

## 5 STAR LEADER ASSESSMENT – CANOE

**You shall meet your trainers at 2000hrs on your arrival evening. There is no evening meal included in the price and you should have eaten dinner before this meeting.**

### **What Paperwork Do I Need?**

Your trainers will want 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 showing evidence of experience (see syllabus for appropriate experience)
- Evidence of 4 days of formal 5 Star Training ('new' Leader or 'old' award trg) within the last 3 years.
- Recognised 16 Hour First Aid Certificate (inc. CPR) within last 3 years.
- **Leadership Registration Form (Contact SCA for this)**

### **What We Cover**

This two-day course will provide look at all aspects of the BCU 5 Star Leader Canoe syllabus. The 5 Star Leader Award is a discipline specific award and you will be assessed in canoe in appropriate advanced white water rivers and advanced open water. There may also be an overnight expedition subject to weather and water conditions.

The assessment course will include personal paddling, journeying, equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with advanced white water and open loch leadership. A variety of venues will be used and the emphasis will be of making best use of Grade 3 water and open water with winds up to Force 5.

All of the above will be covered using any of the Lodge's on site facilities of lecture rooms and rolling pool, along with the local rivers and lochs

The course will finish by giving you a clear feedback and an action plan as to help you further develop as a paddler, along with hopefully awarding the BCU 5 Star Leader Canoe Award.

**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)**

### **Arrival & Departure Information**

You must arrive at the Lodge no later than **20.00 hrs**, the evening before your course starts. a bed is reserved for you (included in the price of the course) on all multi day

courses. Rooms are not usually available until 19.00 hrs. No meal is provided on the night of arrival or departure, however our bar serves meals from 17.00 hrs to 20.50 hrs (Wed-Sun) 17.00 hrs to 18.50 (Mon-Tue).

## What Equipment Will I Need?

**PLEASE NOTE:** IF YOU NEED A BOAT WE WILL ONLY ISSUE A RELATIVELY LOW SPEC PLASTIC BOAT.

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

### **Expeditions**

- ✓ Large dry bags
- ✓ Barrels for open boat journeys
- ✓ Sleeping bag & liner
- ✓ Tents (2 & 3 person)
- ✓ Karrimat
- ✓ 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.



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- ✓ 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 Repellent – 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!

#### **Open Canoe**

- ✓ **For open canoe courses Spey descent etc. a pair of wellies are very useful.**
- ✓ **For 5 Star courses please bring headtorch and light sticks for night paddling.\*\*\***

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