

New BCU 1 – 5 Star Award Syllabi

UKCMC agreed the following syllabi on Jan 20th 2007.

Several documents are still in development. These will provide further detail and clarity to the scheme, these will be published later in the spring:

- ⊙ Training Notes
- ⊙ Assessor Notes
- ⊙ Retraining requirements
- ⊙ Flat-water Four Star

Coaches will be able to assess candidates for the new star awards from 1st September 2007, assuming they have completed the relevant training/assessment where required.

The existing Star Awards will be stopped 31st August 2007.

As part of the development process the BCU are running a number of pilot courses prior to September 1st.

In light of the development work yet to be completed, these awards should still be considered draft.

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BCU One Star Syllabus

Aim

An introductory award that demonstrates an individual has basic boat control

Pre-requisites

- None

While there is no minimum age requirement if candidates are under 16 'PaddlePower' is more appropriate (Paddlepower Passport being equivalent to the one star)

Craft

The award is obtained by taking the assessment in any type of kayak or canoe

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

Sheltered water, calm conditions.

Assessor

BCU UKCC Level 2 Coach or higher
or
BCU Level 2 Coach or higher

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The candidate is required to perform all skills on both sides (where the test is taken by a doubles crew, both bow and stern positions must be demonstrated)

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching
- A.2 Forward paddling
- A.3 Steering and controlling
- A.4 Return to the bank and get out

Part B – Rescue Skills

- B.1 Capsize and be rescued or swim to the shore
- B.2 Emptying capsized boats

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Provide evidence of one journey of about 1 hour (3 km) duration
(This could take place during the assessment)

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Hypothermia/First aid
- D.4 Access
- D.5 Environment
- D.6 General

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BCU Two Star Syllabus

Aim

An improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact. The BCU Two Star Award aims to develop paddlers skill base by providing a multi-disciplined or generic approach in accordance with the principles of Long Term Athlete Development (LTPD).

One star standard is the appropriate level of performance for paddlers to begin working towards the two star.

Pre-requisites

- Provide evidence of experience paddling at least 2 different types of craft, in 2 different locations and take part in 2 paddlesport events / journeys of at least 2 hours in duration

While there is no minimum age requirement if candidates are under 16 'PaddlePower' is more appropriate (Paddlepower Discover being equivalent to the Two Star)

Craft

To obtain the award the candidate must paddle both kayak and canoe.

(Note: Candidates do not need to demonstrate every element of the syllabus in both craft.

During the assessment, the assessor will choose which skills should be demonstrated in kayak and which in canoe. See 'Assessors Notes' for further details.

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

Sheltered water, calm conditions

Assessor

BCU UKCC Level 2 Coach or higher

or

A BCU level 2 Kayak coach (or higher), with canoe 2 star, following appropriate training.

or

A BCU level 2 Canoe coach (or higher), with kayak 2 star, following appropriate training.

or

A BCU level 2 Kayak or Canoe coach with the new 2 star, following appropriate training.

The candidate is required to perform all skills on both sides (where the test is taken by a doubles crew, both bow and stern positions must be demonstrated)

Part A – Personal Paddling Skills

- A.1 Lifting, carrying & launching
- A.2 Efficient forward paddling
- A.3 Steering
- A.4 Manoeuvring in a confined space
- A.5 Moving sideways
- A.6 Preventing a capsize
- A.7 Turning
- A.8 Return to the bank and get out
- A.9 Securing

Part B – Rescue Skills

- B.1 Capsize, swim and self-rescue
- B.2 Peer rescue

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3. An assessed accompanied sheltered water journey

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Hypothermia/First aid
- D.4 Access
- D.5 Environment
- D.6 Planning
- D.7 General
- D.8 Group Awareness

BCU Three Star Whitewater Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate whitewater Kayak paddler rather than a beginner. The candidate having demonstrated personal competence paddling moving water, up to grade 2 as part of a led group.

Two star standard is the appropriate level of performance for paddlers to begin working towards the three star.

Pre-requisites

- Provide evidence of at least 3 sessions of about 3 hours duration, on grade 2 water, with at least 1 of these on a journey of about 10km
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

Craft

A kayak suitable for the remit of the award and the assessment tasks.

