

steve banks outdoors

BCU 3 Star Sea Kayak Assessment

With Steve Banks

Overview: This one day course is the assessment for the new (2007) 3 star sea kayak award. Holders of this award have demonstrated the skills and knowledge to be effective members of a led group in sheltered sea conditions with winds up to Force 3. This award is a prerequisite for 4 star sea kayak 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 sea journeys of a minimum of 3 hours
A minimum of one 3 hour session in an alternative discipline

Cost and date: As advertised

Venue: Local Cumbrian venues, with wind up to Force 3, will be used for practical work. Bespoke courses can be run anywhere.

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.