

BCU 5 Star WW Kayak Training

What's 5* training about? It's all about giving you the tools and techniques you need to tackle the river. We use a new school 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

- 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

- 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 III 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