

UKCC LEVEL 3 ASSESSMENT – White Water and Open

What Paperwork Is Required?

When you meet your trainers at **2000hrs** they will need to see the following:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Evidence of attending a BCU (UKCC) Level 3 Core Training or APL evidence arranged through the BCU.
- Evidence of attending a BCU (UKCC) Level 3 Discipline Specific Training or APL evidence arranged through the BCU
- BCU 4 Star Leader certificate in appropriate discipline.
- Evidence of appropriate BCU Intermediate Modules and/or BCU Moderate Water Endorsement or APL evidence arranged through the BCU.
- Recognised 8 Hour First Aid Certificate (inc CPR) within last 3 years.
- Completed tasks in the Candidate Assessment Pack.
- Up to date Log Book.

The Course

Meeting at **2000** on the arrival evening allows time to process the paperwork, work through the pre-assessment tasks in the Portfolio, outline the course programme as well as prepare for the following days coaching sessions. The following day on the water will cover all aspects of the syllabus for the BCU (UKCC) Level 3 Certificate in Coaching Paddlesport Assessment, which is designed for coaches wishing to coach in a moderate water environment with medium term students. This day will include you coaching two sessions of at least 1 hour in duration. The first session would allow you to assess the needs of the students to then be able to move on to a more focussed delivery in the second session. We will make use of the Local Rivers and Lochs in the area around Glenmore Lodge that will offer the appropriate moderate water environments.

At the end of the day detailed action planning will take place to help you progress as a coach and of course we hope we will have awarded you your endorsement.

On your assessment course you will have real ‘mock students’ to coach. It would be of great assistance to us if you were able in any way to help supply mock students of a suitable ability for this assessment, or other assessments we run. If you feel this is possible please download the appropriate form under ‘Free Training’ on our website and get any potential mock students to fill it in.

If there is any way you would benefit from us tailoring the learning/assessment 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. 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 3 and it's syllabus please contact the BCU direct on 0845 370 9500 or 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. 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

White Water and Swift Water Rescue

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape



- ✓ Pulleys
 - ✓ Prussiks
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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

Sample Course Programme

This programme is designed to provide an idea of what to expect from your course. Your Tutor may choose to deliver a slightly different programme depending on weather, group and logistics.

Day One – Meeting 20.00	
20.00	Course Introductions Course Paperwork Collecting Portfolio's Logistics for following day Session planning for following day
Day Two	
0830	Meet Mock Students/Own Students Equipment and Boats Load Tractor and Bus
0900	Depart for coaching venue
1000	Deliver first coaching session Verbal questioning
LUNCH	
1300	Deliver second coaching session Verbal questioning
1600	Results Assessment Day Pack Paperwork Feedback Action Plans
1730 Tea and Cakes – Course Finish	

