

NORTHAMPTON CANOE & KAYAK CLUB

BCU 1, 2, 3 Star Course Application Form 2009

Please tick the course that you wish to enroll on, then, complete the following details
(Please write in capitals with black pen)

1 Star Courses

..... Friday 17th April (20.30 Pool session); Sat 18th April 1000-1400;
Sun 19th April 1000-1400. Cost £35

..... Sat 13th June 1000-1600; Sun 14th June 1000-1600. Cost £ 40

..... Sat 15th Aug 1000-1600; Sat 16th Aug 1000-1600. Cost £ 40

2 Star courses.

..... Friday 15th May (20.30 Pool session); Sat 16th May 1000-1500;
Sun 17th May 1000-1500. Cost £35

..... Sat 11th July 1000-1600; Sun 12th July 1000-1600; Sat 18th July 1000-1600;
Sun 19th July 1000-1600. Cost £50

..... Sat 31st Oct 1000-1600; Sunday 1st Nov 1000-1600;
Sat 7th Nov 1000-1600; Sun 8th Nov 1000-1600. Cost £50

3 Star Courses

..... Kayak – October dates to be confirmed. Cost £50

..... Canoe - October dates to be confirmed. Cost £50

..... Sea - September dates to be confirmed. Cost £50

Name Home telephone

Address Mobile:

.....

.....

Post Code **E-Mail**

Please list any medical conditions that might be of relevance, or any medical history that the
Course Instructor should know about. If not applicable, please write "None"

.....
.....

BCU Membership number (if applicable) NCKC Member Yes / No

CKC has a *small* amount of kit for use by course candidates. Please list any kit that you will need:

.....
.....
.....

Please ensure you have read the accompanying course notes before signing below.

To be completed by the parent / guardian of any person under 18y enrolling on a course

Date of Birth:

Name, address & phone number of family doctor

.....
.....
.....

During the course, my contact number is / mobile.....
.....

Consent: I hereby give permission for to take part on the above course

Signature of parent / guardian Date

Signature of applicant (if over 18) Date

NORTHAMPTON CANOE & KAYAK CLUB

BCU 1, 2, 3 Star Course Notes

1 Star Course

This course provides an introduction to paddle sport. It may be undertaken in a variety of craft but is offered here in either canoe or kayak. It is primarily aimed at the novice, but should also be considered by any person coming back to the sport after several years break. The course is good fun and suitable for old and young. The focus of the course is not on attaining perfectly performed skills but on inspiring the student to continue in the sport. At the end of the session, you should get a certificate from the British Canoe Union, which will allow you to progress to the next stage.

2 Star Course

Pre-requisite: 1 Star Award (or previous experience); two journeys of two hours duration.

This course sets out to improve those skills that you learnt at 1 star level, and apply them in both canoe and kayak. Several new techniques will be introduced. The weekend will require students to put reasonable effort into improving their strokes, however, with a few silly games thrown in, the student should find the course both educational and fun. At the end of the session there will be an assessment, however, unlike one star, students will now be expected to perform strokes to a predefined standard. Those enrolling, should be aware that the emphasis has now shifted from 'introduction' to 'improvement and variety' and this will require students to practice the strokes which are coached. The 2 star syllabus has the addition of a variety of wet strokes and rescues, and so students should come prepared to spend some time 'up side down' in their boat and even in the water.

3 Star Course

This course may be undertaken in a variety of craft but is offered here in either kayak, as a white water qualification, or as an open canoe qualification. Both involve 'moving water' and at least one day will be spent away from the centre on suitable rivers or lakes.

Pre-requisite: 2 Star Award plus evidence of having paddled grade 2 water for the kayak course or three open canoe journeys of three hours duration for the open canoe course. Successful performance at this level indicates that candidates can consider themselves as intermediate canoeists, rather than beginners, and able to join a group of led paddlers on a variety of water types.

This is a demanding course, and any one enrolling should not think, that because they passed 2 star they will automatically be successful at 3 star level. It is considered a 'benchmark' award throughout the paddling fraternity. Students should therefore understand and appreciate that the 3 star award is based on 'performance', and they will be expected to work hard through out. Due to the importance of this award, assessment will be formal and conducted by a coach unfamiliar with the students.

