

## **UKCC LEVEL 3 DISCIPLINE SPECIFIC TRAINING SURF (Thurso)**

### **What Paperwork Is Required?**

When you meet your trainers they will need to see the following:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- BCU UKCC Level 2 Certificate or APL evidence arranged through the BCU.
- Evidence of attending a UKCC Level 3 Core Coach Training Course.
- BCU 4 Star Leader certificate in appropriate discipline.
- Evidence of appropriate Intermediate Modules or APL evidence arranged through the BCU.
- Log Book

### **The Course**

This two-day course is open to anybody who has done the UKCC Level 3 Core Coach Training course and has attended the appropriate Intermediate Modules. As a qualified UKCC Level 3 Coach you will be able to work in a coaching capacity and lead groups in an experienced and specialist role. This role is aimed at the coach working in a long-term role with the students they are coaching.

The two days discipline specific will then look at putting all the elements of the Core Training course into practice in the surf environment. This will include looking at the UKCC Level 3 ‘hows’ of coaching in a long term student environment as well as the surf specific ‘whats’ of developing performers in moderate surf. The discipline specific two days is a compulsory part of the UKCC Level 3 Training Programme.

The course will finish by giving you a clear action plan as to how to progress to a UKCC BCU Level 3 Coach Assessment.

If you require further information about the UKCC Level 3 Discipline Specific Training and it's syllabus please contact the BCU direct on 0845 370 9500 or [www.bcu.org.uk](http://www.bcu.org.uk)

### **The Venue & Accommodation**

The course is based in The Hostel in Thurso. You should aim to arrive by 23:00hrs on first evening. There is no evening session and our full board starts with breakfast the following morning.

The address is Millbank Road, Thurso, Caithness. The wardens name is Alan Hourston and the hostel number is 01847 896 206.

We will meet you in Thurso for the course and you will need to make your own transport arrangements to get to Thurso. If you need any assistance with this please get in touch with us and we will be happy to assist.



We have stayed at the hostel a number of times and usually have the place to ourselves. The bunkroom accommodation is included in the price; all meals and pack lunches are provided; the hostel providing linen and duvets. The final meal will be packed lunch on last day.

## Arrival & Departure Information

Having arrived safely on the arrival evening the course will begin with an opening brief at **09.00** hrs (please try to make it on time with all your paperwork). We will meet you at Thurso so please arrange your own travel arrangements. If you need assistance with this please get in contact with us and we will be happy to help. The course will finish by 17.00hrs on the last day.

## What Will I Need?

**If you need equipment and are going direct to Thurso please let us know in advance so we can bring it for you, a form is attached. Please return this even if nothing is needed.**

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\*\*\*
- ✓ 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

### **Rolling**

- ✓ For courses using the pool for rolling we advise the use of a nose clip. These are not provided but can be bought in our shop.\*\*\*

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

<b>Paddle sport courses Equipment list</b>			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return even if no equipment is needed</b>			
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)			