



## Information sheet for UK courses

We have introduced the information sheets in order to make our website easier to navigate by not ‘over-filling’ each page with information. The structure of each information sheet should make it easier for you to find exactly the information that you are looking for. The simple format without images is not a drain on printing resources and the document can either be easily forwarded or the content copied and pasted into another format for sharing with friends, family and colleagues.

If you cannot find the information that you are looking for then please get in touch via the contact page on the website and we will do our best to answer your questions and include any relevant information in an update of this sheet.

If you have not downloaded this sheet from our website then please visit [www.canoecontrol.com](http://www.canoecontrol.com) for further information and resources.

### Contents

Contents.....	1
Introduction .....	2
Booking .....	2
Season.....	2
Note about BCU courses .....	2
Accommodation .....	2
Courses .....	2
Introductory .....	2
Intermediate .....	3
Introductory Whitewater.....	4
Intermediate Whitewater .....	5
Advanced Whitewater .....	5
Rescue Course .....	6
Guiding Service .....	7
Steep Creek Course.....	7
Family Adventure .....	7
1-to-1 Coaching .....	8
Aquatic First Aid .....	8
Whitewater Rafting.....	8
River Trips.....	8
Swiftwater Rescue .....	8
New BCU 1-2* .....	8
New BCU 3* .....	8
New BCU 4* Training.....	10
New BCU 4* Assessment.....	14
New BCU 5* Inland Kayak Training .....	16
One day Rescue/Incident Management Course .....	18
New BCU 5* Inland Kayak Assessment .....	19
BCU L2 .....	21
BCU L3 .....	21
BCU safety/rescue .....	22
BCU canoe safety .....	22



## Information sheet for UK courses

### Introduction

We offer trips and course for UK boaters from autumn to the spring of the following year. Courses are offered for the complete novice to the advanced paddler in Kayak or Canoe. We also are a provider for all the British Canoe Union (BCU) Coach training and assessments and Star tests 1 to 5. Below you will find the full range of courses and dates on offer. We also run inflatable trips for people looking for a fun fast track into white water. On all Introductory (fundamental) courses, use of all equipment and boats is included within the cost of the course. On all other courses boats and equipment will be charged at £10 per boat per day and £5 per day for equipment.

### Booking

To book a place on any of the courses included in this information sheet please use the booking form that you can download from our website.

### Season

The season for the UK courses described in this information sheet is the autumn of 2007 and the spring of 2008.

### Note about BCU courses

Due to the BCU having not yet provided full information on the new coaching scheme we are in the 'same boat' as all other UK course providers in that we cannot publish complete details of the new courses. Until such time as we have any new information we will be offering the old BCU coaching courses where no new one exists.

For further information on the developments with the new UKCC/BCU coaching scheme please see the BCU website (the address can be found on the links page of our website). As soon as we have the relevant information we will update this information sheet.

### Accommodation

Current accommodation lists are available on the 'downloads' page of the Canoe Control website.

### Courses

#### Introductory

##### Two-day course

**BCU 1-2 Star can be included**

**Staff to client ratio 1:4**

**Course venue: AS.Watersports Exeter (flat water)**

**Cost: £150 per person (non-residential)**

**1:1 Coaching: £150 per day**



## Information sheet for UK courses

This is a course designed to give you the core skills needed to progress with confidence in your new sport. Learn under expert tuition from professional coaches who spend their lives running rivers around the world. Right at the start of the course you will learn and become aware of what works. Our coaching is very structured and educational based however; a great deal of what you learn will come from you. By applying the use of experiential learning, knowledge is imparted to you the learner faster and more effectively.

### Itinerary

#### Day 1:

09.00 Meet for Coffee and briefing. We begin with an introduction to the boats and equipment. Time will be taken in fitting boats out correctly and selecting the best type of clothing etc.

12.30 Lunch followed by some taster sessions for you to get the feel of the boat on the water. With modern teaching methods and our guidance you will soon begin to master and gain pleasure from your first experience of this exciting sport.

04.00 Finish session then debrief.

04.30 Finish.

#### Day 2:

Meet 09.00 Coffee and briefing. Building on from the first day improvement will be rapid as you are coached on the many aspects of boat control. You will be introduced to a number of safety elements.

12.30 Lunch. As you adapt to this new environment progression will be made quickly, but we will let you learn at your own pace. All the time confidence will be increased as you enjoy and have fun in this new activity. Efficient, effective, safe boating will be the aim of the day.

04.00 Finish session debrief and written action plans.

05.00 End of course

### Intermediate

#### Two-day course

**BCU 2-3 Star can be included**

**Staff to client ratio 1:4**

**Course venue: Dartmoor/Exmoor**

**Cost: £150 per person (non-residential)**

**1:1 Coaching: £150 per day**

This course is designed, for people following on from their introductory session or paddlers who have already acquired some skill but feel they need to develop a greater understanding of just what is going on. This course will help you to establish that understanding of the relationship between your body, boat and blade. As well as calm water, we use suitable moving water venues to highlight the practical use of paddling technique. This helps the learner to grasp the nature of their boat, relative to the water they are on. By using moving water early on in a paddler's development, it helps the paddler to recognize paddle strokes and boat control that is, efficient, effective and safe.

