

BCU Level 3 Coach Assessment - Sea

What Paperwork Is Required?

When you meet your trainers at **20.00** on the arrival evening, they will want to see the following **original** paperwork:

- BCU log book showing 30 relevant hours coaching experience and personal paddling experience.
- BCU/SCA membership
- 4 star award in the relevant discipline.
- Level 2 coach certificate.
- Evidence of attending Level 3 Sea training course in last three years or letter of extension/exemption.
- Form C1 **signed and stamped by the BCU. You will be turned away from the course if you do not have this.**
- Form C2 (from the BCU when the C1 is returned)
- First aid certificate
- Completed home written paper

The Assessment

The course will primarily cover assessment of equipment checks, personal skills, group leadership, coaching techniques, weather and tides. On one of the days there will be a group of 'real' students for you to coach and lead. You will be required to give a **10-minute lecturette** of your choice; it must be relevant to sea kayaking. **If you require presentation facilities, please let us know so we can bring it for you.**

There is no evening meal included on the arrival evening and you should have eaten before the 20.00 briefing and paperwork checks.

The Accommodation

We will be staying in comfortable Chalets at Inchree. Duvets and linen are provided but not towels.

All food for the course will be supplied in the restaurant, with pack lunches whilst out on the water (there is no evening meal on arrival). There are Laundry and drying facilities provided and a hose down area for cleaning wetsuits. In the evenings there is a bar onsite selling a range of beers and whisky's.

Inchree is situated 8 miles south of Fort William and 5 miles north of Glencoe, at the north end of Onich village, 500 metres off the A82. The full address is Inchree Centre, Inchree, Onich, Nr. Fort William, Highland Region, Scotland, PH33 6SE. Tel: 01855 821287. www.inchreecentre.co.uk

Arrival & Departure Information

The course will begin on the arrival evening with an opening brief at 20.00 - please try to make it on time with all your paperwork. The assessors will be at Inchree to meet you, if you cannot find them go to the reception in the Bar area. If you need to borrow any equipment for the assessment, please return the attached form and let us know as early as possible so we can ensure that it is taken across to Inchree for you.



Having processed the paperwork on the arrival evening, the next two days should be free to spend on the water. The course should finish around 17.00 on the last day.

Getting There

This course is being run on the west coast based from the Inchree bunk house OS sheet 41 grid 024 632. Their website www.inchreecentre.co.uk will help you get there. If you need any further help please feel free to contact us.

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. 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***



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- ✓ 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!

Sea Kayaking

- ✓ Compass - Silva type 4 recommended ***
- ✓ Personal Towel if staying at Inchree on Intro Sea Kayaking Course
- ✓ For 5 Star courses please bring headtorch & light sticks for night paddling***

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.magicseaweed.com/	Surf Forecasts
www.metoffice.gov.uk/weather/marine/inshore_forecast.html	Inshore Forecasts



Paddle sport courses Equipment list			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return this form 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)			

BCU Level 3 Sea Assessment

HOME PAPER

Candidates Name

NOTES

- Please answer all questions and hand your completed document to the Course Director at your first group meeting
- The purpose of the paper is to find out what you know and is not a test of English. Having said that we obviously need it to be legible; with questions numbered, and your name on each loose paper
- Note or bullet point answers are acceptable
- If illustrations help use them
- The marks for each question are given in parenthesis (brackets). They should help indicate the importance of the question

1 What do the following initials stand for? (10)

CoDe	
BDH	
IALA	
IDEAS	
ISKA	
GPS	
VHF	
S/NVQ	
CANI	
KISS	

2 Who manufactures the following kayaks? (5)

Triton	
Innuk	
Avocet	



Vela	
Orca	

3 Describe the differences between an asymmetric and a winged paddle? (3)

4 What are the advantages of the modified crank shaft? (2)

5 What are the following people acknowledged for: (5)

Stuart Fisher	
Nigel Foster	
Brian Wilson	
John Ramwell	
Mike Devlin	

6 Name five sources for suitable weather forecasts (5)

7 Name five books specific to sea kayaking and their authors. (5)

8 In YOUR opinion, what are the five most useful pieces of kit that you have or would like, and why? (5)

9 Explain what is meant by Transit Bearing and how you would use this. (3)

10 Explain the following: (7)

Weather Shore	
Lee Shore	
Fetch	
Clapotis	
Dead Reckoning	
The wind will back to the North West Soon	
A tide race	

11 A member of your party repeatedly capsizes over the course of the day and you suspect that they are suffering from mild hypothermia. Describe your actions. (10)

- 16 You have been working with a novice group over several weekends, bringing them up to two star standard. You are about to embark on their first day sea trip. Make a list of the relative information that may be useful to the group and any additional skills to be taught. (20)