



Notes

1. **Foundation Courses** – Students with appropriate pre-course experience can gain both 2* foundation courses (O2F and K2F) in one training week when conducted at JSMT. Otherwise approved DT providers can run just one element.

NGB Equivalent: BCU 2 which is a generic award covering both kayak and canoe, there is a small payment fee to the governing body.*

2. **Canoe Instructor Level 1 (CI1)** – CI1 includes training/assessment in both open canoe and kayak on sheltered water. Training is split 50/50 and includes FSRT (Foundation Safety & Rescue training). Students need to have either K2F or O2F as per requirements and should gain the alternative award during the week or already hold BCU 2*.

NGB Equivalent: UKCC Level 1 Coach.

3. **Intermediate Courses** – These are discipline specific and will move onto moderate water i.e. moving water, areas of sea with wind and open lochs and lakes. These courses can be repeated any number of times to gain experience. You must have completed a foundation course or hold the equivalent BCU 2*.

NGB Equivalent: BCU 3 Star. There is a small payment fee to the governing body.

4. **Canoe Instructor Level 2 (CI2)** – The CI2 will train students to coach in different craft types so appropriate time will be allocated to completing 3 star awards in all required disciplines. CI2s can deliver both Open Canoe Foundation (O2F) and Inland Kayak Foundation (K2F) as DT. Both awards are 2*.

NGB Equivalent: Once completed, students can register with the BCU and start the process towards completing the UKCC Level 2 Assessment. The Canoe Instructor Level 2 counts as the UKCC Level 2 Training Course.

5. **Sea, Kayak, Open Canoe, Surf 4* Leader awards** – 4* Leader Awards are designed to enable students to coach/lead canoeing activities on moderate water at Unit level. The course is broken down into three main areas: The new BCU 4* Leader Training; safety and rescue training; and specific coaching disciplines.

Pre-requirements for this award are Level 2 coach, 4 star training, safety and rescue and logged experience coaching on moderate water.

4* Leaders can deliver appropriate Intermediate awards (K3N, O3N, S3N and U3N) as DT. All courses are 3*.

NGB Equivalent: BCU 4 leaders can lead a group of four 3* paddlers on moderate water. Once completed students can register with the BCU for the Moderate Water Award.*

6. **Canoe/Kayak 5* Instructor awards** – The Canoe/Kayak 5* awards enable students to lead people on advanced water compatible with logbook experience. There is a large training element on the course covering personal skills, advanced leadership and advanced safety and rescue training.

The training element of the course can be attended as often as required, as preparation to the 2-day assessment phase. Advice should be sought from Level 4 trainers/assessors.

Pre-requirements for this award are 4* as well as logged experience paddling on advanced water. 5* Leaders can lead a group of four 4* paddlers on advanced water.

Canoe/Kayak 5* Instructors (K5C, O5C, S5C and U5C) can deliver appropriate 4* Training awards (K3T, O3T, S3T and U3T) as DT. All courses are 4*.

NGB Equivalent: The new BCU UKCC Level 3 Coach, which includes the 5 Leader performance award, is the top level of performance involving a high level of personal skill and leadership in advanced situations. It is primarily a leadership award and students are tested in advanced situations: these include the sea, rivers, open canoe and surf environments. The 5* Leader has the skills and judgement to select appropriate trips for paddlers with a range of experience.*

INLAND KAYAK 2 STAR FOUNDATION (K2F)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6)
3	Course Aim	The aim of the K2F course is to provide the foundation skills required for a student to be a competent flat water kayaker.
4	Training Objectives	
	Demonstrate Foundation Kayaking Knowledge.	
	Perform Foundation Kayaking Skills.	
	Demonstrate Foundation Leadership, Instruction and Coaching in relation to Kayaking.	
	Apply Foundation Risk Management in relation to Kayaking.	
	Implement Appropriate Foundation Emergency Procedures for Kayaking.	
5	Assessment Criteria	Formative practical assessment of the students' Kayaking 2 Star skills.
6	Pre-Course Qualifications	Students must be fit to attend the course and have passed their JSATST
7	Pre-Course Exemption	NA.
8	Pre-Course Experience	NA.
9	Delivery	CI2 Coach
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	May operate only as part of a group with a CI1 or higher.
11	Remit (Led Groups)	Nil.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred.
14	Currency	Students are encouraged to start a log book.
Civilian Equivalent		
15	NGB Equivalent	BCU 2 Star is a generic Canoe and Kayak award.
Course Loading Details		
16	Location	T4 Centres. In addition K2F can be delivered as DT from within a Unit by a current CI2 holding K3N or UKCC 3 star award
17	Frequency	See www.ahrc.co.uk. The K2F course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Either K2F or O2F is required to attend CI1, but the 2nd discipline is required by the completion of the course.

