



5 STAR LEADER TRAINING – WHITE WATER KAYAK

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 370 9500; or Tel SCA on 0131 317 7314.
- BCU 4 Star Leader White Water Kayak Award or old style Level 3 Inland.

What We Cover

This four day course will provide relevant training to allow paddlers to work towards sitting their BCU 5 Star White Water Kayak Leader Assessment. The White Water Kayak 5 Star Leader Award is a discipline specific award and you will receive training in kayak in appropriate advanced white water rivers of grade 3 and 4 standard.

Two days of the training course will be spent covering the BCU Advanced White Water Safety and Rescue course and two days of the course will be spent looking at the 5 Star Leader syllabus which will include; personal paddling, leadership, equipment, and environmental awareness. All this will take place on appropriate advanced grade 3 and 4 water.

The four 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 any of the Lodge's on site facilities of lecture rooms and rolling pool, along with the local rivers.

The course will finish by giving you a clear feedback and an action plan as to how to progress to a BCU 5 Star White Water Kayak 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

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.**