



BCU 3 Star Training and Assessment – Open Canoe Thursday 31st March to Friday 1st April 2016

Start 9am Thursday 31st March and depart at 5pm Friday 1st April

This is a combined training and assessment course with time to develop the wide range of skills required to efficiently paddle a canoe in a variety of environments including open water and simple moving water.

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 solo and tandem skills with all aspects of the syllabus covered.

The BCU 3 star award indicates that the paddler is of intermediate ability and is competent to be a led member of a group on open water up to wind conditions Beaufort Force 3 and on grade one moving water.

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

The course will cover:

- Personal paddle skills
- Rescue skills
- Safety, Leadership and group skills.
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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.

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/>





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"> • Boat • Paddle • 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, neck gaiter/buff, sun hat • Towel • Waterproof jacket and trousers • Buoyancy aid • Helmet • Drinks bottle • Flask • Lunch bag/box • Personal first aid kit • Sunscreen • Midge repellent • Notebook and pen • BCU logbook/paperwork • Safety and rescue kit (you would normally carry)