OPEN CANOE 2 STAR FOUNDATION (O2F)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6)
3	Course Aim	The aim of the O2F course is to provide foundation skills required for a student to be a competent flat water open canoeist.
4	Training Objectives	
	Demonstrate Foundation Open Canoeing Knowledge.	
	Perform Foundation Open Canoeing Skills.	
	Demonstrate Foundation Leadership, Instruction and Coaching in relation to Open Canoeing.	
	Apply Foundation Risk Management in relation to Open Canoeing.	
	Implement Appropriate Foundation Emergency Procedures for Open Canoeing.	
5	Assessment Criteria	Formative practical assessment of the students' open canoe 2 star skills.
6	Pre-Course Qualifications	Students must be fit to attend the course and have passed their JSATST.
7	Pre-Course Exemption	NA.
8	Pre-Course Experience	NA.
9	Delivery	CI2 Coach.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	May operate only as part of a group with a CI1 or higher.
11	Remit (Led Groups)	Nil.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred.
14	Currency	Students are encouraged to start a log book.
Civilian Equivalent		
15	NGB Equivalent	BCU 2 Star is a generic Canoe and Kayak award.
Course Loading Details		
16	Location	T4 Centres. In addition O2F can be delivered as DT within a Unit by a current CI2 holding O3N or UKCC 3 star award.
17	Frequency	See www.ahrc.co.uk. The O2F course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Either K2F or O2F is required to attend CI1 but the 2nd discipline is completed during the CI1 course.

CANOE INSTRUCTOR LEVEL 1 (CI1)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6) but ideally (2:12)
3	Course Aim	The aim of the CI1 is to assess the skills required to coach novices on flat, sheltered water with a range of mixed boats. Foundation Safety Rescue Training (FSRT).
4	Training Objectives	
	Demonstrate Instructional Canoeing Knowledge.	
	Perform Instructional Canoeing Skills.	
	Demonstrate Instructional Leadership, Instruction and Coaching in relation to Canoeing.	
	Apply Instructional Risk Management in relation to Canoeing.	
	Implement Appropriate Instructional Emergency Procedures for Canoeing.	
	Demonstrate Foundation Safety Rescue Training (FSRT).	
5	Assessment Criteria	Practical and written assessment of the skills required to safely manage a group of novice canoeists on very sheltered water.
6	Pre-Course Qualifications	Students must hold a K2F, O2F or BCU 2 star award.
7	Pre-Course Exemption	NA
8	Pre-Course Experience	NA
9	Delivery	T4 Centres.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	When acting as equals, with at least one other CI1 qualified individual, the group may operate in sheltered water.
11	Remit (Led Groups)	Very sheltered water no more than 50 meters from shore with up to 6 kayakers or 7 open canoeists (operating in a maximum of 4 canoes).
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	UKCC Level 1 Coach.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The Level 1 course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Nil.

INLAND KAYAK 3 STAR INTERMEDIATE (K3N)		
Course Information		
1	Type of Course	Training and Assessment
2	Course Duration (Ratio)	5 x Days.(1:6)
3	Course Aim	The aim of the K3N course is to enhance and develop foundation skills required for a student to be a competent 3 star kayaker on up to Grade 2 moving water.
4	Training Objectives	
	Demonstrate Foundation Kayaking Knowledge.	
	Perform Foundation Kayaking Skills.	
	Demonstrate Foundation Leadership, Instruction and Coaching in relation to Kayaking.	
	Apply Foundation Risk Management in relation to Kayaking.	
	Implement Appropriate Foundation Emergency Procedures for Kayaking.	
5	Assessment Criteria	Practical assessment on all key objectives as part of a led group on moving water up to Grade 2.
6	Pre-Course Qualifications	Hold K2F or UKCC 2 star.
7	Pre-Course Exemption	Students with extensive logged experience on grade 2 moving water may be exempt the 2 star award.
8	Pre-Course Experience	Log book evidence of 3 Days on Grade 2 moving water is required, as well as 3 journeys on sheltered water.
9	Delivery	T4 Centre, K4L with CI2
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	Group of 4 equally qualified individuals can operate on Grade 1 moving water in a sheltered environment.
11	Remit (Led Groups)	Nil.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred.
14	Currency	Students are advised to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 3 Star award.
Course Loading Details		
16	Location	T4 Centres. In addition K3N can be delivered as DT from within a Unit by a current CI2 holding K4L or UKCC Moderate water Coach in discipline.
17	Frequency	See www.ahrc.co.uk. The K3N course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Students wishing to gain the BCU 3 Star award are recommended to read the NGB course prospectus. There is also a small cost. Either K3N or O3N/BCU 3 Star Inland Kayak or 3 Star Canoe is required to attend CI2, but the 2nd discipline is completed during the course.

