

## Course Information Sheet

### BCU 3 Star Sea Kayak – Training

This two day course will offer candidates the chance to experiment with personal paddling techniques, navigation tools and gain a greater understanding of moderate sea conditions.

For this award candidates must be able to perform as part of a led group whilst journeying in a moderate tidal environment. Throughout this training course we will spend time coaching the appropriate paddling skills whilst experimenting with the necessary navigation techniques and safety equipment for journeying in this environment.

**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

#### 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.