### Itinerary

#### Day 1:

09.00 Meet for Coffee and briefing followed by a boat and personal gear check. On the water the day will start with an appraisal of your boat skills and paddling technique. From there we can start building the foundations for your future boating.



## Information sheet for UK courses

12.30 Lunch. As well as improving your paddling we will increase your awareness about what and how things happen. From understanding why, progression will gather momentum.

04.00 Finish session then debrief.

04.30 Finish.

Day 2:

09.00 Meet for Coffee and briefing. We are now getting down to the nuts and bolts of boat control. As you improve you will enjoy and have more fun out of your own personal achievements. We will introduce some elements of moving water; this will greatly enhance your appreciation of the performance of the boat and the paddle strokes needed to control it.

12.30 Lunch. You will also realise that your body has a huge influence over the performance of boat on the water, hence the term, paddle (blade), body and boat.

04.00 Finish session, debrief and written action plans.

05.00 End of course

### Introductory Whitewater

#### Two-day course

**BCU 1-2 Star can be included**

**Staff to client ratio 1:4**

**Course venue: Dartmoor/Exmoor**

**Cost: £160 per person (non-residential)**

**1:1 Coaching: by arrangement**

Canoe Control introductory (fundamental) course for Kayaks, canoes & sit-on-tops. This course is available in a number of locations in the South West and can include the BCU 1 and 2 star assessments. This course is designed for paddlers with some elementary skill. Through our progressive teaching of elementary techniques, your skill level and understanding of moving water will develop quickly and naturally. All equipment supplied if needed. But you need to wear thermal type undergarments.

### Itinerary

Day 1:

09.00 Meet for coffee and briefing. Before going on the water a briefing and full gear check will be made. Students will be introduced to signals and safety procedures. A very easy section of water relative to the ability of the student(s) will be chosen for appraisal and warm up.

12.30 Lunch. Aspects of paddling on the river will be broken down into simple terms. Awareness will be expanded upon so there is no confusion on what to do and where to do it. Best practice will always be taught. With our modern and safe coaching methods you will gain in confidence so learning and progression will be fast.

04.00 Finish session then debrief.

04.30 Finish.

Day 2:

09.00 Meet for Coffee and briefing. As the course progresses we will expand on safety and rescue issues. By now students will be moving freely on the river and enjoying running grade 2 rapids.

12.30 Lunch. A great sense of achievement will be gained by paddling in a beautiful natural environment.

04.00 Finish session debrief and written action plans.

05.00 End of course



## Information sheet for UK courses

### Intermediate Whitewater

#### Two-day course

**BCU 4 Star can be included**

**Staff to client ratio 1:3**

**Course venue: Dartmoor/Exmoor**

**Cost: £160 per person (non-residential)**

**1:1 Coaching: by arrangement**

With our coaching, your river awareness and paddling skill will develop at a fast rate. However as working professionals we coach our clients as individuals, designing teaching programs that maintain learning within each person's comfort and learning zone. This course will also develop an expose on differing leadership styles to suit the ever, changing river environment. Monitoring progression will be on going, ensuring that core fundamental skills are not compromised. River paddling sessions will concentrate on what works best for the learner not just following a prescribed formula on a piece of paper. The ability to recognize and use water features is fundamental to the improvement of your river running and playing skills, this course will highlight and improve. We will improve the control of your riverboat by enhanced perception of the relationship between your boat, body & blade. Improved body posture will make you a more dynamic active boater.

#### Itinerary

##### Day 1:

09.00 Meet for coffee and briefing. Before we get on the river a briefing, boat, personal and rescue equipment check, will be made. A review of signals, safety and rescue procedures will be carried out. The section of water chosen for the put in will be relative to the paddles ability at the start of the day.

12.30 Lunch. A full appraisal will be made of people's ability. The importance of sound skill and technique will become more apparent as the day proceeds and we are confronted with up to grade 3 rapids. A number of specific skill clinics will be used to develop and improve technique. Differing leadership styles will be shown relative to the location and features on the river.

04.00 Finish session then debrief.

04.30 Finish.

##### Day 2:

09.00 Meet for coffee and briefing. A great deal of emphases will be placed on good body posture to enhance all strokes. Lots of demonstrations on how sound forward paddling can improve boat control on more technically demanding rapids the use of the body by trunk rotation to enhance many other strokes will be expanded upon.

12.30 Lunch. The need to fully load the paddle blade will be encouraged. There will also be some time spent on practicing simple rescue procedures with practical sessions to improve river reading and using water features and improving 'read and run' potential.

04.00 Finish session debrief and written action plans.

05.00 End of course

### Advanced Whitewater

#### Two-day course

**Staff to client ratio 1:3**

**Course venue: Dartmoor/Exmoor**

**Cost: £160 per person (non-residential)**



## Information sheet for UK courses

### 1:1 Coaching: by arrangement

This course is available in a number of locations in the South West and included within the core course structure will be the current BCU 5 star training and ww safety & rescue and aquatic first aid. However this course will be ideal as a foundation for the new BCU/UKCC 5 Star training.

