



BCU 4 Star White Water Leader Training

The training will take place on a grade 2+/3+ river

Fluidskills.com can deliver this course all over the UK and the French Alps; the Training will be over two days focusing on personal skills and leadership styles and structures on grade 2/3 white water. The course also will cover aspects of white water rescue and safety as part of a group.

A full detailed action plan during the course will assist in your personal development after your training course. Successful assessment after training at this level indicates that the paddlers can consider themselves white water leaders on grade 2/3 white water. As they can now lead on moving waters they can do this in a competent manner and have the knowledge and ability to run a trip down a grade 2/3 river.

You must have

Up to date log book
In date membership card

Any questions please get in contact with me

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4 star White Water leader training programme

Day 1

AM – personal skills coaching sessions on a section of grade 2 white water

PM – Leadership skills coaching sessions based on a section of grade 2/3 white water using CLAP and other leadership structures

Day 2

AM – this day covers more leadership aspects of the 4 star award and the use of rescue skills and Rapid setups as a leader of a group on grade 2/3 white water.

PM – combining leadership and skills with rapid setups and group dynamics for Effective River running and fun.

Equipment Requirements

- Personal kayaking equipment
- Throw line and basic first aid and rescue equipment
- Lunch
- Waterproof notebook and pencil (if you like to take notes?)

We are meeting at the new bridge car park by the River Dart at 9 am on the Saturday