

BCU 4 Star WW Kayak Assessment

Why book an assessment when you can just come paddling? We cut down on the stress by paddling a couple of the South West's classics without making it feel like an exam. Our non-interventionist approach is simple: come boating for a couple of days and if you're good enough at running grade II/III with your peers (and all the other stuff's sorted) we'll give you your 4*. What could be simpler?

Depending on water levels, we might use the Dart "loop" or Lower, Middle or Lower Tavy or Walkham on Dartmoor and the Barle on Exmoor. We use the standard BCU syllabus and we aim to cover the following:

Day 1

- We'll have a look at your on-the-water leadership skills.
- We'll watch your trip planning.
- We'll look at your general river awareness.
- We'll test out your knowledge with some theory questions.

Day 2

- We'll look at the kit you're using and discuss what works and what doesn't.
- We'll look at how to plan a trip, whether it's a Sunday morning river trip or a holiday to the Alps.
- We'll look at why different paddling styles work for different people on different types of river.
- We'll fill out individual learning and action plans.
- And, of course, we'll go boating again.

Pre-requisites

- Logged proof of having attended 4* training and a 2 day BCU WWS&R training or Rescue 3 International SRT or WRT
- Original current first aid certificate (16 hours minimum)
- Logged experience of a wide range of grade II-III rivers

Logistics

The Assessment starts at 9AM at the River Dart Country Park near Ashburton in Devon. We'll aim to finish by 1600 on Sunday. If you need directions, give us a call! If this Assessment is not located in Devon, specific instructions will be given via email upon booking.

Make sure you bring:

Your paddling kit – bring what you want to be assessed on!

A packed lunch and a hot drink for the river

Your Completed & **Stamped** BCU LR Form & Log Book