This is the ideal course for the progressive Kayaker wanting to step up and dramatically improve their ability. Our course days will be spent on grade 3-4 white water. At this level of boating technical flaws can quickly be identified. To resolve any paddling issues, the first morning will be used to analyse students boating skills. To this end a non-remote site, specific to the course standard will be used. The course group will then descend a section of river, chosen for its suitability. Numerous types of rapids will be run - rocky steep technical, pool drop and continuous, slides, drops, slots etc. Differing styles and merits of running each rapid will be reviewed. What are the seen dangers trees, stoppers, pinning rocks. What about the unseen dangers undercuts, siphons and entrapment etc? The consequences of all will be examined discussed. Safety will be applied if its felt warranted. On the river there will be sessions on group and self-awareness. At the end of each day there will be a video and review. Students will have a full debrief on their day. This course will be presented by river professional's guides/coaches who work their life on the rivers of the world.

### Itinerary

#### Day 1:

09.00 Meet for coffee and briefing. Gear and boat check, the emphasis will be on light boats and carrying what you need. This course will emphasise the importance of excellent personal apparel including footwear. Individual rescue gear will be looked at and analyses made. We will have a short throw rope practice, this is a vital tool we should all be sharp with it.

12.30 Lunch. The water will be much stronger and rapids steeper and more complex. Coached practice sessions will help students to refine skill. The leadership role will be discussed and practical sessions set up to demonstrate the use of different styles.

04.00 Finish session then debrief.

04.30 Finish.

#### Day 2:

09.00 Meet for coffee and briefing. A more remote river will be chosen for today's trip. This means we have to look at the issues and procedures involved in evacuation from remote locations. It also means we have to look more thoughtfully at the group's ability. Our route into rapids needs more consideration and care. Perhaps a little more inspection is needed.

12.30 Lunch. The implied consequences of a bad line near an undercut rock or tree etc means our river reading needs to be better. Also the management of the group within itself has to be thoughtful and not a gung ho 'all down the river' attitude. What will help us towards safer paddling is development and improvement in control and technique.

04.00 Finish session debrief and written action plans.

05.00 End of course

### Rescue Course

#### Two-day course

**Staff to client ratio 1:3**

**Course venue: Dartmoor/Exmoor**

**Cost: £160 per person (non-residential)**



## Information sheet for UK courses

This is a full on no punches pulled rescue course. A full review of the group's equipment will be made. Dangers caused by poor gear design, wrongful application, worn out gear and faulty manufacturing will be examined. This will enable all, the group to discuss fully and look together at current equipment issues. Together we will find out what we really need to carry, what gear works what fails and what is inherently dangerous. The course will give you the opportunity to use the gear you carry to its full potential. We will then move onto practical sessions concentrating on lots of practice using varied rescue systems and techniques. The first day will end with evening lectures and a discussion forum. The second day will consist of a number of hands on workshops, putting all the theory into practice in real locations. We will be setting up stopper rescues, vertical and river pins, entrapments, harness belays, swimmer and boat rescue, etc. You will find out what works in a full on situation.

### Day 1:

09.00 Meet for coffee and briefing. Gear review - what people wear and carry, what we need and what works. A close look at all the gear people bring to the course, analysing what works and what could even be dangerous - slings, ropes, knives, karabiners, gadgets etc

12.30 Lunch. Practical river session on swimmers ropes, boats, vectors, pulls, harness, boat fittings etc. Dry land study and practice of various rescue procedures and techniques. Snags, drags, lowers, zips, tension lines etc.

04.00 Finish session then debrief.

04.30 Finish.

### Day 2:

09.00 Meet for coffee and briefing. Practical sessions on pinned boats (vertical and broached), siphons, entrapments and other snags as well as the management of a group in a stressed, emotional environment and evacuation.

12.30 Lunch. Practical application of all the dry land procedures practiced the day before. What works best and how much gear do we need?

04.00 Finish session debrief and written action plans.

05.00 End of course

## Guiding Service

The Canoe Control guiding service is available in a number of locations in the South West. A one or two days guiding service with a minimum of 2 clients each trip. Price £80 per person per day for two days or £70 per person per day for 3 days and £65 per person per day for 6 days.

On class 3-4 the ratio is three clients to 1 Guide. On class 2-3 four clients to 1 Guide.

This is purely a guiding service and NOT a coaching course. Also on the guiding service we do not provide the use of our shuttle vehicle.

## Steep Creek Course

This course is only available in the Alps. For more information see the French Alps page of the Canoe Control website.

## Family Adventure

This course is only available in the Alps. For more information see the French Alps page of the Canoe Control website. Family options can be organised in the UK as well – please contact to discuss your requirements.



## Information sheet for UK courses

### 1-to-1 Coaching

A Level 5 Coach who is also a qualified Alpine River guide will deliver this. This type of coaching can prove money well spent, development is fast for the amount of time spent on the water. For busy people who want fast progression, this could be for you. For pricing please contact us with your requirements.

### Aquatic First Aid

Course date by arrangement or can be built into the fabric of other courses. This award is intended to address the First Aid incidents most likely to arise during the majority of canoeing situations, which take place on very sheltered to moderate water and within a reasonable distance of medical assistance. To create your own course, please contact us. Suitable for all those working in the water sports industry. The course may also be sufficient for those needing to update their existing first aid qualification. The course is designed to cover First Aid techniques relevant to canoeing and other water-based activities and will be taught over an 8 hour period. Candidates obtaining a sound knowledge and understanding of the subject during the theoretical and practical tuition of the course will obtain the Aquatic First Aid Certificate. Assessment will be ongoing throughout the course and not by examination.

