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## BCU 5 Star Leader Assessment - White Water

### What Paperwork Do I Need?

When you will meet your trainers at **2000hrs** on your arrival evening, they will want to see the following:

- **Leadership Registration Form (Contact SCA for this)**
- Log Book showing appropriate experience. (see syllabus for appropriate experience).
- Evidence of Training Course ('new' Leader or 'old' award trg) within the last 3 years
- BCU Advanced White Water Safety and Rescue Training (or 2 days formal safety and rescue training delivered by a registered BCU 5 Star Leader White Water 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 Kayak syllabus. The 5 Star Leader Award is a discipline specific award and you will be assessed in kayak in appropriate advanced white water rivers of Grade 3 and 4 standard.

The assessment course will include personal paddling, journeying, equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with advanced white water leadership. A variety of venues will be used and the emphasis will be of making best use of Grade 3 and 4 water in our area.

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

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 White Water Kayak Award.

**If you require further information about the BCU 5 Star Leader Award and it's syllabus please contact the BCU direct on 0845 370 9500 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. 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

**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!

### **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.**