OPEN CANOE 3 STAR INTERMEDIATE (O3N)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6)
3	Course Aim	The aim of the O3N course is to enhance and develop the foundation skills required for a student to be a competent canoeist up to grade 2 moving water & open water with winds up to force 2/3.
4	Training Objectives	
	Demonstrate Foundation Open Canoeing Knowledge	
	Perform Foundation Open Canoeing Skills	
	Demonstrate Foundation Leadership, Instruction and Coaching in relation to Open Canoeing	
	Apply Foundation Risk Management in relation to Open Canoeing	
5	Implement Appropriate Foundation Emergency Procedures for Open Canoeing	
6	Assessment Criteria	Practical assessment on all key objectives as part of a led group on moving water up to grade 2 in accordance with the BCU 3 star syllabus.
7	Pre-Course Qualifications	Hold O2F or BCU 2 star.
8	Pre-Course Exemption	Students with extensive logged experience on grade 2 moving water may be exempt the 2 star award.
9	Pre-Course Experience	Logbook experience on moving water with a minimum of 3 journeys of 10 km or more.
10	Delivery	T4 Centre, O4L with CI2
Course Remit, Limitations and Currency		
11	Conditions/Remit (Operating as Equals)	Group of 4 equally qualified individuals can operate on simple grade 1 moving water and open water with winds less than force 2.
12	Remit (Led Groups)	Nil.
13	Remit (DT)	Nil.
14	Qualification Expiry	This qualification is not time barred.
15	Currency	Students are advised to maintain a canoeing logbook.
Civilian Equivalent		
16	NGB Equivalent	BCU 3 Star in specific discipline.
Course Loading Details		
17	Location	T4 Centres. In addition O3N can be delivered as DT from within a Unit by a current CI2 holding O4L or UKCC Moderate water Coach in discipline.
18	Frequency	See www.ahrc.co.uk . The O3N course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
19	Key References	See Instructor Resource pack.
20	Additional Remarks	Students wishing to gain the BCU 3 Star award are recommended to read the NGB course prospectus. There is also a small cost. Either K3N or O3N/BCU 3 Star Inland Kayak or 3 Star Canoe is required to attend CI2, but the 2nd discipline is completed during the course.

SEA KAYAK 3 STAR INTERMEDIATE (S3N)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6)
3	Course Aim	The aim of the S3N course is to enhance and develop the foundation skills required for a student to be a competent 3 star kayaker in a moderate tidal environment with winds up to force 4.
4	Training Objectives	
	Demonstrate Foundation Sea Kayaking Knowledge.	
	Perform Foundation Sea Kayaking Skills.	
	Demonstrate Foundation Leadership, Instruction and Coaching in relation to Sea Kayaking.	
	Apply Foundation Risk Management in relation to Sea Kayaking.	
	Implement Appropriate Foundation Emergency Procedures for Sea Kayaking.	
5	Assessment Criteria	Practical assessment on all key objectives as part of a led group on moderate tidal environment with winds up to force 4 in accordance with the BCU 3 star syllabus.
6	Pre-Course Qualifications	K2F or UKCC 2 star.
7	Pre-Course Exemption	Students with extensive logged experience on grade 2 moving water or similar sea conditions may be exempt the 2 star award.
8	Pre-Course Experience	Log book evidence of at least 3 sea journeys of 3 hours or more.
9	Delivery	T4 Centres. In addition S3N can be delivered as DT from within a Unit by a current CI2 holding S4L or UKCC Moderate water Coach in discipline.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	Group of 4 equally qualified individuals can operate in a 'non tidal' environment with winds less than force 2. Journeys should be kept as close to the shore line as practical.
11	Remit (Led Groups)	Nil.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 3 Star in discipline.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The S3N course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Students wishing to gain the BCU 3 Star award are recommended to read the NGB course prospectus. There is also a small cost.