### Whitewater Rafting

Whitewater rafting can be organised by arrangement at a variety of locations within the UK. Please contact us with your requirements.

### River Trips

To be added

### Swiftwater Rescue

Details of this course will be added when available.

### New BCU 1-2\*

**Price:** From £475 for a six day course.  
Two day star courses £160.

### BCU 1 Star Kayak/Canoe Award. Description.

Canoe Control delivers this course in the UK, the French Alps and Provence. Training and Assessment is over two days focusing on personal skills needed for this exciting sport. It's a great start for anyone wanting to learn the fundamental skills involved in paddling both kayak and canoe.

### Itinerary.

Day 1:

AM. The first session in a kayak makes use of experiential learning; this enhances the natural ability you all ready have. This takes place in a safe placid water environment. Then we look at the fundamental control skills and safety aspects of using a kayak.



## Information sheet for UK courses

PM. With these new, found personal skills, you will gain further understanding on how to control the boats passage through the water. By linking paddle strokes together progression will be accelerated and the boat will move ever smoothly.

Day 2:

AM. The skills you have learnt are very transferable from kayak to canoe. This coaching session looks at the fundamental control skills and safety aspects of using a canoe in a placid water environment

PM. The use of a single paddle helps to enhance your control of the paddle blade. This in turn helps in the control of both canoe and kayak. The assessment will be on going whilst on a short journey.

Personal debriefs.

### Pre requisites.

Short Syllabus please view the full syllabus on our download page.

Ideally be able to swim

### Venue.

Open placid water

### Personal Paddling Skills

Lifting, carrying, launching and landing

Directional control forward and reverse

Move sideways

Support both sides

Will also need to show competence in canoe and kayak skills

### Rescue Skills

Capsize and empty craft

### BCU 2 Star Canoe/Kayak Award Syllabus

Canoe Control delivers this course in the UK, the French Alps and Provence.

An improvement award that helps paddlers develop fundamental paddle sport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact. This award is significantly different to the old 2 star, with a change to develop generic movement skills that can transfer to any discipline and with an assessed journey.

Day 1:

AM. A number of personal skills, coaching sessions in a kayak, to build in a dynamic commitment to your boating. This will again be in a placid water environment, but the emphasis will be looking at the skills required to build speed and reaction.

PM. Having a more dynamic style will lift performance. However we will ensure that we coach best practise at all time. To this end correct body posture is one of the main elements in improving and maintaining boat performance. With a more dynamic style and advancing skills confident and competence will grow. Aspects of safety and rescue.

Day 2:

AM. The transfer of improved kayak skills into a canoe will enhance your understanding of the relationship of boat to water. With increased performance and speed reaction needs to be more responsive. However improved understanding will improve your pro-activeness, this intern will improve performance further.



## Information sheet for UK courses

PM. A short journey with group and water awareness issues. Also there will be some very slow elements of moving water, this will help link many of the strokes together and help toward a successful conclusion of the course. Practised rescue skills.

Personal debriefs.

### Pre requisites.

Please study the full BCU syllabus available off our downloads page.

Ideally be able to swim

### Venue

Open placid water. Elements of slow moving water.

### Personal Paddling Skills

Show competence in canoe and kayak skills

Lifting, carrying, launching and landing

Efficient forward paddling

Reverse over a figure of 8 course

Moving sideways, both static and on the move

Supporting, both static and on the move

Canoe sailing and poling

### Rescue Skills

Eskimo Rescue (kayak)

Deep-water rescue

Towing and use of towline

### Safety, Leadership & Group Skills

Personal risk management

Awareness of others

### New BCU 3\*

**Price:** From £475 for a six day course.

Two day star courses £160.

3\* Assessment £80.

BCU 3 Star Kayak White Water Award Training. Please study the full BCU syllabus available off our downloads page.

Canoe Control delivers this course in the UK, the French Alps and Provence. The training will be over two days and the assessment will be one day. The training focuses on personal skills on grade 2 white water. The course also covers aspects of white water rescue and paddling as part of a group.

A full detailed action plan will be drawn up during the course. This will greatly assist in your personal development toward your assessment.



## Information sheet for UK courses

Successful performance at this level indicates that the paddler can consider themselves intermediate kayakers, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a grade 2 river

### Itinerary

#### Day 1:

AM. An easy moving water site will be chosen to review personal ability. Coaching and development of technical skills to around the 3 star standard. Very elementary throw rope and boat based rescue practise.  
PM. Personal skills will be developed on technical grade 2 rapids. River reading, setting up safety and group dynamics will be explored. Each day will end with a personal debrief for each student.

#### Day 2:

AM. This day will cover the differing leadership styles, that are needed to deal with the ever changing river environment. The use of signals and what equipment is needed. Further coaching and development of personal paddling skills.

PM. Throw bag blitz sharpen up on the first rescue session. Session on rolling skills and playtime. Quick on the water group paddling review.