As a club it is our intention and desire to give every student the chance to perform the best they can. It is for this reason that preceding a three star weekend, a coach will be available at a specified time to introduce the syllabus to students. It is hoped that from here students will put some personal practice in beforehand and so increase their chances of gaining their award.

In addition to this, one of the skills to be performed at 3 Star (white water), is an Eskimo Roll. Unfortunately, there is not enough time on the course to actually teach this skill from scratch – the most we can do in the time allocated is improve a candidates technique. For any 3 Star prospective candidate who cannot roll, then we suggest that he attends our rolling sessions on Friday evenings in order to learn the basics, prior to attending the course.

Pass Certificate

Please note that in the event of a pass, the course fee only provides for a temporary certificate. Although this is usually enough to act as a pre-requisite for the next course, it is not considered by the BCU as a permanent record. The full certificate, and badge, are obtainable for a small additional fee – currently £5.

Medical Conditions

If the person enrolling for a course has any medical conditions that might affect them whilst paddling, for example, asthma, diabetes, epilepsy, then this must be mentioned on the application form.

And Finally

Canoeing and Kayaking are "Assumed Risk" – "Water Contact" sports that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own action and involvement. By signing and submitting this form you are accepting the above statement on your own behalf, or on behalf of your children.

All courses are run by a British Canoe Union Coach Level 2 or 3.

Under 18's must be introduced to the coach by their parents or guardian and collected from the centre or pool by parent or guardian.

DO NOT FORGET YOUR MEDICINES (Inhalers, etc)

Please post this completed form, together with the appropriate course fee (cheques payable to NCKC), to: Jim .McCarthy (NCKC Coaching Officer), 14 High Stack, Long Buckby, Northampton, NN6 7QT.

NORTHAMPTON CANOE & KAYAK CLUB

BCU 1, 2, 3, Star Course 2008

Some courses will start on the Friday at 2030 Hrs at the Mounts swimming pool and continue as follows.

On the *first day*, please arrive at the Nene Whitewater Centre for the initial briefing at the course start time. After this, we will sort out kit, get changed and hopefully get out on the water.

We will stop for lunch at around 1pm – there is a café on site where you can purchase hot or cold snacks and drinks, although early in the season this may not be open. you can if you wish bring your own.

The session will end around the published finish time..

Times for the *second day*, will be the same, unless you are advised differently by the course instructor.

The course assessment will take place towards the end of the afternoon, and candidate de-briefing will occur last thing.

Please find enclosed a copy of the course syllabus. It is a good idea to read through this in order to acquaint yourself with the course structure and the names of the various techniques that you will encounter. In addition, you will also find a section on 'theory' which contains some typical questions that may be asked on the assessment.

Personal kit

This can very much depend on the weather, but knowing the British climate as we do, it is better to be ready for any eventuality ! The minimum kit that should be brought is:

Thermal top, or fleece – basically to keep your top half warm. Cotton is not advisable since once wet, it stays wet. Polypropylene thermals or fleeces, tend to drip dry and are much more comfortable. (If you are prone to feeling cold, then two such items could be worn).

Waterproof cag. If not a pucker canoe cag, then a nylon waterproof top will be ok. Ideally, the neck and wrist should seal to stop water dripping in.

Long trousers – these could be waterproof ones if you have them! Again, try to avoid cotton! The now, somewhat dated nylon 'shell suits' that the youngsters used to wear a few years ago, are excellent for canoeing - they don't hold the water, and are wind resistant.

Shoes – wet suit boots if you have them, or else a pair of old trainers – so long as they are not the very bulky ones.

Helmet – if you have your own, or else we will fit you out with one.

If you need to wear glasses whilst canoeing, then these need to be attached somehow.

For the benefit of our younger members, please don't forget, that all the above is canoeing kit, and it will get wet ! You will need to arrive at the centre in ordinary clothes; you will then change into canoe kit, and hey presto, when you've finished at the end of the day, you will still have your dry clothes to go home in !

Finally

Hopefully, these notes have covered most questions that you might have asked, but if not, then please contact Jim McCarthy on 07879898494 or by e-mail at jim.mccarthy@dsl.pipex.com or coaching@nckc.org.uk .

See you on the course !

Acknowledgement will normally be by e-mail.

Please tick if you require a postal acknowledgement

To:

You have been reserved a place on the following course:

Date: Course Fee Paid: