

BCU 3 STAR OPEN CANOE TRAINING



BCU 3 Star Open Canoe is an award for Intermediate paddlers who wish to develop discipline specific skills.

3 Star is the pre-requisite for BCU Coach Level 2 (see BCU website). Sessions afloat will be based on a selection of local waterways which may include local rivers and reservoirs

The **Training Course** will be aimed at preparing candidates with a range of skills in the use of open canoes on open water up to force 3 winds and simple moving water. Previous experience at 2 star standard is necessary.

BCU 3 STAR OPEN CANOE ASSESSMENT

Assessment candidates will be expected to demonstrate competent paddling skills on open water up to force 3 winds and on simple moving water, in line with BCU syllabus.

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