Personal debrief and writing up the action plan for the one day assessment

### Pre requisite

Ideally be able to swim

Logged evidence of having paddled on grade 2 water

### Venue

Open water

### Personal Paddling Skills.

Lifting, carrying, launching and landing

Efficient forward paddling

Reverse over a figure of 8 course

Moving sideways, both static and on the move

Supporting, both static and on the move

Rolling

Breaking in and out

Ferry gliding

Show competence on moving water up to and including grade 2

### Rescue Skills.

Deep-water rescue

Towing and use of tow line

Eskimo Rescue

Throw line

### Safety, Leadership & Group Skills

Personal risk management. Have the ability to assess risk.

Awareness of others and the river.



## Information sheet for UK courses

Paddle on grade 2 water as part of a led group

### New BCU 4\* Training

#### Two-day course

**Staff to client ratio 1:4**

**Course venue: Dartmoor/Exmoor**

**Cost: £160 per person (non-residential) + BCU Fees**

### Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps/Provence (Spring/Summer). This course is offered in the UK /French Alps in a 2-4 or 5-6 day format. The 5-6 day course can include the assessment. If the course days will be spent on grade 2-3 white water.

### Aim

To prepare towards the successful completion of your 4 Star Assessment but more importantly to improve your personal performance, river skills, safety and awareness. Thus enabling the enhancement of yours and others enjoyment of white water.

### Trainers

Current A4/5 Inland Kayak Coaches.

New BCU (UKCC Endorsed) Level 4 Coaches.

Coaches are full time working professionals - coach to candidate ratio 1:4

The course group and pre-requisites (Please read the BCU training notes for 4 star – see downloads page)

- Paddlers need to be a competent boater on class 2 and have experienced paddling sections of easy grade 3.
- First aid award minimum 08 hrs - (optional for training but needed for assessment).
- Previous experience up to easy grade 3

Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate. (including BCU ww Safety & Rescue). Candidates must be 16 years, but no responsibility until 18 years. Please bring all original certificates (not copies), logbook, and BCU membership card and completed theory paper.

### Boat and Equipment

- A play the river/creek type boat, suitable for running grade 2-3 white water and above.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day.
- Food and drink.
- Rescue/emergency equipment i.e. first Aid, throw ropes, knife, slings, karabiners, splits and shelter etc.

### Description



## Information sheet for UK courses

The structure of the course is built around the New BCU 4 Star Inland kayak syllabus of river skills, leadership, and rescue and incident management. Please read the syllabus (see the downloads page).

- Candidates will be trained/coached to improve their paddling skills/performance, river judgement, river awareness, safety/incident management, planning (trip/gear etc) and leadership.
- Use of CLAP (communication, line of sight, avoidance, position) will be taught and be in evidence.
- Preparation to help the candidate be aware of the non-interventionist style of assessment I.E. Explanation that assessors do sometimes need clarification on issues that arise on the day.
- River sections to be run will be chosen for their suitability/remit. Numerous types of rapids will be run – rocky steep technical, pool drop, continuous, slides and small drops etc.
- Differing styles and merits of running each rapid will be practised.
- Candidates will need to take into account, the group or individuals members of the group's ability.
- Candidates need to be fully aware of their actions and decisions.
- The trainer will set-up a number of incidents, for candidates to manage.
- There will be a theory paper, which we will forward prior to the course.

### Itinerary

#### Day 1:

Two days involving River Skills/Leadership and Incident management etc.

08.30 Meet for coffee, introductions, admin and briefing.

Bank side gear and boat check.

The trainer will be looking to achieve a fun, safe, smooth, flowing descent, in which the lead boaters gain confidence and competence. Sound judgement on developing river issues will be explored.

Throughout both days' all candidates will be given ample opportunity to be up front, running the river in their own distinctive style.

12.30 Fuel/food stop.

The afternoon will be of the same style. However a simple incident will be structured to look at group management etc.

16.00 Finish session.

16.30 Tea/Coffee. Confirmation of the next day's venue

#### Day 2:

08.30. Meet at River location, for coffee and briefing.

A more remote river will be chosen for today's trip.

Evacuation procedures will be examined.

Candidates will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a "gung ho, all down the river" attitude.

12.30 Fuel/food stop.

A coach led skills session to review improvement.

The requirement of bank inspection or the setting up of protection may be needed, use of route markers/flags signals will be examined.

16.00 Finish session.

16.15 Group debrief.

16.30 Personal debrief and written action plans.

End of course



## Information sheet for UK courses

### New BCU 4\* Assessment

**Two-day course**

**Staff to client ratio 1:4**

**Course venue: Dartmoor/Exmoor**

**Cost: £160 per person (non-residential) + BCU Fees**

### Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps/Provence (Spring/Summer).  
All the course days will be spent on grade 2-3 white water. Actual venue will be decided closer to the course date.

### Aim

We offer an assessment that will be fair, set in a real environment with no roll play or falsely set up situations. Our many years of non-interventional style assessments, allows the candidates free expression of their own personal style of boating, judgment and group management. From this approach a smooth/flowing type of assessment will evolve. This helps toward a more relaxed day for you the candidate, and allows the assessor to see the true boater. After all it's you the candidate who pass or fails the assessment. The assessor observes a candidates performance and sets that performance against a criteria laid down by experience and the BCU.

