

Course Information Sheet

BCU 3 Star Sea Kayak – Assessment

This award will test candidates to a standard where they are competent in their ability and knowledge on sheltered to moderate water conditions. During this one day assessment we will complete a journey for which candidates must be a competent member of the group, carrying appropriate equipment and able to perform consistently in conditions of up to force 4 wind, sea state 3 throughout the day.

We will explore all parts of the BCU syllabus including: all personal paddling skills, appropriate rescue techniques, and candidates' understanding of journey planning, taking all environmental effects into consideration.

Venue: West Coast of Cumbria

We will be in touch to discuss a meeting point and time once we have assessed the weather/ tidal conditions closer to the time.

Pre-requisites:

- Provide evidence of at least 3 journeys on the sea, of about 3 hours duration (8nm) each
- Provide evidence of at least one session of about 3 hours duration in an alternative discipline

BCU Fees:

Certification costs are £10 BCU members, or £20 non-members. Cheque payable to BCU.

Equipment:

Candidates must arrive with appropriate personal clothing and equipment for completing a journey on the sea as a competent member of a led group; this should include:

- A closed cockpit kayak suitable for touring
- Appropriate personal protective equipment (may include a helmet)
- Spare clothing
- Food and drink
- A means of summoning external assistance and awareness of its limitations
- Towline
- Knife
- Whistle
- Basic first aid kit
- Basic repair kit

We have spares of all of the above listed equipment available for candidates to experiment with during the course, please contact us if you are in need of a kayak.