

Course Information Sheet

BCU 2 Star paddlesport award

This award offers candidates all of the foundation paddling skills from which to build on for the higher level awards. Throughout the training and assessment candidates will have the opportunity to develop their skills in Canoes and Kayaks with the aim to perform independently in both craft to pass the award.

Two days will be spent on flat water learning and developing skills base and knowledge of the sport. In this time we will look at basic manoeuvring skills specific to canoes and kayaks, discipline specific rescue techniques and generic paddlesport knowledge.

Venue; East Lancashire

Two days will be spent at Burwaine sailing club reservoir ([Foulridge](#)), if the weather changes our plans we will inform you of the new venue.

Pre-requisites;

- Candidates must be able to swim 25m wearing a buoyancy aid
- Have experience paddling two different types of craft
- Have experience paddling in two different location, and two different journeys/ competitions

BCU Fees:

Certification is £5 - Cheque payable to BCU

Equipment;

Most of this course will be spent on the water so candidates must arrive with suitable clothing and waterproof equipment to stay warm and comfortable for the duration.

The following is necessary for attendance on the course;

- Canoe/ Kayak, paddle & appropriate kit
- helmet
- Dry paddling cag/ trousers with plenty warm thermal, fleece layers
- Bouyancy aid

We have spares of all listed equipment for people to experiment with during the course. If you need to borrow a boat, please contact us.