SURF KAYAK 3 STAR INTERMEDIATE (U3N)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6)
3	Course Aim	The aim of the U3N course is to enhance and develop the foundation skills required for a student to be competent surfing waves of not greater than 1 foot in height.
4	Training Objectives	
	Demonstrate Foundation Surf Kayaking Knowledge.	
	Perform Surf 3 Star Kayaking Skills.	
	Demonstrate Foundation Leadership, Instruction and Coaching in relation to Surf Kayaking.	
	Apply Foundation Risk Management in relation to Surf Kayaking.	
	Implement Appropriate Foundation Emergency Procedures for Surf Kayaking.	
5	Assessment Criteria	Practical assessment on all key objectives of the 3 star surf syllabus.
6	Pre-Course Qualifications	Logbook experience surfing and hold K2F award.
7	Pre-Course Exemption	Students with extensive logged experience on grade 2 moving water or similar sea conditions may be exempt the 2 star award.
8	Pre-Course Experience	Logbook experience of at least 3 surf sessions in more than one location.
9	Delivery	T4 Centre, U4L
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	Group of 4 equally qualified individuals can operate in surf of less than 1ft with light winds (less than force 2).
11	Remit (Led Groups)	Nil.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 3 Star in discipline.
Course Loading Details		
16	Location	T4 Centres. In addition U3N can be delivered as DT from within a Unit by a current CI2 holding U4L or UKCC Moderate water Coach in discipline.
17	Frequency	See www.ahrc.co.uk . The U3N course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Students wishing to gain the BCU 3 Star award are recommended to read the NGB course prospectus. There is also a small cost.

CANOE INSTRUCTOR LEVEL 2 (CI2)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	5 x Days. (1:6) but ideally (2:12)
3	Course Aim	The aim of the CI2 is to assess the instructional skills required to coach novices on flat and upto grade 1 moving water.
4	Training Objectives	
	Demonstrate Instructional Canoeing Knowledge.	
	Perform Instructional Canoeing Skills.	
	Demonstrate Instructional Leadership, Instruction and Coaching in relation to Canoeing.	
	Apply Instructional Risk Management in relation to Canoeing.	
	Implement Appropriate Instructional Emergency Procedures for Canoeing.	
5	Assessment Criteria	Practical and written assesment of the skills required to safely manage a group of novice canoeists on sheltered and upto grade 1 water.
6	Pre-Course Qualifications	Students must hold CI1 and a minimum of either: K3N and O2F, or K2F and O3N, or BCU 3 star award in Canoe or Inland Kayak. (Students will be required to achieve their 3 star award in the alternative discipline during the course.)
7	Pre-Course Exemption	Students with extensive log book experience and a coaching background. Applications should be made direct to the JSMTC Training Office.
8	Pre-Course Experience	Students should hold a minimum of 20 logged teaching hours.
9	Delivery	T4 Centres.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	When acting as equals, with at least 2 other CI2 qualified individuals, the group may operate on up to grade 2 rivers.
11	Remit (Led Groups)	Can lead a group on sheltered and up to grade 1 moving water.
12	Remit (DT)	May conduct K2F and O2F as DT.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	UKCC Level 2 Coach training.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The Level 2 course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Students who complete the JS level 2 course can register this with the BCU and transfer across to the UKCC level 2 training.

INLAND KAYAK 4 STAR LEADER TRAINING (K4T)

Course Information		
1	Type of Course	Training
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the K4T course is to develop leadership skills and river running techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Kayaking Knowledge.	
	Perform Advanced Kayaking Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Kayaking.	
	Apply Advanced Risk Management in relation to Kayaking.	
	Implement Appropriate Advanced Emergency Procedures for Kayaking.	
5	Assessment Criteria	Practical training of leading a group on moving water up to grade 2 and personal skills on grade 3 water.
6	Pre-Course Qualifications	CI2, K3N or UKCC 3 Star Inland award/BCU old 4 Star Inland Kayak.
7	Pre-Course Exemption	Students with extensive (more than 20 logged canoeing trips) experience on grade 2/3 moving water may be exempt the 3 star award.
8	Pre-Course Experience	6 rivers of up to grade 3. Students should be comfortable paddling on grade 2/3 moving water.
9	Delivery	T4 Centre, K4L holding K5I or UKCC Level 3 Coach Canoe. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	Group of 3 equally qualified personnel can operate on up to grade 2 on rivers in normal flow conditions.
11	Remit (Led Groups)	May participate as a group member under the control of a K4I or K5I
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 4 star training.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The K3T course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	During the course the White Water Safety and Rescue (WWSR) will be delivered. Students wishing to gain the BCU 3 Star award are recommended to read the NGB course prospectus. There is also a small cost.

