

Course Information Sheet

BCU 3 Star Inland Kayak – Assessment

This is a one day assessment where candidates will be assessed on all aspects of safe river technique and group awareness. We will spend the whole day on a river trip focussing on personal paddling skill, candidates understanding of group safety and general paddlesport knowledge.

Candidates will be expected to arrive with all of the necessary equipment and relevant information for participating in a river trip.

Venue; Lake District

Meet in the National Trust car park at [Waterhead](#) on the morning of the first day at 9.30, this may change due to water levels for which you will be contacted to advise on new venue.

Pre-requisites;

- Candidates must be confident in their ability on grade 2 moving water
- Be confident swimming in normal canoe clothing suitable for the moving water environment
- Be a minimum of 16 years of age

BCU Fees:

Certification is £10 BCU members, £20 non-members - 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 a recommended kit list for attendance on the course;

- Throw line, minimum 15m floating line
- River knife
- Whistle
- Karabiners
- Unknotted 3-5m length of climbers tape
- Bouyancy aid with releasable chest harness
- River kayak, paddle, spray-deck
- Appropriate waterproof cagoule/ trousers with plenty thermal, fleece layers

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.