

# BCU 3 Star Training and Assessment in Canoe Candidate Notes

**Dates:** Please see calendar list. Courses are also available by arrangement.

**Venue:** Northern Region (usually River Tees and Ullswater). We also use Keilder Water, Swale, Tyne and Eden. Courses by arrangement can be delivered at a venue of your choice.

**Cost: £90 per head** (non-residential). If you book onto a BCU UKCC Level 2 Course with [kenhughescourses](http://www.kenhughescourses.com) (ask for details) there is a discount of £20 off: The 3 Star will then only cost £70! There will also be an additional fee of £5 to get on the lake.

## Course aims:

*“Successful performance at this level indicates that a candidate can consider themselves an intermediate paddler rather than a beginner. The paddler having demonstrated personal competence in winds up to force 2-3 and on simple moving water.*

The syllabus: [http://www.bcu.org.uk/bcu/CoachingItemPDFs/upload\\_1864.pdf](http://www.bcu.org.uk/bcu/CoachingItemPDFs/upload_1864.pdf)

## Pre-requisites

- BCU 2 Star skills in canoe**
- Previous Experience:** you are advised to have some experience of simple moving water and in windy conditions. Although *not* a necessity, it will help you get the most from the training.

## Personal Equipment:

☞ **Candidates should bring the appropriate equipment for their own needs:**

- Boat, paddles, helmet, etc
- Pole
- Dry bag, buoyancy aid, wet-suit (if you chose)
- Clothing/other kit for the prevailing conditions
- Food and drinks (warm and hydrating)
- Dry bag to carry spare kit.
- If you cannot get access to any piece/s of equipment please contact course staff at the earliest possible opportunity.

**Note:** you will only gain the award at the end of the course if you reach the required standard. However, 2 days of quality training in itself makes it worth attending the course.

## Programme

Day 1	0900	Meet Venue 1 (likely to be the Barnard Castle).
	0915	Course Outline, Candidate/Staff Introductions
	0945	River Day
	1800	Day 1 ends.
Day 2	0900	Meet Venue 2 (likely to be Ellerton Park, Scorton, near Catterick)
	0930	Open Water Day
	1530	Individual Course De-briefs

**Notes:** The rivers and venues we choose will be determined by the water levels/wind and will reflect the required outcomes of the course. *You should be prepared to travel to find suitable water.*

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