



BCU 4 Star Sea Kayak Training Course

With Steve Banks

Overview

This course comprises the training element of the new (2007) BCU 4 Star Sea Kayak award. There are significant alterations to this qualification; not least that it is now a leadership award in its own right. Holders of the new 4 Star Sea certificate will now be qualified to lead groups of up to 4 competent others in moderate sea conditions – this is a big difference to the previous version in which the requirement was to be competent to be in such a led group. It is also hoped that this award will act as a much more effective progression to the 5 star qualification. Please note that this is not a coaching award and is not deemed suitable by the BCU for introducing beginners to the sport. 4 Star is a prerequisite for UKCC Level 3 Coach training and the new BCU Moderate Water Endorsement.

Please check the BCU website for the full syllabus for both elements of this training.

Content

The 3 day course will cover the following elements:

Coastal navigation and tidal planning course (day 1 is based indoors)

Personal paddling

Leadership and group organisation

Boat set up and appropriate equipment

Safety and rescue

Environmental issues

For a comprehensive syllabus please visit the BCU website.

Venue: Practical sessions will be run at local Cumbrian venues. Bespoke courses can be run anywhere.

Times:

9am until approximately 5pm

Cost and Dates:

As advertised on Steve's website. There is a BCU certification fee for the Navigation and Tidal Planning course, currently £5 for members.



017687 79412

steve@stevebanksoutdoors.co.uk

07796 213817



NB You may undertake the Coastal Navigation course separately from the practical 4 Star training. The prices for these different options are advertised on Steve's website

Prerequisites:

BCU 3 Star Sea Kayak or be **comfortably** at this standard (check if unsure).
Confident and competent to work and train in moderate sea conditions

Equipment:

Please bring any sea kayaking equipment which you have, including your own boat. If you have any kit problems please call for advice and guidance.

This course will be conducted in Steve's usual, highly practical, holistic, learner centred manner so please come prepared to be challenged to think and to question.

If you have any questions about this course please contact Steve who will be very happy to assist and 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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