4 Star Open Canoe - Assessor's Notes

Refer also to cover syllabus and training notes.

Assessment over 2 days, leading on both days. Candidates are expected to demonstrate appropriate paddling ability to full fill their leadership role. Different assessors each day, assessor is not part of the lead group.

Part A – Personal Paddling Skills

A.1 Lifting, carrying and launching/landing

- Demonstrate the principles of safe lifting and carrying.
- Show the use and understand appropriate lifting and carrying techniques.
- Communicate and ensure your group follow these principles.
- Launch & land at a variety of environments minimising damage to the bank.

A.2 Efficient and effective grade 2 river running skills

- **Upstream manoeuvres (ferries & S-turns).**
  Cross a consistent grade 2 flow with an effective ferry glide. The craft should stay within the paddlers control at all times and there should be minimal loss of height throughout the manoeuvre.
- **Checking, setting and reverse ferry gliding.**
  Show initiation of a reverse ferry glide from mid current, and create the appropriate ferrying angle to go in the direction desired.
  Checking, setting and reverse ferry gliding should be used to alter the boats position on the river with a view to selecting a suitable line down a rapid and for avoiding obstacles. Demonstrate the safe negotiation of bends where the main current runs under trees.

  Setting into eddies. - From facing downstream, reverse ferry gliding into the eddy.

Note: Whilst demonstrating reverse ferry gliding, It is not necessary to enter main current, but rather the manoeuvres should be performed whilst in the main current.

- **Eddy turns both into and out of the current.**
  Demonstrate accurate utilisation of initial positioning of speed and the angle of the boat allied to the correct degree of tilt and trim. Awareness of the speed of current, size of eddy, tilt, trim and the desired position in the river after the manoeuvre should be evident as well as being appropriate for the particular eddy.
- **Supporting**
  Demonstrate a support on the paddle side when entering an eddy.

A.3 Efficient and effective open water skills

- Paddle effectively up, down and across a force 3-4 wind. Effective trim should be evident throughout. Demonstrate a polished, fluent and adaptive forward paddling technique throughout the assessment. This should allow the

  candidate to accelerate, cruise at a steady speed and carry speed through their turns.
- **Sailing**
  Construct a simple downwind sailing rig for use with rafted boats. Identify potential safety issues and know how to prevent or deal with them.

A.4 Lining.
Demonstrate lining. The line should be appropriate for the task, ie floating, long enough (15m) knot free and comfortable to operate.

A.5 Poling.
Demonstrate poling with the current on grade 1-2 water. The candidate should have an effective stance and a dynamic poling action.
Demonstrate upstream poling, with control of the boat when ascending a grade 1 rapid.
Assessment locations for poling should be a venue where poling is appropriate i.e. shallow water.

A.6 Navigation.
Assessor should check candidate's ability to use grid references, take and follow a bearing and identify simple contour features.

Part B – Rescue Skills

B.1 Demonstrate skilful application of appropriate boat and bank-based rescue skills:
- Open water self rescue. Demonstrate a self rescue in deep water.
- Open Water rescue. Demonstrate a method of recovering a capsized paddler into a canoe. The rescue should be preformed in deep water and should include the rescue of the paddlers capsized canoe. The whole manoeuvre should be performed without assistance.
- Open water towing. Demonstrate a suitable towing system (with release) over a distance of 50m. The system must be quickly and securely attached, and be capable of quick release.
- Throw line rescue. Demonstrate throwing a throw line to rescue a swimmer descending a rapid. It is not envisaged that anyone should need to swim down the river (e.g. a twig could be used as the target) but the assessor should be satisfied that the rope would land within reach of the swimmer, and that the rescuer would not be pulled off balance.
- Self rescue. Demonstrate an appropriate self rescue at the bottom of a rapid.

- Boat recovery of person and equipment. Demonstrate the appropriate recovery of a swimmer (including safe shepherding to the shore) and their equipment at the bottom of a rapid.

B.3 Incident management and first aid in the 4 star environment
Deal with a simple scenario as set by the assessor.

B.4 Effective team leader and team member in rescue / incidents
Assessed with B.3 and when placing the part of 'student' when other candidates are leading the rescue scenario

Part C – Safety, Leadership & Group Skills

C.1 Skilful application of leadership e.g. CLAP principles
Candidate to use appropriate leadership strategies throughout the assessment

C.2 Appropriate leadership strategies, judgement and decision-making
Be able to lead groups safely on both open water up to force 3-4 and moving water up to grade 2, including being able to select appropriate lines on rapids, controlling the group and facilitating clear communication within the group.

C.3 Safety awareness and risk management

C.4 Group control and management
Use and understand risk assessment, group management, judgement and safe paddling techniques for grade 2 white water and open water.

C.5 Equipment
The test will be taken in an open canoe. Present yourself with suitable equipped for the test. All equipment should be both suitable and serviceable, and borrowed equipment will be judged as your own. Where equipment is found wanting then the candidate should not be assessed. If the open water work and river work are tested on different days, full equipment should be presented on both occasions.
The following items of equipment should be presented for inspection:

- Personal clothing, spare clothing and waterproof kit bag.
- Buoyancy aid and helmet. Helmets are not compulsory but must be carried and worn if required.
- Simple first aid kit, repair kit and emergency equipment for group use
- Food and warm drink
- Sling, Karabiner, whistle and an appropriate knife

Part D – Theory

Display good general knowledge of the open canoe under the headings below. See Training Notes for more detail.

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 Navigation
D.10 Etiquette
D.11 General
D.12 Leadership Responsibilities
D.13 Water Features / Hazards

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