

4 STAR LEADER TRAINING (Including BCU Coastal Navigation and Tidal Planning) – Sea (Inchree)

What Paperwork Do I Need?

When you meet your trainers, **at 20.00**, they will need to see the following:

- Note: It is not essential to be a member of either canoe unions to undertake training. However, we recommend that all students join before attending. Tel BCU on 0845 3709500; or Tel SCA on 0131 317 7314.
- Log Book.
- BCU 3 Star Sea certificate OR 'old' 4 Star Sea award.

What We Cover

This three-day course will provide relevant training to allow paddlers to work towards sitting their BCU 4 Star Leader Assessment. The 4 Star Leader Award is a discipline specific award and you will receive training in your chosen discipline and appropriate environment. For the Sea 4 Star Leader Award this will be based in the appropriate moderate water sea environment (see the training guidance notes for further information).

The training course will include personal paddling, tidal planning equipment awareness, environmental awareness and supporting knowledge. In addition to this safety and rescue will be covered along with leadership of groups of up to four paddlers. Over the three days this will include the BCU Sea Kayak Coastal Navigation and Tidal Planning Course as well as the 4 Star Leader Training.

All of the above will be covered using the fantastic locations that the west coast has to offer in the Fort William area. Our accommodation also has classroom facilities. The course will finish by giving you a clear feedback and an action plan as to how to progress to a BCU 4 Star Sea Leader Assessment.

If you require further information about the BCU 4 Star Sea Leader Award and it's syllabus please contact the BCU direct on 0845 3709500 or 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

The O.S. maps for the areas that may be used are numbers 49, 50 and 55, which we can supply if needed. Having processed the paperwork, discussed your needs and aspirations, and outlined the course programme on the arrival evening, the next three days should be free to spend on the water and in the classroom learning.

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 Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. A kit list is included when booking. If you have your own kit please bring it along. We advise that you do not rush out and buy kit for the course, but use ours as a chance to find out what best suits your needs.

If you need equipment please let us know in advance so we can bring it across for you a form is attached. Please return the form even if no equipment is required.

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. 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

Expeditions

- ✓ Large dry bags
- ✓ Barrels for open boat journeys
- ✓ Sleeping bag & liner
- ✓ Tents (2 & 3 person)
- ✓ Karrimat
- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug

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:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE. Please return even if no equipment is required.			
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)			