

BCU 5 Star Leader Assessment – Sea (Skye)

You shall meet your trainers at **2000hrs** on your arrival evening. They will want to see the following:

What Paperwork Do I Need?

- **Leadership Registration Form (Contact SCA for this)**
- Log Book showing appropriate experience (see syllabus for appropriate experience).
- BCU 4 Star Leader certificate.
- Evidence of Training Course ('new' Leader or 'old' award trg) within the last 3 years – 3 days (2 days and 2 nights)
- BCU Open Water and Tidal planning course (or 2 days specific training on Open Water Navigation and Tidal Planning from a registered BCU 5 Star Leader Sea Provider).
- Recognised 16 Hour First Aid Certificate (inc. CPR) within last 3 years

What We Cover

This two-day course will provide look at all aspects of the BCU 5 Star Leader Sea syllabus. The 5 Star Leader Award is a discipline specific award and you will be assessed in sea in appropriate advanced sea conditions and environments.

The assessment course will include personal paddling, journeying, navigation, tidal planning, equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with advanced sea leadership. A variety of venues will be used and the emphasis will be of making best use of the sea conditions and venues around the North of Skye (OS Landranger Sheet No. 23). We can supply maps and charts if needed.

As part of the assessment an overnight camp may take place depending on conditions. Please bring appropriate equipment for this. Expedition food will be supplied by Glenmore Lodge. The course will finish by giving you a clear feedback and an action plan as to help you further develop as a paddler, along with hopefully awarding the BCU 5 Star Leader Sea Award.

If you require further information about the BCU 5 Star Award and it's syllabus please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

The Accommodation

SKYE

This course will be based at the Whitewave outdoor Centre in the North of Skye, 4 miles north from Uig.

Set in a beautiful location within the small community of Linicro, Whitewave enjoys fabulous views across open countryside and on towards the sea.

All catering will be done by the centre so the evenings are available for relaxing and some theory sessions.

Ground floor: Living room. Dining room with wooden floor. Kitchen. Utility room. 1 double bedroom with en-suite bathroom with shower over bath and toilet. 2 wet rooms. First floor: 3



bedrooms: 2 double with additional single, one with en-suite shower room, one with sloping ceiling. 1 twin with sloping ceiling.

Woodburner in living room. Oil CH , bed linen and towels inc Video and small library. No TV (no reception). No smoking please.

Whitewave is at No.19 Linicro, Kilmuir, Isle of Skye in the Inner Hebrides of the Highlands of Scotland: Tel: 01470 542414

By Car:- From Armadale or Kyle of Lochalsh follow signs to Portree on the A850, from Portree follow signs to Uig along the A856. Drive through Uig, turning right to Kilmuir, not following the road to the Pier. The road is now the A855 and is single track (remember to use the passing places properly). There is a sharp hairpin bend, and at the top of the hill ignore the turn off to Staffin and the Quiriang and continue north for 3 miles. No.19 is a large house on the right. Look out for the wind turbine next to it!!

We are booked in on Full board however there is no evening meal on arrival or departure nights. You should have eaten before the **20.00** evening meeting.

For the second night we may be out on expedition and use camp based accommodation. Please bring appropriate equipment for this, Glenmore Lodge can help with this if needed. Expedition food will be provided by Glenmore Lodge.

Arrival & Departure Information

The course will begin on the first evening with an opening brief at **20.00** (please try to make it on time with all your paperwork). **We will meet you at Whitewaves on Skye** 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 17.00 on the last day.

What Will I Need?

If you need equipment please let us know in advance so we can bring it for you. A form is attached for this purpose, please return it to us even if you do not require any equipment.

Please note that if you need a boat it will be a low spec plastic sea kayak.

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

Expeditions

- ✓ Large dry bags
- ✓ Barrels for open boat journeys
- ✓ Sleeping bag & liner
- ✓ Tents (2 & 3 person)
- ✓ Karmimat
- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug

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!



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.



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 you require no equipment.			
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)			