

BCU LEVEL 2 COACH ASSESSMENT (Kayak or Canoe)

REMEMBER YOU HAVE TO REGISTER YOUR INTENTION TO DO THIS COURSE WITH BCU, FOLLOWING THEIR MANDATORY C1 PROCEDURE.

What Paperwork Is Required?

In order to maximise our time on the water, give you time to prepare any session you might be asked to run during the day and achieve our objective of completing the Assessment in one day, it is essential that you arrive with the correct and original paperwork IN ORDER.

Your Assessor will need to see the following:

- Original Form C1 signed + stamped by BCU - without this you will be turned away
- Original Form C2 that will have been sent to you by the BCU along with Form C1.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- BCU log book, giving evidence of a minimum of 20 hours' logged teaching experience since training (NO LOG BOOK, NO COURSE)
- Your Original Certificates:
 - 3 Star Award in the relevant discipline.
 - Canoe Safety Test Certificate in the relevant craft.
 - Current First Aid Certificate (4 hour including CPR and EAV)
 - Evidence of Level 2 Trg Course within last 3 years (or letter of exemption).

The Assessment

This one day course is a long day and will start promptly at 08.30hrs, finishing with debriefs which may continue until 1800hrs, or later.

The first half of the day will assess your personal skills on Loch Morlich, then you will meet the "mock students" back at Glenmore Lodge around lunch time before going back to the Loch for an afternoon of coaching sessions with them.

What 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 and Wenonah. 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.**



Useful Books

Canoe & Kayak Games by Dave Ruse

This book is a completely new and updated fourth edition of Dave Ruse's original 'Canoe Games'. It includes the best of the original Canoe Games, but has been completely revised and radically updated, with a huge number of new games contributed by BCU coaches. These games are grouped and linked to the BCU Coaching Scheme.

British Canoe Union Coaching Handbook by BCU

This book is a mine of useful information and practical tips. If you aspire to be a better canoe or kayak coach, this is the book for you

White Water Safety & Rescue by Franco Ferrero

This work includes white water safety and rescue for canoeists, kayakers and rafters. This is a completely revised new 2006 2nd edition now in full colour throughout

www.animatedknots.com/index.php	Animated Knot Tying
www.bcu.org.uk	British Canoe Union - Paddle sports coaching etc.
www.boathook.com/tides/uk.html	Tide Tables
www.canoescotland.com/	Scottish Canoe Association
www.johnmuiraward.org	A scheme to get young people involved in the outdoors
www.magicseaweed.com/	Surf Forecasts
www.metoffice.gov.uk/weather/marine/inshore_forecast.html	Inshore Forecasts
www.ordnancesurvey.co.uk	Loads of info on maps, access etc.
www.outdooraccess-scotland.com/	Scottish Access Code
www.theaward.org/scotland	Duke of Edinburgh's Award scheme
www.ukriversguidebook.co.uk/	UK Rivers Guide