



## BCU 3 Star Open Canoe Training

With Steve Banks

**Overview:** This is a completely new award from 2007. As with the other updated 3 star courses, the emphasis of this 2 day course will now be on demonstrating applied skills in context rather than technical elements tested in a benign setting. This award may be taken tandem or solo. 3 star is a prerequisite for 4 star training.

This course will not be taught by rote, rather it will be delivered in Steve's usual highly practical, learner centred manner designed to make you think about everything you do.

**Content:** The course will cover personal paddling, safety & rescue skills, group leadership skills and appropriate theory. The BCU website provides a full syllabus and comprehensive information.

**Prerequisites:** Trainees should be able to demonstrate a consistent 2 star canoe standard of performance as a minimum.

**Venue:** Local Cumbrian open water venues, with wind up to Force 3, as well as simple moving water sites, will be used for practical work. Bespoke courses can be run at specific locations by arrangement.

**Course timings:** 9am until approximately 5pm

**Equipment:** Please bring any open canoeing equipment you have, including your own boat. If there is anything you don't have please call and Steve will do his best to help you. If unsure please phone to check. Bring food, drink, a change of clothes and a towel.

If you have any questions about this course please don't hesitate to call for advice.

**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 by Steve a full refund will be given.**



017687 79412

[steve@stevebanksoutdoors.co.uk](mailto:steve@stevebanksoutdoors.co.uk)

07796 213817