

## **BCU 4 Star WW Kayak Training**

What's 4\* training about? It's all about giving you the tools and techniques you need to tackle the river. We use a fresh approach, whether it's dynamic boat control and group control or it's opening your eyes to the river as a dynamic, three dimensional environment. The goal's not just to survive the river, it's to paddle it safely and with style

### **Day 1 Group Management, Technique & Leadership**

- We'll look at different ways of briefing and organising a group
- We'll look at the individual techniques you need for successful river running
- We'll look at different leadership styles, concentrating on dynamic and flexible approaches
- We'll work on your personal skills
- We'll discuss various rescue scenarios and how to tackle them
- We'll work on your individual learning log

### **Day 2 Gear, Planning & Dynamic River Running**

- We'll look at what you're carrying on the river and see if it comes up to scratch
- We'll look at how to plan a successful trip, whether local, national or abroad
- We'll look at how people use different paddling styles in different places as part of a flexible approach to the river
- We'll look at applying all these skills in real-world situations
- We'll check out your log book
- We'll come up with a paddling progression plan for when the course is finished

### **Pre-requisites**

You should be happy on grade II water.

### **Logistics**

The course 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 course is not located in Devon, specific instructions will be given via email upon booking.

### **Make sure you bring:**

Your paddling kit  
A packed lunch and a hot drink for the river  
Rescue gear, including a throwbag  
A first aid kit  
Your up-to-date logbook  
Waterproof notepad and pencil