### Assessor

One Current A4/5 Inland Kayak Coach.  
New BCU (UKCC Endorsed) Level 4 Coach  
Coaches are full time working professionals

### Assessment

This will be set against the criteria laid down in the new BCU 4 ILK star assessment syllabus. Rivers used will be on and within the remit for the award.

### The course candidates and pre-requisites

Below find a brief résumé of the requirements. Please refer to the New BCU 4 Star Syllabus (on the downloads page) for full details. Paddlers of a good skill level and who have built up a number of years river running experience. Each candidate must have the ability to lead a group of up to 4 competent paddles on grade 2-3 river journeys. They will have achieved the following pre-requisites enabling them to be able to attend an assessment. (competent = boaters who do not need coaching in the new 4 star environment)

- First aid award (minimum 08 hrs).
- Previous Experience.
- New BCU 4 Star training.
- BCU WW Safety and Rescue.
- Age 16 or over. However not responsible for a group until 18 years.

Please bring all original certificates (not copies), logbook, BCU membership card and completed theory paper.



## Information sheet for UK courses

### Boat and Equipment

- A river/creek type boat suitable, for running grade 2-3 white water.
- Personal protection equipment (PPE), taking into account rocky cold rivers, and the weather conditions to be expected on the day.
- Food and drink.
- Rescue/emergency equipment i.e. first Aid, throw ropes, knife, slings, karabiners, splits, mobile phone and shelter etc.

### Description

The structure of the course is built around the new BCU 4 Star Inland kayak syllabus of river skills, leadership, and rescue and incident management. Please read the syllabus  
Candidates will be assessed on their paddling skills/performance including playing in small stoppers surfing waves, river judgement, river awareness, safety/incident management, planning (trip/gear etc) and leadership. Use of CLAP (communication, line of sight, avoidance, position) should be in evidence. The assessment will be of a non-interventionist style. However the assessor may at times need to clarify certain decisions.

River sections to be run will be chosen for their suitability/remit. Numerous types of rapids will be run – rocky technical, pool drop, small drops and continuous etc. Differing styles and merits of running each rapid will be discussed. Candidates will need to take into account, the ability of the group or individual members. Candidates need to be fully aware of their actions and decisions. If no natural incidents occur the assessor will set-up a number of incidents, for candidates to manage.  
There will be a theory paper, which will be forwarded prior to the course.

### Itinerary

#### Day 1:

Two days involving River Skills/Leadership and Incident management etc.

08.30 Meet for coffee, introductions, admin and briefing.

Bank side gear and boat check.

The assessor will be looking for a safe, smooth, flowing descent, in which the lead boaters display confidence and competence. Sound judgement on developing river issues will be expected.

Throughout both days' all candidates will be given ample opportunity to be up front, running the river in their own distinctive style.

12.30 Fuel/food stop.

The afternoon will be of the same style, however; if a natural incident does happen the assessor will only intervene if safety is compromised.

16.00 Finish session.

16.30 Tea/Coffee. Confirmation of the next day's venue

#### Day 2:

08.30. Meet at River location, for coffee and briefing.

A more remote river will be chosen for today's trip. Evacuation procedures will be examined.

Candidates will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a "gung ho, all down the river" attitude.

12.30 Fuel/food stop.

The requirement of bank inspection or the setting up of protection may be needed; use of route markers/flags signals etc. will be at the discretion of the lead boater at the time.



## Information sheet for UK courses

If no natural problems have occurred, incidents will need to be set up for candidates to manage. These will be simple, not complex but will reflect the nature of the river.

16.00 Finish session.

16.15 Group debrief

16.30 Personal debrief and written action plans.

End of course

### New BCU 5\* Inland Kayak Training

#### Two-day course

Staff to client ratio 1:3

Course venue: Dartmoor/Exmoor

Cost: £160 per person (non-residential) + BCU Fees

#### Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps (Spring/Summer). This course is offered in the UK /French Alps in a 2-4 or 5-6 day format. The 5-6 day course can include the assessment. All the course days will be spent on grade 3-4 white water. A third river training day is optional, but may be formally recommended by the course trainer

#### Aim

To prepare towards the successful completion of your 5 \* assessment but more importantly to improve your personal performance, river skills, safety and awareness. Thus enabling the enhancement of yours and others enjoyment of white water.

#### The course group and requisites

- Paddlers who are confident and technically competent on at least grade 3+.
- Or hold the New BCU white water 4 star award.
- First aid 16 hrs (optional for training but not on assessment).
- Training minimum age 16.
- Assessment minimum age 18.

Please bring all original certificates (not copies), logbook, and BCU membership card and completed theory paper.

This is also an ideal course for the progressive Kayaker wanting to step up and dramatically improve their personal paddling ability, river and group awareness.

#### Boat and Equipment

- A river/creek type boat suitable, for running grade 3 white water and above.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day, at the location of the course.
- Food and drink.
- Rescue equipment i.e. Throw ropes, knife, slings, karabiners, splits and shelter etc.

#### Description



## Information sheet for UK courses

The core structure of the course is built around the new BCU 5 Star Inland kayak syllabus of river skills, leadership and incident management.

