



BCU (UKCC) Level 2 Transfer Course

PRE-REGISTRATION WITH BCU IS REQUIRED FOR THIS COURSE. CONTACT THE BCU ON 0845 370 9500 OR www.bcu.org.uk FOR FURTHER INFORMATION

What Paperwork Is Required?

Your trainers will need to see the following when they meet you at **0900hrs**:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- “Old” BCU level 2 Coach award as a minimum or higher award if wanting to transfer at this level.
- Foundation Safety and Rescue or Canoe Safety Test (if achieved prior to 01/01/09)
- 2 Star in Canoe and Kayak and BCU 3 Star certificate in any discipline for Boat Based candidates.
- Log Book

The Course

The BCU (UKCC) Level 2 Certificate in Coaching Paddlesport Transfer Course is a **2 Day** course and will look at all aspects of the BCU (UKCC) Level 2 syllabus. The course will start at **0900hrs** when you will meet the staff. We will start by working through the transfer course paperwork, the programme for the days and the transfer process. This should allow the much of the rest of the day to be run in a practical way and might make use of any of the rolling pool and pond, along with Loch Morlich or the River Spey, which is 5 minutes away. The second day will again start looking at coaching principles on the water, with the afternoon being spent looking at the portfolio process and action planning towards assessment.

The course will finish by giving you a clear action plan as to how to progress on to a BCU (UKCC) Level 2 Assessment.

If there is any way you would benefit from us tailoring the learning programme to meet any learning or physical specific needs, please let us know as soon as possible so we can look at helping with this. Also if you are coming from a competition background and would like to discuss how the course will meet your needs, again please get in touch. We have a good range of kayaks and canoes at the Lodge, however if you want to bring your own specific boat with you please feel free to.

If you require further information about the BCU (UKCC) Level 2 Course, the transfer process and it's syllabus please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

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, Wenonah and Venture. The surf kayaks are also of up to date design from Valley and Mega.

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/surf kayaking and canoeing. 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

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!
- ✓ Waterproof Notebook***

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