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

The assessment will take place during a suitable river journey, including simple moving flat water and a short section of grade 2

Assessor

BCU UKCC Level 3 Coach (Whitewater Kayak) or higher
or
BCU Level 3 Coach (Inland Kayak) with specific training

The candidate is required to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Reverse over a figure of 8 course
- A.4 Moving sideways, both static and on the move
- A.5 Supporting, both static and on the move
- A.6 Rolling
- A.7 Breaking in and out
- A.8 Ferry gliding
- A.9 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Towing and use of tow line
- B.3 Eskimo Rescue
- B.4 Capsize, swim and be rescued

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle a section of grade 2 water as part of a led group

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General
- D.10 Navigation
- D.11 Etiquette

BCU Three Star Flat-Water Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate flat-water paddler rather than a beginner. The candidate having demonstrated personal competence paddling open water in moderate conditions of winds force 2-3, and on un-graded rivers that have a discernable flow as part of a led group.

Two star standard is the appropriate level of performance for paddlers to begin working towards the three star.

Pre-requisites

- Provide evidence of at least 3 different flat-water journeys of about 3 hours duration (10Km) each with at least 1 of these in an open water environment
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

Craft

A craft suitable for the remit of the award and the assessment tasks.

(It is expected that paddlers in traditional open canoe would normally take the BCU Three Star Open Canoe)

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

The assessment will take place during a suitable journey on open water with winds up to and including force 2-3 and an un-graded flowing river or estuary

Assessor

BCU UKCC Level 3 Coach or higher with specific training

or

BCU Level 3 Coach with specific training

The candidate is required to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling
- A.4 Stopping and accelerating
- A.5 Control over a figure of 8 course
- A.6 Turns whilst on the move
- A.7 Moving sideways, both static and on the move
- A.8 Wash hanging
- A.9 Using a river flow to ferry glide and turn
- A.10 Paddling upstream against a flow
- A.11 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Towing and use of tow line
- B.3 Capsize, swim and self-rescue

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddling as part of a led group on open water in moderate conditions of winds force 2-3
- C.4 Paddling as part of a led group on un-graded rivers that have a discernable flow

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General
- D.10 Navigation
- D.11 Etiquette

BCU Three Star Open Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate canoe paddler rather than a beginner. The candidate having demonstrated personal competence paddling open water in wind conditions of force 2-3 as part of a led group.

Two star standard is the appropriate level of performance for paddlers to begin working towards the three star.

Pre-requisites

- Provide evidence of at least 3 different journeys in open canoe, of about 3 hours duration (10Km) each with at least 1 of these in an open water environment
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

Craft

A Traditional open canoe suitable for the remit of the award and the assessment tasks, paddled single or tandem.

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

The assessment will take place during a suitable open water journey, with winds up to and including Force 2-3

Assessor

BCU UKCC Level 3 Coach (Open Canoe) or higher
or
BCU Level 3 Coach (Open Canoe) with specific training

The candidate is required to perform all skills on both sides.
Where the test is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate at both bow and stern.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling
- A.4 Turns whilst on the move
- A.5 Moving sideways, both static and on the move
- A.6 Supporting, both static and on the move
- A.7 Entering, crossing and exiting a simple flow
- A.8 Poling
- A.9 Sailing
- A.10 Capsize, swim and self-rescue
- A.11 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Towing and use of tow line

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle a section of open water in wind conditions of force 2-3 as part of a led group

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General
- D.10 Navigation
- D.11 Etiquette

BCU Three Star Sea Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate sea paddler rather than a beginner. The candidate having demonstrated personal competence journeying in a sheltered sea environment, with wind up to and including Force 3, as part of a led group.

Two star standard is the appropriate level of performance for paddlers to begin working towards the three star.

Pre-requisites

- Provide evidence of at least 3 different journeys on the sea, of about 3 hours duration (10Km) each
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

Craft

A kayak suitable for the remit of the award and the assessment tasks.

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

The assessment will take place during a suitable sea journey, with wind up to and including Force 3 and sea conditions Force 3

Assessor

BCU UKCC Level 3 Coach (Sea) or higher
or

BCU Level 3 Coach (Sea) with specific training

The candidate is required to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Reverse over figure of 8 course, stopping
- A.4 Maintaining Direction (edging, stern rudder, hanging draw)
- A.5 Changing Direction, static turns and turning on the move
- A.6 Moving Sideways, both static and on the move
- A.7 Supporting, both static and on the move
- A.8 Rolling
- A.9 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Towing and use of tow line
- B.3 Eskimo Rescue

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle as part of a led group with Force 3 wind conditions

Part D – Theory

- D.1 Equipment
- D.2 Sea Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness
- D.9 General
- D.10 Navigation
- D.11 Etiquette

BCU Three Star Surf Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate surf paddler rather than a beginner. The candidate having demonstrated personal competence paddling in small, friendly, UK surf conditions as part of a managed group.

Two star standard is the appropriate level of performance for paddlers to begin working towards the three star.

