



## BCU 3 Star Open Canoe Assessment

With Steve Banks

**Overview:** This one day course is the assessment for the 3 star open canoe award. Holders of this award have demonstrated the skills and knowledge to be effective members of a led group on open water with winds up to Force 3, as well as simple moving water. This award is a prerequisite for 4 star open canoe training.

**Content:** Candidates will need to demonstrate appropriate personal paddling skills, safety & rescue skills, leadership, group awareness and underpinning theoretical knowledge. Please check the BCU website for a full syllabus. The assessment will be conducted via task setting, observation and discussion in a friendly and supportive atmosphere.

**Prerequisites:** Candidates must be at an appropriate standard for assessment, ideally they will have completed 3 star training. Evidence must be provided of:  
At least 3 different open water journeys of a minimum of 3 hours  
A minimum of one 3 hour session in an alternative discipline

**Cost and dates:** As advertised. Bespoke courses by arrangement.

**Venue:** Practical work will take place on local Cumbrian venues.

**Course times:** 9am to approximately 5pm

**Equipment:** Candidates should be aware of the equipment required for this award and it will be assumed this is so. If you have any questions or difficulties with this element please do not hesitate to contact Steve, we will do his best to assist.

If you have any concerns or questions please contact Steve who will be happy to advise 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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