

Moderate Water Endorsement Assessment – White Water And Open

What Paperwork Is Required?

When you meet your trainers at **2000hrs** 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 (for Canoe must be 10 hours on lakes/lochs in moderate water conditions and 10 hours on moving water).

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 Local Rivers and Lochs in the area around Glenmore Lodge 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

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!

Items marked *** are available in our shop