



BCU (UKCC) Level 2 Certificate In Coaching Paddlesport – Assessment

What Paperwork Is Required?

PRE-REGISTRATION WITH BCU IS REQUIRED FOR THIS COURSE. CONTACT THE BCU ON 0845 370 9500 OR www.bcu.org.uk FOR FURTHER INFORMATION

Your trainers will need to see the following when they meet you at **1900hrs** on the first evening:

- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Evidence of registration – Your Original Stamped 'CR' Form.
- Evidence of BCU (UKCC) Level 2 Training Course or APL.
- Foundation Safety and Rescue Certificate or Canoe Safety Test (if achieved prior to 01/01/09)
- BCU 'New' 2 Star Certificate or 'Old' 2 Star in both Canoe and Kayak for Boat Based Candidates.
- BCU 3 Star certificate for Boat Based candidates.
- Alternate BCU 3 Star Certificate or 3hr Foundation Module Certificate.
- LTPD online test Certificate.
- Completed Assessment Portfolio.
- Appropriate First Aid Certificate.

The Course

The assessment will look at all aspects of the BCU (UKCC) Level 2 Certificate in Coaching Paddlesport syllabus. The assessment will start at **1900hrs** when you will meet the assessment staff. You should have eaten by this time as the evening will be spent working through the assessment paperwork and your completed portfolio. This should allow the following day to be run in a practical way and might make use of any of the Lodge's on site facilities or lecture rooms, rolling pool and pond, along with Loch Morlich or the River Spey, which is 5 minutes away. You will be expected to deliver two coaching sessions to students during the assessment. You will have time to prepare for this the evening before, when information about the students to be coached will also be given out.

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. 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.

If you require further information about the BCU (UKCC) Level 2 Course and it's syllabus please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

Arrival & Departure Information

The Assessment Course has a lot to cover, so please arrive at the Lodge by **1900hrs**, this will allow us to start processing the paperwork and portfolios. We would hope to be finished by 1800hrs the following day, but this may be later so please allow for this in your travel planning.

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 canoeing. 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!

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