

BCU 2 STAR CANOE AND KAYAK TRAINING



BCU 2 Star is a improvement award helping paddlers develop fundamental skills in both the open canoe and kayak.

The 2 Star is a pre-requisite for the BCU Coach award. (See BCU website)

Sessions afloat will be based on a selection of local waterways which may include reservoirs, canals and rivers.

The **Training Course** will be aimed at preparing candidates with a range of skills in the use of open canoes and kayaks on sheltered inland water.

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Assessment candidates will be expected to demonstrate fundamental skills in both canoe and kayak. The BCU States '*a breath of experience, creating the desired movement of boat and developing an understanding into how paddle, boat and water interact.*'

Included: The course fee includes necessary specialist equipment, instruction, transport whilst on the course, course administration and catered accommodation.

Not included: Transport to and from Plas Pencelli or personal accident insurance (The Centre holds Professional Indemnity and 3rd party liability insurance policies).



Completed application forms along with payment should be forwarded to:
"Specialist Courses", Plas Pencelli, Pencelli, Brecon, Powys, LD3 7LX

Email: mail@plaspencelli.co.uk

www.plaspencelli.co.uk