



BCU 4 Star White Water Kayak Assessment

With Steve Banks

Overview:

This is the assessment course for the BCU 4 Star White Water Kayak Leader Award. The remit of this qualification is significantly greater than its predecessor and now permits holders to lead a group of up to 4 competent others on moderate inland water. Candidates who trained under the old scheme must ensure that they meet all the extra requirements of the new award before presenting for assessment. Please note that this is not a coaching award and it is not deemed suitable by the BCU for the introduction of beginners to the sport. 4 Star is the prerequisite for the new UKCC Level 3 Coach Award and for the new BCU Moderate Water Endorsement.

Assessment will be via task setting, observation and discussion in a friendly and supportive atmosphere. There is also a written paper.

Content:

The assessment course will cover the following competencies:

Personal paddling skills

Safety and rescue

Leadership and group management

Theory (e.g. access, logistics, environment etc.)

For the full syllabus please go to the BCU website

Prerequisites:

It is the candidate's responsibility to ensure that they are aware of and meet the minimum requirements for this qualification. Check the BCU website.

Advance registration with the BCU for assessment (Form LR).

4 Star training

Minimum 8 hour First Aid certificate including CPR

BCU White Water Safety and Rescue certificate

Logged evidence of a **minimum** of 12 quality, river trips, of at least 4 hours duration, in **at least** 4 different locations. This should include:

Logged evidence of being led on **at least** 6 grade 3 river trips

Logged evidence of a **minimum** of 6 trips on grade 2-3 water in the role of assistant leader.



017687 79412

steve@stevebanksoutdoors.co.uk

07796 213817



Dates and Cost:

As advertised

Venue:

Practical work will take place in local Cumbrian venues in moderate water conditions. Bespoke courses can be arranged anywhere.

Equipment:

Candidates are expected to present with all their own equipment for this course, including kayak. Borrowed equipment will be treated as if it is the candidate's own.

If you have any questions or concerns regarding this provision please contact Steve who will be very happy to advise and assist you.

Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks Outdoors is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled a full refund will be given.



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