

## Course Information Sheet

### BCU 3 Star Inland Kayak – Training

This two day training course will offer candidates the chance to develop their skills and knowledge in the moving water environment. The majority of this course will be spent on moving water with a focus of understanding the dangers, ways of avoiding potential hazards and how to successfully manoeuvre around the river. We will also spend time exploring necessary equipment and knowledge necessary for being a competent member of a group.

**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

#### 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 list of appropriate equipment for 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.