To help establish the technical standard required. Dynamic sessions, with sound analyses and feedback, coupled with progressive coaching. Will help students to recognise their ability relative to the award and advance their personal boating if required.

Practical demonstrations and discussions on differing leadership styles, incident management, rescue and evacuation procedures, will be shown and practiced.

Equipment - this course will emphasis the importance of excellent personal apparel including footwear. A low coach to student ratio (1x3) will ensure that all sessions are best practice, and each student is fully integrated within the course structure.

River sections to be run will be chosen for their suitability. Numerous types of rapids will be run – rocky steep technical, pool drop, continuous, slides, drops and slots etc.

Differing styles and merits of running each rapid will be reviewed.

What are the seen dangers high water, trees, stoppers, and pinning rocks? What about the unseen dangers, undercuts, siphons and entrapment etc? The consequences of all will be examined and discussed. If cover is needed, what type of safety should be applied? On the river there will be sessions on group and self-awareness. At the end of each day there will be a review and students will have a full debrief on their performance.

### Itinerary

#### Day 1:

River Skills/Leadership.

08.30 Meet for coffee, introductions, admin and briefing.

Gear and boat check, the emphasis will be on light boats and carrying what you need. There will be a short throw rope practice, as this is a vital tool and we should all be sharp with its use. Dynamic river session, with sound analyses and feedback coupled with progressive coaching. Using CLAP (communication, line of sight, avoidance, position)

12.30 Fuel/food stop.

The use of stronger rapids, which are steeper and more complex. Coached practice sessions will help students to refine boat and river skills. The leadership role will be discussed and practical sessions set up to demonstrate the use of different styles.

04.00 Finish session.

04.30 Tea/Coffee. Group analyses of the day.

05.00 Individual debriefs.

#### Day 2:

08.30 Meet at River location, for coffee and briefing.

A remote river will be chosen for today's trip. Evacuation procedures will be examined. It also means we have to look more thoughtfully at our own and the group's ability. Students will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a gung ho 'all down the river' attitude.

12.30 Fuel/food stop.

Increased river difficulty will mean routes into rapids may need more consideration and care. The implied consequences of a bad line near an undercut rock or tree etc. means our river reading needs to be better.



## Information sheet for UK courses

The requirement of bank inspection or the setting up of protection may be needed, use of route markers/flags signals etc.

16.00 Finish session.

16.30 Group debrief

17:00 Personal debrief and written action plans.

End of course

### One day Rescue/Incident Management Course

**To be taken within the framework of the training syllabus of the New BCU 5 \* and as a bolt on to the training course above.**

**Three day course (including the training course above)**

**Staff to client ratio 1:3**

**Course venue: Dartmoor/Exmoor**

**Cost: £240 for three days non-residential**

### Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps/Provence (Spring/Summer).

All the course days will be spent on grade 3-4 white water.

### Aim

To prepare towards the successful completion of your 5 \* Assessment but more importantly to improve your personal performance, river skills, safety and awareness. Thus enabling the enhancement of yours and others enjoyment of white water.

### The Coach/Coaches

(L5 Inland Kayak. A5). Staff to client ratio 1:3 The course will be presented by full time working professional coaches.

### The course group prerequisites

- Paddlers who are confident and technically competent on grade 3+.
- Sound practiced skills in the use of rescue/safety equipment, such as throw bags/slings etc.
- Completion of a BCU White Water Safety and Rescue course.
- Training minimum age 16.
- Assessment minimum age 18.

This is also an ideal course for the progressive Kayaker wanting to step up and dramatically improve their personal paddling ability, river and group awareness.

### Boat and Equipment

- A river/creek type boat suitable for running grade 3 and above white water.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day, at the location of the course. Food and drink.



## Information sheet for UK courses

- Rescue equipment i.e. Throw ropes, knife, slings, karabiners, splits and shelter etc.

### Description

The core structure of the course is built around the new BCU 5 Star Inland kayak syllabus of river skills, leadership and incident management.

- Review of group/personal protection equipment (PPE) and boat suitability.
- Studying the dangers caused by unsuitable gear (Hypothermia/Hyperthermia) and design, wrongful application, worn out gear and faulty manufacturing.
- Finding out by controlled practical application what gear works/fails and what can be inherently dangerous.

The course will certainly give you the opportunity to examine the gear you carry. Practical sessions concentrating on using and managing varied rescue systems and techniques. Putting all the theory into practice in a real location. We will be setting up stopper rescues, river pins, entrapments, harness belays, swimmer and boat rescue etc. Find out what works in a real situation. A review of evacuation and first aid procedures will be undertaken. The trainers will encourage candidates to be fully integrated into the fabric of the course. The day will end with a discussion forum. Personal debrief and action plan.

### Itinerary

Bolt on day

08.30 Meet for coffee, admin and briefing.

Drive to our river location.

Bank side gear/personal protection equipment (PPE)/boat review.

Demonstrations of practical application and management of various rescue procedures, techniques, (tag lines, drag lines, synchs, lowers and vector pulls etc) and equipment to resolve vertical pins, broaches and entrapment situations etc.

Review of the sessions to underpin understanding.

12-00 15-minute Food/Fuel stop.

A number of incident management sessions, covering various key rescue issues.

Evacuation/Containment, and emergency first aid.

16.00 Finish river sessions.

16.30 Tea/coffee and review of the day.

17.00 Personal debriefs and action plans.

### New BCU 5\* Inland Kayak Assessment

#### Two-day course

Staff to client ratio 1:4

Course venue: Dartmoor/Exmoor

Cost: £160 per person (non-residential) + BCU fees

### Location

This course is available in a number of locations in the South West UK (Autumn/Winter) or French Alps (Spring/Summer). All the course days will be spent on grade 3-4 white water.

### Aim

This version was produced on Thursday, 04 October 2007 - You can check for a more up-to-date version by visiting [www.canoecontrol.com](http://www.canoecontrol.com) - Canoe Control International Ltd reserves the right to change any details on written or photographic material relating to its business, at any time and at its own discretion and without prior consultation.



## Information sheet for UK courses

We offer an assessment that will be fair, set in a real environment with no role play or falsely set up situations. Our many years of non-interventional style assessments, allows the candidates free expression of their own personal style of boating, judgment and group management. From this approach a smooth/flowing type of assessment will evolve. This helps toward a more relaxed day for you the candidate, and allows the assessor to see the true boater. After all it's you the candidate who pass or fails the assessment. The assessor observes a candidates performance and sets that performance against a criteria laid down by experience and the BCU.

### Assessors

Two L5 Inland Kayak Coaches - Level 5 assessors who are full time working professionals.

### Assessment

These will be set against the criteria laid down in the new BCU 5 ILK star assessment syllabus. Rivers used will be on and within the remit for the award.

### The course group and pre-requisites

Paddlers of a high skill level and who have built up many years of river running experience. They will have achieved the following pre-requisites to be able to attend the assessment.

- New BCU 4 Star Test (river leader)
- First aid award (minimum 16hrs)
- Previous Experience:
- The candidate must provide documentary evidence of a minimum of 30 varied, quality advanced white water kayak river days in 3 different geographical areas.
- Logged experience of paddling grade V with peers.
- 5-star training
- At least 3 days logged experience of formal training in personal skills, leadership,
- Incident management, safety and rescue prior to assessment (see trainers notes – on the downloads page).

Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate. Candidates must be 18, or over, at the time of assessment. Please bring all original certificates (not copies), logbook, and BCU membership card and completed theory paper.

### Boat and Equipment

- A river/creek type boat suitable, for running grade 3-4 white water and above.
- Personal protection equipment (PPE), taking into account steep rocky cold rivers, and the weather conditions to be expected on the day, at the location of the course.
- Food and drink.
- Rescue equipment i.e. first Aid, throw ropes, knife, slings, karabiners, splits and shelter etc.

### Description

The structure of the course is built around the new BCU 5 Star Inland kayak syllabus of river skills, leadership, and rescue and incident management. Please read the syllabus

- Candidates will be assessed on their paddling skills/performance, river judgement, river awareness, safety/incident management, planning (trip/gear etc) and leadership.



## Information sheet for UK courses

- Use of CLAP (communication, line of sight, avoidance, position) should be in evidence.
- The assessment will be of a non-interventionist style. However the assessor may at times need to clarify certain decisions.
- River sections to be run will be chosen for their suitability/remit. Numerous types of rapids will be run – rocky steep technical, pool drop, continuous, slides, drops and slots etc.
- Differing styles and merits of running each rapid will be required.
- Candidates will need to take into account, the group or individuals members of the group's ability.
- Candidates need to be fully aware of their actions and decisions.
- The assessors will set-up a number of incidents, for candidates to manage.
- There will be a theory paper, which we will forward prior to the course.

### Itinerary

#### Day 1:

Two days involving River Skills/Leadership and Incident management etc.

08.30 Meet for coffee, introductions, admin and briefing.

Bank side gear and boat check.

The assessor will be looking for a safe, smooth, flowing descent, in which the lead boaters display confidence and competence. Sound judgement on developing river issues will be expected.

Throughout both days' all candidates will be given ample opportunity to be up front, running the river in their own distinctive style.

12.30 Fuel/food stop.

The afternoon will be of the same style, however; if a natural incident does happen the assessor will only intervene if safety is compromised.

16.00 Finish session.

16.30 Tea/Coffee. Confirmation of the next day's venue

#### Day 2:

08.30. Meet at River location, for coffee and briefing.

A more remote river will be chosen for today's trip.

Evacuation procedures will be examined.

Candidates will have the opportunity to take up the role of the leader during the day. Also the management of the group within itself has to be thoughtful and not a "gung ho, all down the river" attitude.

12.30 Fuel/food stop.

The requirement of bank inspection or the setting up of protection may be needed, use of route markers/flags signals etc. will be at the discretion of the lead boater at the time.

If no natural problems have occurred, incidents will need to be set up for candidates to manage. These will be simple, not complex but will reflect the nature of the river.

16.00 Finish session.

16.15 Group debrief

16.30 Personal debrief and written action plans.

End of course

### BCU/UKCC L2

Please see the note regarding BCU courses above.

### BCU/UKCC L3



## **Information sheet for UK courses**

Please see the note regarding BCU courses above.

### **BCU safety/rescue**

Please see the note regarding BCU courses above.

### **BCU canoe safety**

Please see the note regarding BCU courses above.