

QUALITY PADDLESPORT COACHING AND COURSES

Preparing for a BCU/UKCC Level 1 Coach Course with Wild River

1. Pick a set of course dates from the Wild River Calendar

→Go Paddling

2. Register with the BCU and complete a Course Registration (CR) form

- <http://www.wildriver.co.uk/BCU%20Docs/British%20Canoeing%20CR%20FORM%202015.pdf>
- Registration fee is £55 non members and £39 for BCU members. Cheques should be made payable to 'British Canoeing'.
- Return the CR form with your registration fee, 2 Star and FSRT certificates (if you have completed them) to the BCU.
- First Aid is not a pre-requisite for the award.

If you do not hold an FSRT certificate, course dates can be found on the Wild River website:

<http://www.wildriver.co.uk/coursecalendar.html>

2 Star can be assessed during the Level 1 course.

→Go Paddling

3. Confirm with Wild River and complete an online booking form

- <http://www.wildriver.co.uk/bookingform.html>
- We can invoice an employer or a club if you wish. Please give us a contact name and e-mail address for the person dealing with the invoice.
- Send a deposit of £50 to confirm your place (Cheques payable to Sean Mc Grath).

Wild River will send you the detailed information you need regarding your course via email once a deposit has been paid. This will include start time, directions to the venue and any other information you need.

→Go Paddling

4. Apply for funding

- If you are a member of a canoe club you may be entitled to some support from them or from the BCU region. Contact the treasurer of your club or the Paddlesport Development Officer for your region.

→Go Paddling...again!

Having completed all of the above, take the time to **make sure you are paddling at a strong 2 Star standard in both types of craft**. During the course you will spend time in a wide variety of boats including general purpose kayaks, canoes and sea kayaks. You will enjoy the course more if you are comfortable in the different craft.

Your personal skill in BOTH craft will be assessed on the course.

5. Turn up at the first day of the course with:

- BCU Logbook.
- Stamped CR form.
- FSRT and BCU 2 Star Certificates (if you have completed them).

Enjoy the course!