Pre-requisites

- Provide evidence of at least 3 surfing sessions in more than one location
- Provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline

Craft

A kayak suitable for the remit of the award and the assessment tasks.
(This could be a general-purpose kayak or sit-on-top; a surf specific craft is not required for assessment)

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group

Assessment Venue

The assessment will take place during a suitable surf session on small, friendly, surf (i.e. beach breaks with spilling waves in and around a foot of surf, no larger than head high whilst seated in a kayak with winds no stronger than force 3 offshore)

Assessor

BCU UKCC Level 3 Coach (Surf) or higher
or
BCU Level 3 Coach (Surf) with specific training

The candidate is required to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Control
- A.3 Paddle out
- A.4 Positioning and wave selection
- A.5 Take off
- A.6 Riding
- A.7 Turns
- A.8 Rudder
- A.9 Supporting
- A.10 Rolling
- A.11 Capsize, swim and self-rescue
- A.12 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddling as part of a managed group in small, friendly, UK surf conditions

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning (tides and bathymetry)
- D.8 Group Awareness
- D.9 General
- D.10 Etiquette

BCU Four Star Whitewater Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has the skill level required to lead a group of 4 (not including themselves) competent paddlers, on river trips of grade 2 and the personal skills to paddle grade 2-3.

(Competent = Paddlers who do not require coaching to be in/on that environment)

Whitewater Three Star standard is the appropriate level of performance for paddlers to begin working towards the Whitewater Four Star.

Pre-requisites

- First aid award (minimum 8hrs training including CPR)
- Previous experience:
 - Provide evidence of 12 river trips (minimum 4 hours duration) in four different locations. This experience must include at least:
 - 6 grade 3 river trips as a member of a group
 - 6 grade 2-3 river trips as an assistant leader
- 4 Star Training:
 - BCU White Water Safety and Rescue Training Course
 - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). Whilst two days is seen as the minimum requirement, five days would normally be more appropriate. Candidates must be 16 or over at the time of assessment.

(Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18).

Craft

Whitewater Spec Kayak or Canoe, suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Inland river with sections of grade 2-3

Assessment Duration

2 days

Assessor

BCU UKCC Level 3 Coach (Discipline Specific) with relevant 5 star or higher with specific training and assessment

or

BCU Level 3 Coach (Discipline Specific) with relevant 5 star and specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient and effective river running skills
 - o Forward paddling
 - o Breaking in/out
 - o Ferry gliding
 - o Surf small waves
 - o Paddle into and out of small stoppers
 - o Draw stroke on the move
 - o Supporting
- A.3 Rolling
- A.4 Capsize, swim and self-rescue

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills
 - o Swimming
 - o Throwline rescue
 - o Rescue capsized, swimming paddler and equipment
- B.2 Incident management and first aid in the 4 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management
- D.9 Water Features / Hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership Responsibilities

BCU Four Star Open Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to lead a group of 4 (not including themselves) competent paddlers, on river trips of grade 2 and on open water with winds up to force 4.
(Competent = Paddlers who do not require coaching to be in/on that environment)

Open Canoe Three Star standard is the appropriate level of performance for paddlers to begin working towards the Open Canoe Four Star.

Pre-requisites

- First aid award (minimum 8hrs training including CPR)
- Previous experience:
 - Provide evidence of 12 trips (minimum four hours duration) that includes at least:
 - 3 different grade 2 river trips and 3 different open water journeys (minimum 4 hours duration), as a member of a group
 - 3 different grade 1-2 river trips, and 3 different open water journeys with winds up to force 4, (minimum 4 hours duration), as an assistant leader
 (The above journeys should involve some overnight camps)
- 4 Star Training:
 - BCU White Water Safety and Rescue Training Course
 - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). Whilst two days is seen as the minimum requirement, five days would normally be more appropriate. Candidates must be 16 or over at the time of assessment.
 (Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18).

Craft

Traditional open canoe, suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Open water with winds not above force 4 (water with small waves and frequent white horses)
- Moving water with sections of grade 2

Assessment Duration

2 days

Assessor

BCU UKCC Level 3 Coach (Discipline Specific) with relevant 5 star or higher with specific training and assessment

or

BCU Level 3 Coach (Discipline Specific) with relevant 5 star and specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.
Where the test is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate at both bow and stern.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient and effective grade 2 river running skills
 - o Upstream manoeuvres (ferries & S-turns)
 - o Checking, setting and reverse ferry gliding
 - o Eddy turns both into and out of the current
- A.3 Efficient and effective open water skills
 - o Paddle effectively up, down and across a force 3-4 wind
 - o Sailing
- A.4 Lining
- A.5 Poling
- A.6 Navigation
- A.7 Capsize, swim and self-rescue (with swim lines on moving water)

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills:
 - o Open water deepwater rescue
 - o Open water towing
 - o Moving water throwline rescue
 - o Moving water of rescue capsized paddler and equipment
- B.2 Incident management and first aid in the 4 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management
- D.9 Water Features / Hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership Responsibilities

BCU Four Star Sea Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to lead a group of 4 (not including themselves) competent paddlers, on short journeys in moderate tidal water environment with winds not exceeding force 4. (Competent = Paddlers who do not require coaching to be in/on that environment)

Sea Three Star standard is the appropriate level of performance for paddlers to begin working towards the Sea Four Star.

