

# Sea Kayaking Courses with Kayak Essentials

## BCU 3 Star Sea Kayak Training Pre-course Notes

### Overview

The three star award is suitable for paddlers who wish to have the skills and knowledge to be a competent member of a led sea kayak group in moderate sea conditions.

It is also the appropriate level of performance for paddlers to begin working towards the BCU Four Star Sea Leader Award

The nature of the assessment is that of continuous evaluation throughout a suitable day journey.

A consistent BCU Two Star kayak standard of performance is appropriate for anyone starting to work towards the BCU Three Star Sea Kayak award.

### BCU Guidelines

The current syllabus and guidance notes for the BCU 3 Star Sea Kayak award are available on the BCU website. All candidates for the training course should consult these notes, to consider their readiness to attend.

### Prerequisites:

It is desirable that candidates hold the BCU 2 Star award. If a candidate does not hold this award, they should be certain that their sea kayaking experience and paddling ability is sufficient to allow them to complete the training course, which will take place in moderate sea conditions as described above. If in any doubt, please contact us to discuss your experience before booking.

### Booking:

Candidates wishing to book a place on a training course should provide the following:

1. Completed Booking Form
2. Course Fee (see general guidelines)

### 3 weeks prior to course date:

At this point we will establish course numbers, receive confirmed bookings and confirm dates. We will also provide any specific pre-course information and/or tasks.

### Course Content:

The information contained in the BCU Guidance Notes for the 3 Star award will act as a reference point for the training and assessment content of this 2-day course. Please consult these BCU guidelines at:

[www.bcu.org.uk/tests-and-awards](http://www.bcu.org.uk/tests-and-awards)

The detailed programme for each training/assessment course will be influenced by group size/ability, client aims/objectives, weather/tidal considerations and training venues. At the start of each course, an appropriate programme for the course will be discussed and agreed in the light of these considerations.