate water environment (Grade 2 (3) ).

Two days of the training course will be spent covering the BCU White Water Safety and Rescue course and two days of the course will be spent looking at the 4 Star White Water Kayak Leader syllabus which will include; personal paddling, leadership, equipment, and environmental awareness.

The four day package will provide you with everything you need to progress on to 4 Star White Water Kayak Leader assessment.

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 that are most appropriate. The course will finish by giving you a clear feedback and an action plan as to how to progress to a BCU 4 Star White Water Kayak Leader Assessment.

If you require further information about the BCU 4 Star White Water Kayak Leader Award and it's syllabus please contact the BCU direct on 0845 3709500 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

#### **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.**