

## Moderate Water Training – Surf

### What Paperwork Is Required?

When you meet your trainers at 0900 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 Assessment or APL evidence arranged through the BCU.
- BCU 4 Star Leader Award in appropriate discipline.
- Recognised 8 Hour First Aid Certificate (inc CPR) within last 3 years.

### The Course

This one day course provide the training require to progress to the BCU Moderate Water Endorsement Assessment. The aim of the day is to develop your coaching knowledge to transfer the coaching skills from the BCU (UKCC) Level 2 Certificate in Coaching Paddlesport into a discipline specific moderate water environment. With this in mind the day will be spent primarily looking at ‘what’ we coach in the environment with the specific boats, and then ‘how’ we do that with the skills that we already have.

At the end of the day detailed action planning will take place to help you progress to assessment.

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

### The Venue & Accommodation

The course is based from Thurso. You should aim to arrive by **0900 hrs in the morning**. If you would like accommodation before or after the course please arrange this independently. If you would like help with this please feel free to contact us.

We will meet you in Thurso for the course and you will need to make your own transport arrangements to get to Thurso. If you need any assistance with this please get in touch with us and we will be happy to assist.

There is no accommodation provided as part of the course cost, please supply your own packed lunch for the day.

### Arrival & Departure Information

The course will begin with an opening brief at **09.00hrs** (please try to make it on time with all your paperwork). We will meet you at Thurso so please arrange your own travel arrangements. Please get in contact with us and we will be happy to provide further information with regards a meeting place and other arrangements. The course will finish by 18.00.

## What Will I Need?

**If you need equipment please let us know in advance so we can bring it for you a form is attached, please return the form even if nothing is required.**

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 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

### **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

**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</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)			