



BCU (UKCC) Level 1 Certificate In Coaching Paddlesport

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:

- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Evidence of registration – Your Original Stamped 'CR' Form.
- BCU 'New' 2 Star Certificate or 'Old' 2 Star in both Canoe and Kayak for Boat Based Candidates.
- The BCU Foundation Safety and Rescue Course is covered on day 1 of this course. If you do not need this and are joining on day 2 please bring evidence of appropriate safety and rescue training.
- No other pre-requisites are required for this course.

The Course

This five-day course is open to anybody who has an interest in helping people learn how to paddle. It is the first stepping stone to becoming a BCU (UKCC) Coach, as a qualified BCU (UKCC) Level 1 Coach you will be able to work as a coach under supervision. The Level 1 Training and Assessment course is open to boat based and bank based coaches alike, and in any discipline of paddlesport, recreational or competitive.

The five days will cover all aspects of assisting running coaching sessions for paddlers, focusing particularly on the basic coaching principles, session organisation, health and safety, equipment and safety and rescue. All the sessions will be run in a practical format allowing plenty of time to put into practice the above principles in a context that is relevant to you. Three days will focus on the coaching side of things and the first day will be the BCU Foundation Safety and Rescue Course that is a pre-requisite for assessment.

The final day will then be the BCU (UKCC) Level 1 Assessment, which we will have ensured you are ready for during the training part of the course.

All of the above will be covered using the Lodge's on site facilities of lecture rooms, rolling pool and pond, along with Loch Morlich or the River Spey which are 2 minutes away.

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.

The course will finish by giving you a clear action plan as to how to continue your coaching development as a BCU (UKCC) Level 1 Coach and progress towards the BCU (UKCC) Level 2 Certificate in Coaching Paddlesport.

If you require further information about the BCU (UKCC) Level 1 Course 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 canoe. 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!
- ✓ A Waterproof Notebook***

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