Pre-requisites

- First aid award (minimum 8hrs training including CPR)
- Previous experience:
 - Provide evidence of 12 trips (minimum 4 hours duration) in at least 4 different locations. This experience must include:
 - 6 moderate water sea trips (minimum 4 hours duration), as a member of a group
 - 6 moderate water sea trips (minimum 4 hours duration) as an assistant leader

(The above journeys should involve a variety of coastlines, sea states, sea areas, limited visibility, tidal streams up to 3 knots, wind up to and including force 4 and camping from a kayak)

- 4 Star Training:
 - BCU Sea Safety and Rescue Training Course or
 - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). Whilst two days is seen as the minimum requirement, five days would normally be more appropriate. Candidates must be 16 or over at the time of assessment.

(Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18).

Craft

Sea Kayak, suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Tidal streams of 3 knots (not including tide races, overfalls, exposed headlands or open crossings)
- Wind force 3-4 in open water
- A rocky coastline with available landings at least every mile
- Launching and landing in small surf
- Sea state force 4

Assessment Duration

2 days

Assessor

BCU UKCC Level 3 Coach (Discipline Specific) with relevant 5 star or higher with specific training and assessment

or

BCU Level 3 Coach (Discipline Specific) with relevant 5 star and specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient and effective sea paddling skills
 - o Forward paddling
 - o Reversing and Stopping
 - o Maintaining Direction
 - o Changing Direction
 - o Moving Sideways
 - o Supporting
- A.3 Rolling
- A.4 Capsize, swim and self-rescue

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and shore-based safety and rescue skills
 - o Swimming
 - o Rescue capsized, swimming paddler and equipment
 - o Tow
 - o Carry
 - o Shepherding
- B.2 Incident management and first aid in the 4 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety (includes Coastguard and rescue services)
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management
- D.9 Water Features / Hazards (include tide and current)
- D.10 Navigation
- D.11 Etiquette (include collision regulations and signals)
- D.12 General
- D.13 Leadership Responsibilities

BCU Four Star Surf Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to manage a surf session for a group of 4 (not including themselves) competent paddlers, in moderate surf conditions.

(Competent = Paddlers who do not require coaching to be in/on that environment)

Surf Three Star standard is the appropriate level of performance for paddlers to begin working towards the Surf Four Star.

Pre-requisites

- First aid award (minimum 8hrs training including CPR)
- Previous experience:
 - Provide evidence of 12 surf sessions in at least 3 different breaks and 2 different geographical areas. This experience must include at least:
 - 6 surf sessions in moderate conditions, as a member of a group
 - 6 surf sessions in moderate conditions, as an assistant leader
- 4 Star Training:
 - BCU Sea Safety and Rescue Training Course or
 - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). Whilst two days is seen as the minimum requirement, five days would normally be more appropriate.
 - Candidates must be 16 or over at the time of assessment.

(Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18).

Craft

Candidates can present themselves for assessment in any craft suitable for the remit of the award and the assessment environment. They may be required to perform certain elements of the assessment in a flat hulled and/or finned craft.

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Moderate surf conditions (up to 3 feet of surf)
- 2 varied beach breaks offering different wave profiles (but not normally reefs or pitching waves)

Assessment Duration

2 days

Assessor

BCU UKCC Level 3 Coach (Discipline Specific) with relevant 5 star or higher with specific training and assessment

or

BCU Level 3 Coach (Discipline Specific) with relevant 5 star and specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Paddle out
- A.3 Positioning and wave selection
- A.4 Take off
- A.5 Carving bottom turns
- A.6 Top turns
- A.7 Diagonal runs of varying heights
- A.8 Carved exit from the wave
- A.9 The ride
- A.10 Rolling
- A.11 Capsize, swim and self-rescue

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and shore-based safety and rescue skills
 - o Swimming
 - o Rescue capsized, swimming paddler and equipment
 - o Tow
 - o Carry
 - o Shepherding
- B.2 Incident management and first aid in the 4 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety (includes Coastguard and rescue services)
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management
- D.9 Water Features / Hazards (include tides and bathymetry)
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership Responsibilities

BCU Five Star Whitewater Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of paddlers on advanced river journeys in whitewater kayaks. The five star leader has the skills and judgement to select appropriate river trips for paddlers with a range of experience.

Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced whitewater kayak river days in 3 different geographical areas.
- 5-star training: At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate.
- Candidates must be 18, or over, at the time of assessment

Craft

Whitewater kayak suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

Grade 3-4 River or 3-4(5) (It must be possible to portage any grade 5 sections)

Assessment Duration

2 days

Assessor

BCU UKCC Level 4 Coach (Whitewater Kayak) or higher with specific training and assessment or

BCU Level 5 Coach (Inland Kayak) with specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Efficient and effective onsite grade 3 river running skills
 - o That would enable the candidate to lead 20km in one day
 - o Making eddies
 - o Positioning within the flow
 - o Running Drops
 - o Using, or avoiding, features to aid descent (inc. waves, stoppers, diagonals & towback)
- A.2 Paddle identified (via inspection) safe and realistic lines on grade 4
- A.3 Whitewater roll

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and management
- D.9 Water features / hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership responsibilities

BCU Five Star Open Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of paddlers on advanced river journeys and on remote, exposed open waters in open canoe. The five star leader has the skills and judgement to select appropriate trips for paddlers with a range of experience.

Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced open canoe days in 3 different geographical areas.
- 5-star training: At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate.
- Candidates must be 18, or over, at the time of assessment

Craft

Traditional open canoe, suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award, and relevant to the assessment environment

Assessment Venue

Open water with winds not above force 5 (water with many white horses and some spray being lifted) and grade 3 moving water

Assessment Duration

2 days

Assessor

BCU UKCC Level 4 Coach (Open Canoe) or higher with specific training and assessment
or

BCU Level 5 Coach (Open Canoe) with specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.
Where the test is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate at both bow and stern.

Part A – Personal Paddling Skills

- A.1 Efficient and effective grade 3 river running skills
- A.2 Efficient and effective open water skills
- A.3 Lining
- A.4 Poling
- A.5 Sailing
- A.6 Navigation
- A.7 Effective self-rescue

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and management
- D.9 Water features / hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership responsibilities

BCU Five Star Sea Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of paddlers in advanced sea conditions. The five star leader has the skills and judgement to select appropriate trips for paddlers with a range of experience.

Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced sea kayak days in 3 different geographical areas.
- 5-star training: At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate.
- Candidates must be 18, or over, at the time of assessment

Craft

Sea Kayak suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award, and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Tidal stream of 4 knots
- Sea state force 5 (wind force 5, or a tidal race creating similar conditions)
- A rocky coastline with difficult landings
- Launching and landing in moderate surf
- Minimum 5nm open crossing

Assessment Duration

2 days (including two evening exercises)

Assessor

BCU UKCC Level 4 Coach (Sea) or higher with specific training and assessment

or

BCU Level 5 Coach (Sea) with specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Launching and Landing
- A.2 Efficient and Effective forward paddling
- A.3 Manoeuvring and Control
- A.4 Navigation
- A.5 Capsize, swim and self-rescue
- A.6 Roll

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and shore-based safety and rescue skills
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and management
- D.9 Water features / hazards
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership responsibilities

BCU Five Star Surf Syllabus

Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and group management in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of paddlers in remote or advanced surf conditions. The five star leader has the skills and judgement to select appropriate venues and conditions for paddlers with a range of experience.

Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced surf kayak days in 3 different geographical areas.
- 5-star training: At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate.
- Candidates must be 18, or over, at the time of assessment

Craft

Any craft suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award, and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Minimum 3 foot surf (no upper limit is set)
- Challenging surf environment (e.g. reefs, points / heavy waves)

Assessment Duration

2 days (including two evening exercises)

Assessor

BCU UKCC Level 4 Coach (Surf) or higher with specific training and assessment
or

BCU Level 5 Coach (Surf) with specific training and assessment

Ratio 1:4

The candidate is expected to perform all skills on both sides.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Paddle out
- A.3 Positioning and wave selection
- A.4 Take off
- A.5 Turns
- A.6 Variety, pace, attack, control
- A.7 Timing, height and shoulder
- A.8 Capsize, swim and self-rescue
- A.9 Roll

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and shore-based safety and rescue skills
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and management
- D.9 Water features / hazards (include tides, wave theory and bathymetry)
- D.10 Navigation
- D.11 Etiquette
- D.12 General
- D.13 Leadership responsibilities