OPEN CANOE 4 STAR LEADER TRAINING (O4T)

Course Information		
1	Type of Course	Training
2	Course Duration (Ratio)	5 x Days. (1:4 Solo & 1:5 Tandem).
3	Course Aim	The aim of the O4T course is to develop the advanced skills and river running techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Open Canoeing Knowledge.	
	Perform Advanced Open Canoeing Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Open Canoeing.	
	Apply Advanced Risk Management in relation to Open Canoeing.	
	Implement Appropriate Advanced Emergency Procedures for Open Canoeing.	
5	Assessment Criteria	Practical training of leading a group on moving water up to grade 2 and open water with winds upto force 4.
6	Pre-Course Qualifications	CI2, O3N or BCU 3 Star Open Canoe.
7	Pre-Course Exemption	Students with extensive experience on grade 2 moving water and open water experience may be exempt the 3 star award. (More than 20 logged canoeing trips is expected).
8	Pre-Course Experience	12 river trips up to grade 2 with some overnight camps.
9	Delivery	T4 Centre, O4L holding O5I or UKCC Level 3 Coach Canoe. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	Group of 3 equally qualified individuals (3 solo boats or 2 tandem boats) can operate on up to grade 1-2 moving water and moderate open water with winds less than force 2.
11	Remit (Led Groups)	May participate as a group member under the control of a O4I or O5I.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 4 star training.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The O4T course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	During the course the White Water Safety and Rescue (WWSR) will be delivered.

SEA KAYAK 4 STAR LEADER TRAINING (S4T)

Course Information		
1	Type of Course	Training
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the S4T course is to develop the advanced skills and the Sea kayaking techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Sea Kayaking Knowledge.	
	Perform Advanced Sea Kayaking Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Sea Kayaking.	
	Apply Advanced Risk Management in relation to Sea Kayaking.	
5	Implement Appropriate Advanced Emergency Procedures for Sea Kayaking.	
5	Assessment Criteria	Practical training on leading a group in a moderate tidal environment with winds up to force 4 as of BCU 4 star syllabus.
6	Pre-Course Qualifications	CI2, S3N or BCU 3 star Sea.
7	Pre-Course Exemption	Students with extensive (more than 20 logged sea trips) may be exempt the 3 star award.
8	Pre-Course Experience	Log book evidence of at least 10 sea journeys of 3 hours or more and up to winds of force 4. Evidence of multi day journeys will be required.
9	Delivery	T4 Centre, S4L holding S5I or UKCC Level 3 Coach Sea. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	A group of 3 equally qualified individuals can operate in a limited tidal environment with winds less than force 2/3.
11	Remit (Led Groups)	May participate as a group member with a S4L or S5I
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 4 Star training in discipline.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The S4T course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	During the course the BCU Coastal Navigation award will be delivered.

SURF KAYAK 4 STAR LEADER TRAINING (U4T)

Course Information		
1	Type of Course	Training
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the U4T course is to develop the advanced skills and the surfing techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Surf Kayaking Knowledge.	
	Perform Advanced Surf Kayaking Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Surf Kayaking.	
	Apply Advanced Risk Management in relation to Surf Kayaking.	
5	Implement Approved Advanced Emergency Procedures for Surf Kayaking.	
5	Assessment Criteria	Practical training on leading a group in moderate surf conditions and personal application of skills in this environment.
6	Pre-Course Qualifications	CI2, U3N or BCU 3 star Surf.
7	Pre-Course Exemption	Students with extensive kayak experience (river and surf environments) (a minimum of 20 sessions) may be exempt the 3 star award.
8	Pre-Course Experience	Upto 20 sessions in moderate surf conditions, this should include 3 different breaks in 3 geographical areas.
9	Delivery	T4 Centre, U4L holding U5I or UKCC Level 3 Coach Surf. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	A group of 3 equally qualified individuals can operate in surf of not more than 2 ft with winds less than force 2.
11	Remit (Led Groups)	May participate as a group member with a U4L or U5I
12	Remit (DT)	Nil
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 4 Star Surf Training.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk . The U4T course can be conducted routinely at any time during the year, but it is best completed in summer conditions. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	During the course the BCU Surf Safety and Rescue Course will be delivered.

INLAND KAYAK 4 STAR LEADER (K4L)

Course Information		
1	Type of Course	Assessment.
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the K4L course is to assess advanced skills and the river running techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Kayaking Knowledge.	
	Perform Advanced Kayaking Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Kayaking.	
	Apply Advanced Risk Management in relation to Kayaking.	
	Implement Appropriate Advanced Emergency Procedures for Kayaking.	
5	Assessment Criteria	Practical leading and coaching a group on moving water up to grade 2 and personal skills on grade 3 water.
6	Pre-Course Qualifications	K4T or BCU 4 star Inland Kayak Leader Training/ WWSR.
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
8	Pre-Course Experience	12 rivers of up to grade 2/3. Students should be comfortable leading on grade 2 and paddling grade 3. Students must have an additional 20 hours coaching on grade 1/2 water. Candidates must provide log book showing 20 hours coaching in this environment.
9	Delivery	T4 Centre, K4L holding K5I or UKCC Level 3 Coach Inland. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	Can operate as a group of 3 equals on grade 2/3 water.
11	Remit (Led Groups)	May lead 6 novices and 3 * kayakers on grade 2 water.
12	Remit (DT)	Nil
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 4 Star Leader with Moderate Water Award in discipline.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 4 Star award are recommended to read the NGB course prospectus. There is also a small cost. Students that have completed the UKCC Level 2 Coach can apply to the BCU for the Moderate Water award in discipline.

OPEN CANOE 4 STAR LEADER (O4L)

Course Information		
1	Type of Course	Assessment.
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the O4L course is to assess the advanced skills and the river running techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Open Canoeing Knowledge.	
	Perform Advanced Open Canoeing Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Open Canoeing.	
	Apply Advanced Risk Management in relation to Open Canoeing.	
	Implement Appropriate Advanced Emergency Procedures for Open Canoeing.	
5	Assessment Criteria	Practical assessment of leading and coaching a group on moving water up to grade 2 and personal skills on grade 3 water and on open water with winds up to force 4.
6	Pre-Course Qualifications	O4T or BCU 4 star Open Canoe Leader Training/ WWSR
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with extensive logbook experience.
8	Pre-Course Experience	Provide evidence of 12 trips (minimum of 4 hours duration). Candidates must provide log book showing 20 hours coaching in this environment.
9	Delivery	T4 Centre, O4L holding O5I or BCU Level 3 Coach Canoe. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	3 equally qualified individuals can operate as equals on grade 2 water and on open water with winds upto force 4.
11	Remit (Led Groups)	May lead 6 novices, 3 star, or equivalent, Canoeists on grade 2 water and open water with winds upto force 3.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 4 Star Leader
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk .
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 4 Star award are recommended to read the NGB course prospectus. There is also a small cost. Students that have completed the UKCC Level 2 Coach can apply to the BCU for the Moderate Water award in discipline.

SEA KAYAK 4 STAR LEADER (S4L)

Course Information		
1	Type of Course	Assessment.
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the S4L course is to assess the advanced skills and the Sea kayaking techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Sea Kayaking Knowledge.	
	Perform Advanced Sea Kayaking Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Sea Kayaking.	
	Apply Advanced Risk Management in relation to Sea Kayaking.	
	Implement Appropriate Advanced Emergency Procedures for Sea Kayaking.	
5	Assessment Criteria	Practical assessment of leading and coaching a group on moderate tidal environment with winds up to force 4.
6	Pre-Course Qualifications	S4T or BCU 4 star Leader Sea Training.
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
8	Pre-Course Experience	Log book evidence of at least 12 sea journeys of 3 hours or more and with winds up to force 4. Evidence of journeys which include camping out. Candidates must provide log book showing 20 hours coaching in this environment.
9	Delivery	T4 Centre, S4L holding S5I or UKCC Level 3 Coach. 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	3 equally qualified individuals may operate as equals on moderate tidal water in winds up to force 4.
11	Remit (Led Groups)	May lead a 6 novices of competent 3 star sea kayakers on journeys of not more than 5 hours on moderate tidal water with winds not exceeding force 4.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	UKCC 4 Star Leader.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 4 Star award are recommended to read the NGB course prospectus. There is also a small cost. The Coastal Navigation and Tidal planning Course will be delivered on this course. Students that have completed the UKCC Level 2 Coach can apply to the BCU for the Moderate Water award in discipline.

SURF KAYAK 4 STAR LEADER (U4L)

Course Information		
1	Type of Course	Assessment.
2	Course Duration (Ratio)	5 x Days. (1:4)
3	Course Aim	The aim of the U4L course is to assess the advanced skills and the surfing techniques required for the 4 star Leader award.
4	Training Objectives	
	Demonstrate Advanced Surf Kayaking Knowledge.	
	Perform Advanced Surf Kayaking Skills.	
	Demonstrate Advanced Leadership, Instruction and Coaching in relation to Surf Kayaking.	
	Apply Advanced Risk Management in relation to Surf Kayaking.	
5	Implement Appropriate Advanced Emergency Procedures for Surf Kayaking.	
	Assessment Criteria	Practical assessment of leading and coaching a group in moderate surf conditions and personal application of skills in this environment.
	Pre-Course Qualifications	U4T or UKCC 4 star Surf Training.
	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
	Pre-Course Experience	Upto 20 sessions in moderate surf conditions which should include 3 different breaks in 3 geographical areas. Candidates must provide log book showing 20 hours coaching in this environment.
9	Delivery	T4 Centre, U4L holding U5I or UKCC Level 3 Coach . 2 assessors are required for the course.
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	A group of 3 equally qualified individuals may operate in moderate surf with not more than 2-3 ft waves.
11	Remit (Led Groups)	May lead a group of 4 competent 3 star surf paddlers in moderate surf conditions no more than 2ft.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	UKCC 4 Star Leader.
Course Loading Details		
16	Location	T4 Centres
17	Frequency	See www.ahrc.co.uk. Courses are normally conducted Apr - Oct.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 4 Star award are recommended to read the NGB course prospectus. There is also a small cost. Students that have completed the UKCC Level 2 Coach can apply to the BCU for the Moderate Water award in discipline.

INLAND KAYAK 5 STAR INSTRUCTOR (K5I)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	10 Day Symposium or 2 x 5 Day courses.(1:4)
3	Course Aim	The aim of the K5I course is to assess instructional skills and the river running techniques required for the 5 star Leader award.
4	Training Objectives	
	Demonstrate Instructional Kayaking Knowledge.	
	Perform Instructional Kayaking Skills.	
	Demonstrate Instructional Leadership, Instruction and Coaching in relation to Kayaking.	
	Apply Instructional Risk Management in relation to Kayaking.	
	Implement Appropriate Instructional Emergency Procedures for Kayaking.	
5	Assessment Criteria	Practical assessment of leading a group on moving water up to grade 3-4 and personal skills up to grade 4+ water.
6	Pre-Course Qualifications	CI2 with either K4L or BCU 4 star (Inland) Leader.
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
8	Pre-Course Experience	30 rivers of up to grade 4+. Students should be comfortable leading up to grade 4 and paddling up to grade 4+ as peers.
9	Delivery	Level 5 Coach with A5 status or new UKCC level 3 (Inland).
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	May operate as equals with 2 other equally qualified individuals in accordance with their log book experience and a comprehensive risk assessment.
11	Remit (Led Groups)	May lead 4 competent paddlers on advanced white water up to grade 4.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 5 star Leader.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk.
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 5 Star award are recommended to read the NGB course prospectus. There is also a small cost. This course can be split into 2 five day modules (Training and Assessment). The Advanced White Water Safety and Rescue Course(Ad WWSR) will be delivered on this course.

OPEN CANOE 5 STAR INSTRUCTOR (O5I)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	10 Days Symposium or 2 x 5 Day modules. (1:4 Solo & 1:5 Tandem)
3	Course Aim	The aim of the O5I course is to assess the instructional skills and the river running techniques required for the 5 star Leader award.
4	Training Objectives	
	Demonstrate Instructional Open Canoeing Knowledge.	
	Perform Instructional Open Canoeing Skills.	
	Demonstrate Instructional Leadership, Instruction and Coaching in relation to Open Canoeing.	
	Apply Instructional Risk Management in relation to Open Canoeing.	
	Implement Appropriate Instructional Emergency Procedures for Open Canoeing.	
5	Assessment Criteria	Open water with winds not above force 4 and grade 3 white water.
6	Pre-Course Qualifications	CI2 with O4L or UKCC 4 star (Open Canoe) Leader.
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
8	Pre-Course Experience	Provide evidence of 30 trips (including multi day trips with minimum of 2 nights out).
9	Delivery	Level 5 Coach with A5 status or new UKCC level 3 (Open Canoe).
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	May operate as equals with 2 other equally qualified individuals in accordance with their log book experience and a comprehensive risk assessment.
11	Remit (Led Groups)	May lead a group of 4 students on advanced white water grade 3 and open water with winds up to force 4.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU UKCC 5 Star Leader.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk .
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 5 Star award are recommended to read the NGB course prospectus. There is also a small cost. course.

