

BCU white water kayak leader training (Formally 4 Star)

Dates coming soon

Cost £150pp None Residential

Venue N/Wales Rivers we choose will be determined by the water levels nearer the time. But we tend to be in the Llangollen and Bala areas of North Wales.

Course Aims "Successful performance at this level indicates that the candidate has the personal skill and leadership ability to lead a group of up to 4 competent paddlers (not including themselves) in moderate conditions. The emphasis is on the application of suitable techniques, Leadership and boat control on up to grade 2/3 water in real situations".

Pre-requisites should be at a solid 3 star level and have experience and evidence in paddling on moderate water up to grade 2/3

Personal Equipment Candidates should present themselves with the appropriate Kayak, Paddle and Personal Paddling Clothing along with a throwline, long sling/tape, screwgate karabiner, and a river knife and if you own any other leader kit if then please bring it along Also please bring a packed lunch in a waterproof container/dry bag & a drink for each day.

Programme

Day 1

9.00am Meet at venue, Course Outline, Candidate/Staff Introductions

9.30-10.00am on the water Looking at Equipment, Personal skills including efficient and effective river running skills and leadership introducing the application of the C.L.A.P principles

4.00pm-5.00pm off the water

Day 2

9.00-9.30am on the water. Leadership including leadership strategies judgement and decision making, Group control and incident management, and safety and rescues

3.30pm off the water Individual De-Briefs and feedback.

4.30-5.00pm Leave for home.

Other useful Information Guidebooks for the area "The Welsh Rivers" By Chris Sladden and British Whitewater by Terry Storry.

Useful Websites www.canoewales.com and www.ukriversguidebook.co.uk

Andy Holt at www.escapetoadventure.com Tel 07876336723

BOOKING FORM

NAME _____

ADDRESS _____

_____ POSTCODE _____

TELEPHONE DAY _____ EVENING _____

EMAIL _____

AGE _____ DATE OF BIRTH _____ OCCUPATION _____

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

FEEES the balance of your course fee is due 4 weeks prior to the start of your course in the meantime you should send your deposit of £50 along with this form. Leaving an outstanding balance of £100, payable by bank transfer or cheque.

THE FULL COURSE FEE IS £150

I have paid my deposit:

online (paypal) bank transfer cheque enclosed

Please make all cheques payable to ANDREW HOLT or if you wish to pay by Bank transfer please let me know and I will send you the details.

I confirm:

I am fit to take part in the course - I have included any medical conditions or other concerns on the form above

I have read and accept the terms and conditions of booking

I am over 18 years of age

SIGNED _____ DATE _____

TERMS AND CONDITIONS please read this section carefully before filling in your booking form

Escape to Adventure is a trading name of Andrew Holt.

All courses require a minimum of 3 people to run. Places can only be secured by submitting a completed booking form together with your deposit. We will confirm the course as soon as minimum numbers are met. The full balance is due no less than 4 weeks prior to the course start date.

Cancellations by the client

All cancellations must be in writing. Once the course is confirmed your deposit is non-refundable. After the course is confirmed we will book accommodation, our own transportation and any additional guides needed for your course. If you cancel after the course is confirmed, we will invoice you for a proportion of the course fee to cover costs we have already incurred. If you cancel 4 weeks or less before the start of the course the full course fee will be payable. We are happy for you to transfer your place on the course to another paddler, provided he/she meets the minimum pre-requisites and pays any outstanding balance due.

Cancellations by Escape to Adventure

We are fully committed to ensure that your course/activities will actually run, however Escape to Adventure will notify the client if we believe that the course has to be cancelled due to dangerous/unsuitable conditions or other situations beyond our control. Escape to Adventure may cancel the course where numbers fail to reach a workable level. We will give no less than 4 weeks' notice of this. In any situation where the course has to be cancelled by Escape to Adventure we will offer the client a full refund of the course fee paid by the client or an alternative course and date.

Safety & Insurance

Escape to Adventure only employ fully trained and qualified instructors to undertake the activities we do and we will do our utmost to limit the risk of injury during an activity. However, participation in adventurous sports entails some risk, water sports and adventurous activities are hazardous by nature and participants in such activities must accept that there is some element of risk or injury. Under 18s must be accompanied by a parent or guardian over the age of 18. A reasonable level of physical fitness is needed. Escape to Adventure will not be responsible for loss or damage to clients' own equipment or injury caused by the clients' own equipment being defective. Advice will be given on the suitability of personal equipment before any activities take place.

Pre-requisite paddler experience is put in place for the safety and enjoyment of everyone on the trip. Whilst we do our best to accommodate clients' wishes, our instructors will tailor the itinerary to suit the skills and abilities of the group. Where an individual does not meet the advertised pre-requisite standard we may not allow him/her to paddle some rivers or sections of rivers. Anyone deliberately or recklessly failing to follow our reasonable instructions on the river, or whose behaviour is affecting the safety or enjoyment of the group, may be required to leave the trip.

We emphasize that the course fee only covers arrangement of accommodation, guiding/coaching. All clients must put their own personal insurance in place to cover days lost due to illness or injury, delayed arrival, lost luggage or equipment etc. Clients must ensure their personal insurance includes comprehensive medical cover for the activities to be undertaken.