

2008 Sweetwater BCU Kayak Skills Week Course Descriptions

British Canoe Union Courses

The BCU offers a standard of training that takes the paddler from the very basic skills to advanced skills that allow them to paddle anywhere in the world. It provides benchmarks for the paddler to gauge their sea kayaking paddling skills and knowledge. The BCU Star and Coach awards are recognized worldwide. Below are brief descriptions and links. If you would like additional information please email theshop@sweetwaterkayaks.com

The links below describe the training and the assessment.

1-3 Star Training & Assessment <http://www.bcu.org.uk/bcu/2265-5-bcu-1---3-star-tests-.aspx>

4 Star Training & Assessment <http://www.bcuna.com/PDF-Files/Syllabus/4-Star-Sea.pdf>

Canoe Safety Test Canoe is a generic term used in the UK for crafts that are human powered. This course provides the paddler with necessary safety awareness which will enable them to ensure the safety of themselves and others. It also provides the paddler with rescue skills that will help themselves and others in difficulty. Prerequisite: 2 star training.

Level 1 Coach Training and Assessment: <http://www.bcu.org.uk/bcu/2391-5-new-bcu-coaching-awards.aspx>

Level 2 Coach Training: Prerequisites: 3 Star Award, Canoe Safety Test, First Aid and CPR
This is being replaced by Level 1 Coach Training and Assessment

Level 3 Coach Training: Prerequisites: Level 2 Award, Four star award, First Aid and CPR

Level 2 Coach Assessment: Prerequisites: Level 2 coach training, 20 hours of coaching and at least one 2 star assessment.

Greenland Paddling

The Green Team: Cheri Perry, Turner Wilson and Greg Stamer will be offering a Greenland-Style Comprehensive course each day. This is an opportunity to work one-on-one with some of the most accomplished Greenland-style coaches available outside of Greenland.

For a single class fee, the student will have freedom to move between different Greenland course offerings and instructors, for a full day of training. The courses will be tailored to the student's needs and interests.

The Green Team will teach topics ranging from basic to advanced strokes, including the canted-blade forward stroke, draw and sweep strokes, as well as stern, bow, and x-bow rudder strokes for surf.

A strong rolling foundation is a fundamental aspect of the program. Balance brace, sculling for support and standard roll provide a basic skill set. Students with stronger foundations will progress to advance rolling, including one-on-one help with all competition rolls, sculling rolls, aft and forward recovery rolls with blade, norsaq, and hand. Rolls for real conditions will be emphasized.

Rolling Clinic: For the beginner to the experienced paddler. Using the Euro paddle

Performance Paddling: This course is all about the body the boat and the blade. The paddler will learn how each of these components work together to maximize their paddling performance.

Sculling and Support Strokes: Low recovery, high recovery, sculling, and the static brace will be discovered.