



**Powder Mills
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2011 BCU Level 1 and 2 Coaching courses

**These courses are designed for those
aspiring to progress within the coaching
scheme of the BCU**



This 4 day course is run for those wishing to attain the BCU/UKCC level 1 or 2 coaching awards. Over the 4 days your instructors will ensure you have the technical knowledge and coaching techniques to progress within the world of paddle sport.

To undertake this coaching award you need to ensure you have the necessary BCU pre requisites. These can be sourced through the BCU website or alternatively call our office.

All our courses are run in an informative but relaxed manner, enabling you to enjoy the course to its full potential.

Please note that these course are run for us by Totnes Kayak Academy



Contact Details

martin@spirit-of-adventure.com

01822 880277

www.spirit-of-adventure.com



2011

BCU Level 1 and 2 Coaching courses

The level 1 and 2 coaching itinerary

Over the 4 days your BCU qualified instructors will ensure that all aspects of the syllabus will be covered. You will be given all the tools and skills necessary to progress within the BCU Coaching scheme.

To get the most from the course you will have to have a broad knowledge and experience of paddling and meet the BCU pre requisites.

All our courses are run in an informative but relaxed manner, enabling you to enjoy the course to its full potential.

Note:

A guide to the BCU pre requisites for level 2 are as follows

- **be 17 years old or over**
- **have successfully completed a 'new' Level 1 Award or 'old' Level 2 training within the previous 3 years**
- **have completed a BCU Canoe Safety Test or Foundation Safety & Rescue Training**

Plus, boat-based candidates must also have successfully completed:

- **a new BCU 2 Star Award or 'old' 2 Star in both canoe & kayak**
- **either a 'new' or 'old' 3 Star Award**

Prior to certification Coaches are required to have:

- **a valid first aid certificate (min 6 hours)**
- **a recognised BCU criminal record check (this may take a few months to process so you may want**

to apply for this in advance of attending your assessment).



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BCU Level 1 and 2 Coaching Courses

Spirit of Adventure has a safety record second to none. We believe that the safety of all participants and instructors overrides all other concerns. You can be assured that your holiday with us will be safe, adventurous and great fun.

Spirit of Adventure is inspected regularly by the **Adventure Activity Licensing Authority (AALA)** and has been granted a licence to run canoeing, climbing and mountaineering activities. The authority inspects our equipment and safety procedures and ensures that all our staff are suitably qualified.

Accommodation

Somewhere friendly, warm, helpful and providing good food is needed on these adventures, we have the contacts, and will be delighted to arrange your accommodation for you, if required. Just let us know on booking! Local Hotel or Bed and Breakfast, we can find accommodation to suit your needs.

Spirit of Adventure has its own bunkhouse here at Powdermills, which is clean and has a fantastic setting in the heart of the moor. A lounge area with wood burning fire, fully fitted kitchen, electric showers and a great drying room make this ideal for those wishing for accommodation that is a little more basic! This can be booked through our office.

Please note that this course operates from Totnes (30 mins from Powdermills)

Activity Equipment

We would expect that at this level most candidates should have their own equipment. We do however require our instructors to inspect it first for safety purposes.

You are more than welcome to use Spirit of Adventure equipment if you do not own your own.



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Suggested Kit List

You will need to provide the following:

Complete change of warm clothes for end of day.

Spare warm fleece to carry in Kayak.

Warm top to paddle in (will get wet)

Hat, gloves

Swimming gear

Socks

Torch and spare batteries / bulb

Trainers or sandals for kayaking

Insect repellent

Wash kit / Towel

Personal First Aid kit

Lunch box

Sun protection cream

Camera

Water bottle / hot flask

All paddling equipment

Fact and Figures

2011

BCU Level 1 and 2 Coaching Courses

Activities:

Activity

4 day instructional course

Level 1

Ref. No. - - - Dates

BCU111

24 – 27 May

Level 2

Ref. No. - - - Dates

BCU211

1 -4 February

Experience Required

Must meet BCU pre requisites

2011 Costs, Activity only

Course

£240

Accommodation / meals

Self –catering, accommodation can be organised through our office.

