

## **BCU 3 Star Training, Assessment & Rolling Clinic– White Water**

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

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 3709500; or Tel SCA on 0131 317 7314.
- Log Book showing any evidence of paddling on Grade 2 water.

### **The Course**

This **five-day** course will provide relevant training to allow paddlers to progress towards and hopefully pass their BCU 3 Star White Water Award. For many the ability to roll a white water kayak is a challenging part of the 3 Star Syllabus. With this course we will be able to make use of our rolling pool and structure the week around developing the roll, as well as the additional 3 Star skills. The week will be structured to meet the groups needs, with plenty of time will be spent developing the wide ranging skills required to efficiently paddle a White Water Kayak in a variety of environments, alongside the rolling coaching. These environments will include journeying on open water as well as simple moving water up to Grade 2. In doing this all aspects of the 3 Star will be covered, and it would be hoped that by the end of the week the 3 Star Award would be attained. The BCU 3 Star Award indicates that the paddler is of intermediate ability and is competent to be a member of a led group.

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

If you require further information about the BCU 3 Star Canoe Leader Award and it's syllabus please contact the BCU direct on 0845 3709500 or [www.bcu.org.uk](http://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, Wenonah and Venture Canoes. 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 and canoe. There are specialist additional open boating items such as paddles, 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.**