

## BCU 5 Star White Water Kayak Assessment Course

With Steve Banks

### Overview:

This course assesses the elements of the BCU 5 Star White Water Kayak award. There are alterations to this qualification from the previous version, in particular in relation to the prior experience required; though 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 4 white water and exposed open water with wind in excess of force 4). Please note that this is not a coaching award and is not deemed suitable by the BCU for introducing beginners to the sport.

### Content:

The 2 day course will examine the following elements:

Personal kayaking skills

Leadership and group organisation

Navigation

Kayak set up and equipment

Safety and rescue

Expedition 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.

### Times:

9am to 5pm daily.

### Cost and Dates:

As advertised

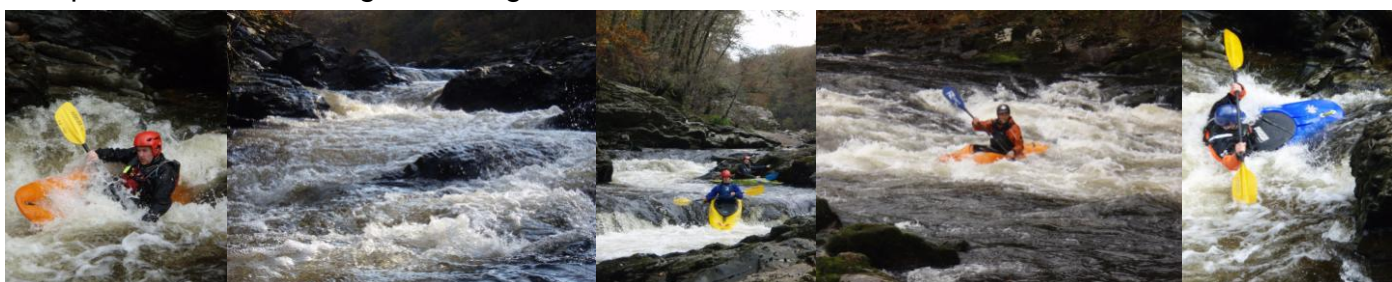
### Prerequisites:

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

BCU 5 Star White Water Kayak Training

BCU Advanced White Water Safety and Rescue Certificate

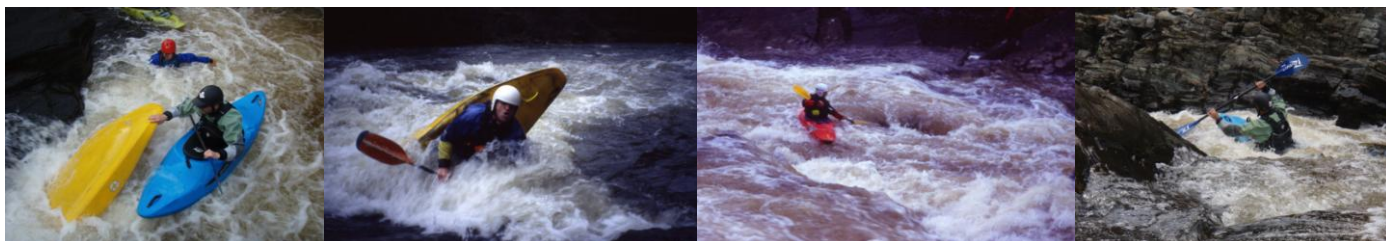
An up to date and well organised log book



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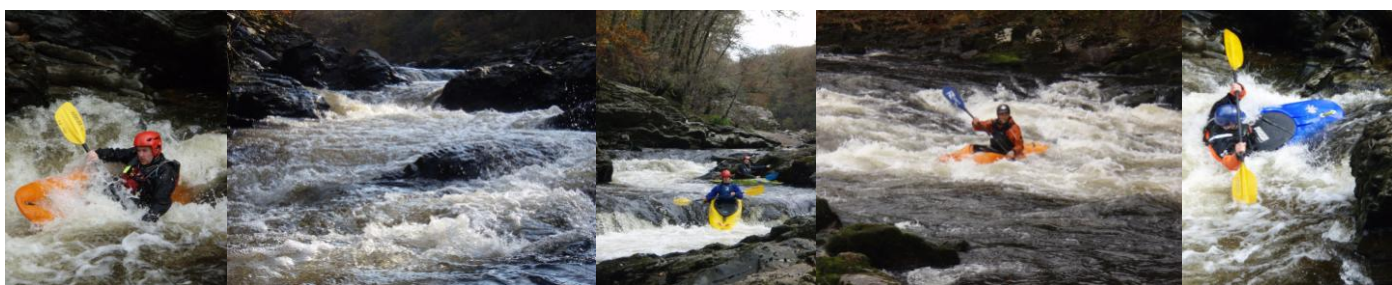
### **Equipment:**

Please bring all your own kayaking gear. If you have any kit problems please contact Steve for advice.

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

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 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.**



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