



## BCU 5 Star Open Canoe Assessment Course

With Steve Banks

### Overview:

This course assesses the elements of the BCU 5 Star Open Canoe Leader award. There are only minor alterations to this qualification from the previous version; it continues to be a highly regarded leadership award in its own right. Holders of the 5 Star certificate are qualified to lead groups of up to 4 competent others on advanced inland waters (i.e. grade 3 white water and exposed open water with a large fetch and wind up to Force 5).

Please note that this is not a coaching award and is not deemed suitable by the BCU for introducing individuals to this advanced environment when they require coaching to be there.

### Content:

The 2 day, 1 evening course will examine the following elements:

Personal canoeing skills as listed in the syllabus

Leadership and group organisation

Navigation (day and night)

Boat set up and equipment

Safety and rescue

Journeying skills

Environmental knowledge and awareness

For a comprehensive syllabus please visit the BCU website.

### Venue:

Practical sessions will be run at local Cumbrian venues. Please note that should water conditions not be at the standard required then this course will be postponed.

### Cost and Dates:

As advertised. N.B. This 5 Star course is more expensive than other assessments due to the syllabus requirement for candidates' competency to be tested in both day and night conditions.



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### **Prerequisites:**

**Please ensure you have these in place well before your course, failure to attend without these or any other critical prerequisites may mean the BCU will not recognise your participation.**

Central registration in advance with the BCU for 5 Star assessment on Form LR

BCU 5 Star Open Canoe Training

BCU Advanced White Water Safety and Rescue Certificate

An up-to-date and well organised log book

### **Equipment:**

Please bring all your own canoeing and journeying equipment, including your own boat, sailing rig and pole. If you have any kit problems please contact Steve.

Steve will be very happy to advise you on any aspect of the 5 Star assessment and its requirements in advance of the course, though clearly may not assist you once the course has commenced.

If you have any questions concerning this provision please don't hesitate to contact Steve. He'll be delighted to hear from you and will do his best to help.

**Due to high staff/client ratios and the 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.**



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