

## Aim

Successful performance at this level indicates that the paddler can use fundamental paddlesport skills on flat water to control movement of both canoes and kayaks, and have an understanding of how the paddle, boat, and water interact.

## Prerequisites

Candidates must be able to swim 25 metres wearing a buoyancy aid.

Candidates must have experience of:

- Paddling two different craft (e.g. surf kayak, closed cockpit kayak, open cockpit kayak, closed cockpit canoe, solo/tandem open canoe, racing boat, wave-ski, flat-hulled boat, v-shaped hull, slalom boat, polo boat, or sea kayak)
- Paddling in two different locations (e.g. canal, river, loch/lake, or sea; different parts of large bodies of water can be counted as two different locations)
- Competing in two paddlesport competitions (e.g. club level event, slalom, polo, sprint, freestyle, bell-boat etc.) **OR** completing two journeys of approx. 2 hours duration

Note - If under 14, the BCU Paddlepower program may be more appropriate.

## Craft

This award is obtained by demonstrating performance in both a kayak and a canoe. Any style of kayak or canoe is permissible, e.g. open cockpit, sit-on-top, v-shaped hull or flat bottomed etc. (Each person in a doubles crew must perform each task from both the bow and stern).

## Assessor

BCU 2 Star Provider.

## Assessment Venue

A sheltered water venue.

## Related BCU Policies

- See 'BCU Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities
- See 'BCU Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a BCU Star Award

## Useful Information

Please refer to the BCU 2 Star Training and Assessment Notes and the BCU Star Award Guidance Notes for further information.

## Technical Syllabus

### Part A – Personal Paddling Skills

- A.1 Lifting, carrying and 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 Returning to the bank and getting out
- A.9 Securing

### Part B – Rescue Skills

- B.1 Capsize, swim and self-rescue
- B.2 Rescue a capsized paddler

### 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 Wellbeing, health and first aid
- D.4 Access
- D.5 Environment
- D.6 Planning