



BCU 3 Star Training and Assessment – Kayak Tuesday 29th March to Wednesday 30th March 2016

Arrive at 9am Tuesday and depart at 5pm Wednesday

This is a combined training and assessment course with time to develop the wide range of skills required to efficiently paddle a kayak in a variety of environments including lakes and rivers.

The course will provide relevant training to allow paddlers to progress and pass their 3 star award if they are at the required standard.

The course will cover the necessary skills with all aspects of the syllabus covered. If the required standard is achieved the 3 star award will be attained. The assessment will be done on moving water up to grade 2.

Two star skills are a requirement but the award itself is not. Candidates should have undertaken at least two 4 hour journeys.

The course will cover:

- Personal paddle skills
- Rescue skills

The actual programme will be designed on arrival to take into account special preferences of course members and the suitability of weather conditions. We may have to limit the range of activities available in the event of unforeseen circumstances.

Accommodation is in dormitories with bunks and duvet quilts. All meals are provided by the Centre and included in the cost.

White Hall Centre staff will be on duty through the evenings and overnight to make sure that all course members are properly cared for during their stay.

Pricing

Course only: £138.78

Course plus full board and accommodation:

- **Derbyshire County Council residents** £182.30
- **Out of county residents** £197





How to book

Parents or guardians of under 18s must sign the application form giving consent to participation and then they should be returned as soon as possible together with the full fee (please make cheques payable to Derbyshire County Council) to the below address:

White Hall Centre
Long Hill
Buxton
Derbyshire
SK17 6SX
Telephone: 01298 23260
Fax: 01298 25945

Email: white.hall@derbyshire.gov.uk
Website: www.whitehallcentre.com

White Hall Centre is 3 miles north of Buxton on the A5004. Landranger map sheet 1191:50,000
Grid ref: 032 763



What is provided	What to bring
<ul style="list-style-type: none"> • Kayak • Paddle • Spraydeck • All safety and rescue kit 	<ul style="list-style-type: none"> • Personal paddling equipment • Footwear to cope with bank and boat • Swimming costume/trunks • Warm clothes for off the water • Warm hat, gloves • Towel • Waterproof jacket and trousers • Buoyancy aid • Helmet • Drinks bottle • Flask • Lunch bag/box • Personal first aid kit • High factor sunscreen • Notebook and pen • BCU logbook/paperwork • Safety and rescue kit (you would normally carry)

Full details of the syllabus, assessment and training notes can be found:

<http://www.canoe-england.org.uk/tests-i-awards/personal-performance-awards/paddlesport-start-i-1-to-3-star/>