



## KAYAKING – BCU 1 STAR AWARD (Weir Wood Reservoir)



### Directions

#### Meeting Place

We meet in the car park on **Admiral's Bridge Lane**, just on the edge of the reservoir (please note that this is a very small car park and if full there is enough parking for 3-4 cars at the entrance to the Admirals Bridge Lane) – Please do not obstruct the entrance to the house. Please arrive 15 minutes early.

#### By Car

**Post Code:** RH19 4NN

#### From A22 (East Grinstead)

Continue to follow London Rd until you reach Judge's Terrace, turn right at the mini roundabout then at the next mini round about turn left on to Ships Street. Continue on until you reach the next mini roundabout then take a right on to Dunnings Rd. Continue on for another 1.6 miles then as you descend a steep and hill the road bends to the right with a left turn, take the left turn into Admiral's Bridge Lane (not sign posted) the car park is at the end of the lane on the right.

#### By Train

Take the train to East Grinstead, from there you will need to take a taxi to the kayaking venue,

#### Late Procedure

Unfortunately the phone reception in the area can be poor, if you are running late please contact us on **01273 358 359** and select the option to speak to your instructor, sooner rather than later. If you are more than 20mins late it is likely we'll be on the water and out of contact.



## Course Layout

- 10:00** Meet by the boat house; collect in medical forms, introduction to the day and changing facilities.
- 10:20** Collect kayaking equipment, safety brief, warm up.
- 10:30** Introduction to basic paddle strokes and kayaking techniques.
- 12:00** Lunch.
- 13:00** Kayaking theory
- 13:30** Kayaking techniques and practice time.
- 15:00** BCU 1 Star assessments
- 15:45** Put boats and equipment away, de-brief and any questions.
- 16:00** Depart Tilgate lake.

Please note this timetable is a rough guide and the day will run according to the needs of the group and the weather conditions.

## Star Test Certificates

Upon passing your start test award, you will be issued with a pass slip. You will then need to post this along with a cheque for £5 to the British Canoe Union.

If you are not quite at the required standard you will be able to come back and be re-assessed once you have time to practise.

## Kit List

### Administration

- Payment / Voucher
- Medical Form

### Clothing

- Full change of clothes to go kayaking in, including footwear, and underwear. Clothing should be suitable for the time of year\*
- Waterproof jacket and trousers
- Extra jumper
- Warm hat / sun hat
- Gloves
- Towel

### Food

- Packed lunch and a minimum of 1ltr of water

### Accessories

- Sun screen
- Sun glasses
- Camera

### Medication

- Tablets, Inhaler etc.

The above list is just a guide and appropriate clothing for the time of year should be worn.

\*Clothing should comprise of several layers to trap the warmth. Please do not wear denim as it restricts movement, is cold when wet and is slow to dry. You must wear footwear whilst kayaking (old trainers, plimsolls) please don't wear sandals.

You will be provided with a windproof top and a buoyancy aid for the course.

**Please note:** There are no changing facilities on site, you will need to change in the car park.