

## **BCU Moderate Water Endorsement - Assessment – Sea**

### **What Paperwork Is Required?**

When you meet your trainers at **2000** hrs they will need to see the following:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Evidence of attending a BCU (UKCC) Level 2 Certificate in Coaching Paddlesport Assessment or APL evidence arranged through the BCU.
- BCU 4 Star Leader Award in appropriate discipline.
- Evidence of attending a BCU Moderate Water Training Course.
- Recognised 8 Hour First Aid Certificate (inc CPR) within last 3 years.
- 10 Hours logged coaching as a BCU (UKCC) Level 2 Coach.
- 20 Hours Logged leading as a 4 Star Leader.

### **The Course**

Meeting at **2000** on the arrival evening allows time to process the paperwork, outline the course programme as well as prepare for the following days coaching sessions. The following day on the water will cover all aspects of the syllabus for the BCU Moderate Water Endorsement Assessment, which is designed for coaches wishing to coach in a moderate water environment. We will make use of the fantastic coastal destinations close to the Inchree Centre that will offer the appropriate moderate water environments.

At the end of the day detailed action planning will take place to help you progress as a coach and of course we hope we will have awarded you your endorsement.

If you require further information about the BCU Moderate Water Endorsement and it's syllabus please contact the BCU direct on 0845 370 9500 or [www.bcu.org.uk](http://www.bcu.org.uk)

### **The Accommodation**

We will be staying in comfortable Chalets at Inchree. Duvets and linen are provided but not towels.

All food for the course will be supplied in the restaurant, with pack lunches whilst out on the water (there is no evening meal on arrival). There are Laundry and drying facilities provided and a hose down area for cleaning wetsuits. In the evenings there is a bar onsite selling a range of beers and whisky's.

Inchree is situated 8 miles south of Fort William and 5 miles north of Glencoe, at the north end of Onich village, 500 metres off the A82. The full address is Inchree Centre, Inchree, Onich, Nr. Fort William, Highland Region, Scotland, PH33 6SE. Tel: 01855 821287. [www.inchreecentre.co.uk](http://www.inchreecentre.co.uk)

The O.S. maps for the areas that may be used are numbers 40 and 49, which we can supply if needed. Having processed the paperwork and outlined the course programme



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on the arrival evening (**meeting at 20.00**), the next day should be free to spend on the water.

**Equipment, accommodation and food are included in the price as well as travel to and from the daily activity. There is no evening meal included on the arrival evening and you should have eaten before the 20.00 briefing and paperwork checks.**

## **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 Inchree 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 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, Weenoha and Pyranha. 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 and canoeing. There are specialist additional open boating items such as paddles, poles and sails.

**If you need equipment please let us know in advance so we can bring it across for you. A sheet is attached, please return even if no equipment required.**

### **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!

#### 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:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return to us even if nothing 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)			