

## BCU 5 Star Leader Training – Sea (Skye)

### What Paperwork Do I Need?

When you meet your trainers at **22.00**, 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 370 9500; or Tel SCA on 0131 317 7314.
- BCU 4 Star Leader Sea Award or old style Level 3 Sea Award.

### What We Cover

This three-day course will provide relevant training to allow paddlers to work towards sitting their BCU 5 Star Sea Leader Assessment. The Sea 5 Star Leader Award is a discipline specific award and you will receive training in sea in appropriate advanced sea conditions and environments.

The training course will include personal paddling, tidal planning equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with leadership of small groups of peer paddlers. Over the three days this will include the BCU Sea Kayak Open Water Navigation and Tidal Planning Course as well as the 5 Star Sea Leader Training.

All of the above will be covered using the fantastic locations that are on offer in the North Skye area. Our accommodation also has classroom facilities.

As part of the training course it is anticipated that a night paddling exercise may take place along with possibly an overnight camp if conditions are appropriate, please bring head-torches, light sticks and any personal camping equipment you have for this. Expedition food will be supplied by Glenmore Lodge, equipment can be supplied if required.

The course will finish by giving you a clear feedback and an action plan as to how to progress to a BCU 5 Star Sea Leader Assessment.

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)

### Arrival & Departure Information

Please aim to arrive on the first evening of the course by **2200**, there will be no formal session but this will allow us to set the timings for the first day of the course to maximise our time. **We will meet you 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.

B&B may be available on the final night at Glenmore Lodge, please book this in advance. Accommodation may also be available at Whitewaves on the final night, please contact them direct to arrange this.



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## Sharing Transport

We have a transport sharing scheme through our website in the discussion forum. You will be asked for a user name, please enter your initial and surname so we can verify the information with your course booking. You will then receive an automatic email to confirm your account is activated, if you do not receive this within a couple of days please contact us.

## The Accommodation

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!!

It is anticipated for the second night we will be out on expedition and using 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.

## What Will I Need?

**If you need equipment please let us know in advance so we can bring it across for you a form is attached, please return this form to us even if no equipment is required. Please note that we are only able to supply you with a low spec plastic boat.**

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)
- ✓ Karrimat
- ✓ 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

#### 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.



<b>Paddle sport courses Equipment list</b>			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return this to us even if no equipment is required.</b>			
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)			