

creative outdoors

kayak * canoe * sup



TASTER SESSION
BCU 1 STAR
BCU 2 STAR
EXPEDITIONS
DUKE OF EDINBURGH



river wey GUILDFORD



river medway TONBRIDGE



you CHOOSE

creativeoutdoorsuk.com

info@creativeoutdoorsuk.com

07951 274 504

creative outdoors ltd. 09704974

kayak * canoe * sup

	PER PERSON	PER COURSE		PER PERSON	PER COURSE
TASTER SESSION	£25	£150	EXPEDITION	From £120	From £720
BC 1 STAR	£160	£960	DofE TRAINING	From £100	From £600
BC 2 STAR	£180	£1080	DofE PRACTICE	From £70	From £720
GUIDED PADDLE	From £30	From £180	DofE ASSESSMENT	From £70	From £420

Taster Sessions last for 90 minutes and are ideal for those who are brand new to the sport, families who want to enjoy the sport together or for those who haven't been paddling for a while. The minimum age for the session is normally 7 years old. The session is designed to give you the perfect insight into the world of paddlesport. All equipment is provided for you, including a boat, helmet, buoyancy aid, wetsuit and waterproof top. You will learn how to manoeuvre your boat and stay upright in a fun and safe environment lead by one of our experienced instructors. There will be lots of challenges and games but also time to learn some skills so you can decide if you want to take this sport further.

BC 1 Star courses take you a step further than the taster sessions although no experience is necessary. The minimum age for this course is normally 11 years old. Over a weekend you have the chance to experience different craft, learn how to manoeuvre the boat and have time to practice. All equipment is provided, including a boat, helmet, buoyancy aid, wetsuit and waterproof top. You will leave with the ability to control your boat and an insight into the different disciplines available in paddlesport. At the end of the course you will be awarded the British Canoeing 1 star award which is the first rung on the paddlesports skills ladder and a clear action plan to go away with so you can practice and improve in your own time. For further information please see the [BC 1 Star syllabus](#).

BC 2 Star courses will open up the world of paddlesports for you. It is seen as the baseline in competence if you want to hire equipment from providers and individually paddle at watersports centres across the country. Gaining the British Canoeing 2 star also allows you to start training to become an instructor if you want to. The course spends time perfecting the skills you have learnt during the taster and 1 star courses and introduces further rescue and safety techniques that will leave you feeling confident in your skills. All equipment is provided including a boat, helmet, buoyancy aid, wetsuit and waterproof top however if you have any of your own equipment we encourage you to bring it along with you. The minimum age for this course is normally 15 years old. For further information please see the [BC 2 Star syllabus](#).

Guided Paddle trips allow you to further your paddling skills, whether on flat water, lakes or moving water and can be based around your needs. This might be to just simply to paddle a river for the first time or to see wildlife or wild camp as part of a multi day expedition so that you can experience places you haven't been before. This exposes you to the journeying aspect of the sport, which is really what it is all about, and allows you to gain further logbook experience for your next BC award. All equipment is provided including a boat, helmet, buoyancy aid, wetsuit and waterproof top, if you require it. The minimum age for guided paddles is normally 14 years old, unless you are attending as a family, and a minimum skill level of BC 1 Star, or equivalent, is suggested.

As a DofE Approved Activity Provider we can provide training, practice expeditions and assessed expeditions for groups and individuals. We can run bespoke courses for a DofE group or provide open courses for individuals. All equipment can be provided and those who attend our training courses will also receive the BC 1 star award as a minimum. The course price listed above is based on 6 students attending as a group.

creativeoutdoorsuk.com info@creativeoutdoorsuk.com 07951 274 504



creative outdoors