SEA KAYAK 5 STAR INSTRUCTOR (S5I)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	10 Day Symposium or 2x 5 Day modules (1:4)
3	Course Aim	The aim of the S5I course is to assess the instructional skills and the Sea kayaking techniques required for the 5 star Leader award.
4	Training Objectives	
	Demonstrate Instructional Sea Kayaking Knowledge.	
	Perform Instructional Sea Kayaking Skills.	
	Demonstrate Instructional Leadership, Instruction and Coaching in relation to Sea Kayaking.	
	Apply Instructional Risk Management in relation to Sea Kayaking.	
	Implement Appropriate Instructional Emergency Procedures for Sea Kayaking.	
5	Assessment Criteria	Practical assessment of leading a group in an advanced tidal environment with winds up to force 4.
6	Pre-Course Qualifications	CI2 S4L or BCU 4 star (Sea) Leader
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
8	Pre-Course Experience	Log book evidence of at least 24 advanced sea journeys this should include several multi-day trips.
9	Delivery	Level 5 Coach with A5 status or new UKCC level 3 (Sea).
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	May operate as equals with 2 other equally qualified individuals in accordance with their log book experience and a comprehensive risk assessment.
11	Remit (Led Groups)	May lead a group of 4 students in advanced sea conditions.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 5 Star Sea Leader.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk .
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 5 Star award are recommended to read the NGB course prospectus. There is also a small cost. This course can be split into 2 five day modules (Training and Assessment). The Advanced Tidal Planning Course will be delivered on this course.

SURF KAYAK 5 STAR INSTRUCTOR (U5I)

Course Information		
1	Type of Course	Training and Assessment.
2	Course Duration (Ratio)	10 Day Symposium or 2x 5 Day course.(1:4)
3	Course Aim	The aim of the U5I course is to assess the instructional skills and the surfing techniques required for the 5 star Leader award.
4	Training Objectives	
	Demonstrate Instructional Surf Kayaking Knowledge.	
	Perform Instructional Surf Kayaking Skills.	
	Demonstrate Instructional Leadership, Instruction and Coaching in relation to Surf Kayaking.	
	Apply Instructional Risk Management in relation to Surf Kayaking.	
	Implement Appropriate Instructional Emergency Procedures for Surf Kayaking.	
5	Assessment Criteria	Practical assessment of leading a group in advanced surf conditions (3ft and heavy waves) and personal application of skills in this environment.
6	Pre-Course Qualifications	U4L or BCU 4 star (Surf) Leader.
7	Pre-Course Exemption	Pre-course exemptions can be made through the T4 Centre for students with very extensive logbook experience.
8	Pre-Course Experience	Upto 40 sessions in advanced surf conditions, this should include 3 different breaks in 3 geographical areas.
9	Delivery	Level 5 Coach with A5 status or new UKCC level 3 (Surf).
Course Remit, Limitations and Currency		
10	Conditions/Remit (Operating as Equals)	May operate as equals with 2 other equally qualified individuals in accordance with their log book experience and a comprehensive risk assessment.
11	Remit (Led Groups)	May lead a group in advanced surf (4ft)conditions including heavy waves.
12	Remit (DT)	Nil.
13	Qualification Expiry	This qualification is not time barred but students are encouraged to undertake continued personal development in order to maintain currency.
14	Currency	Students are required to maintain a canoeing logbook.
Civilian Equivalent		
15	NGB Equivalent	BCU 5 star Surf Leader.
Course Loading Details		
16	Location	T4 Centres.
17	Frequency	See www.ahrc.co.uk .
Support Information		
18	Key References	See Instructor Resource pack.
19	Additional Remarks	Anyone wishing to gain the BCU 5 Star award are recommended to read the NGB course prospectus. There is also a small cost. This course can be split into 2 five day modules (Training and Assessment). The Advanced Surf Rescue Skills will be delivered on this course.