

**SUMMARY OF EXPERIENCE FOR PADDLESPORT CLIENT DAYS**

**We’re looking for volunteer clients for British Canoeing Courses.**

**BC Sheltered Water Coach** – Up to 5 days on flat water in canoe or kayak. This is a half day on Loch Morlich where you’ll be coached.

**BC Paddlesport Leader** – Up to 5 days on flat water in any paddlesport craft. This a full day out on a mixture of loch and gently moving river.

**BC Paddlesport Touring Leader** – 5-10 days paddling in any paddlesport craft. This is a full day out on a loch in winds up to force 4 and on a grade 1(2) river.

**BC Sea Kayak Coach, Performance Coach & Sea Kayak Leader** – You need 5 - 10 days of sea experience. There’s no need to be able to roll. This full day will take place on the sea in winds up to force 4.

**BC WWK Coach, WW Leader, WWK Performance Coach** – You need 10 – 15 days of white water kayaking experience. There’s no requirement to be able to roll. You’ll be paddling grade 2/3 white water.

**BC Canoe Courses: Open Water Coach & Leader, White Water Coach & Leader, Performance Coach** You need 5 – 10 days of canoe experience. Open water courses will have winds up to force 4, white water courses will be on grade 2(3) rivers.

**BC Advanced WWK Coach & Adv WW Leader** - Regular experience on rivers. The day will take place on grade 4 water. The ability to roll a kayak would be useful!

**BC Advanced Sea Kayak Coach & Adv Sea Kayak Leader** - Regular experience on the sea. The day will take place in winds above force 4 and on tidal waters. The ability to roll is useful but not essential. These courses include a night paddle.

**BC Advanced Canoe Courses: Open Water Coach, White Water Coach & Advanced Canoe Leader** – Regular canoeing experience in open water and / or white water. These will take place on open water with winds in excess of force 4 and / or grade 3(4) white water.

Dates for the specific courses can be found on our website. We will select people for each course depending on their experience and then email them to ask if they are available to attend.

Whilst the training is free and all equipment supplied, **you have to cover the costs of your food and any accommodation as well as any travel costs to get here**.

The majority of the courses are based at Glenmore Lodge, however the sea courses will be based elsewhere. You will need to find your own way to the locations and be responsible for accommodation.

|  |  |
| --- | --- |
| **Name** |  |
| **Email** |  |
| **Telephone** |  |

Please complete the tables below with the number of days experience that you have. We will contact you by email closer to the course dates when we need you.

**General Purpose Kayak Experience (days)**

|  |  |
| --- | --- |
| Flat Water |  |
| Grade 2 WW Kayak |  |
| Grade 3 WW Kayak |  |
| Grade 4+ WW Kayak |  |

**Open Canoe Experience (days) Experience (days)**

|  |  |  |  |
| --- | --- | --- | --- |
| Grade 1 River  |  | Open Water up to Force 2 |  |
| Grade 2 WW  |  | Open Water - Force 3 |  |
| Grade 3 WW |  | Open Water - Force 4 |  |
| Grade 4 WW |  | Open Water - Force 5 |  |

**Sea Kayak** **Experience (days)**

|  |  |
| --- | --- |
| Sea Kayak Force 3 |  |
| Sea Kayak Force 4 |  |
| Sea Kayak Force 5+ |  |

**Stand up Paddleboard** **Experience (days)**

|  |  |
| --- | --- |
| Flat water |  |
| Force 3 |  |
| Grade 2 WW |  |

**Please return the form by email to** **mockstudent@glenmorelodge.org.uk**

**If returning by post please send to Glenmore Lodge, Glenmore, Aviemore, PH22 1QZ**

**“*sport****scotland is the controller of the personal data provided by you on this form.*

*Please note that your/your child’s personal data will be processed by sportscotland in order for us to perform the services for you which are outlined in this contract. Please go to* [*https://sportscotland.org.uk/privacy/*](https://sportscotland.org.uk/privacy/) *for more information about the management of your/your child’s personal data.”*

**We would like to pass your email address on to the paddler who is being assessed, so that they can contact you to find out more about your paddling experience and what you’d like out of the day. Please tick the following checkbox if you consent to this.** [ ]