

1 Star (Generic) Syllabus.

Aim

The 1 Star is a clear stepping stone to becoming a paddler. Designed as a basic award, the one star is the level people would typically reach after an introductory course of six hours quality water time.

Craft

The award is obtained by taking the assessment in any style of kayak or canoe (where the test is taken by a doubles crew, a variation of bow and stern positions must be demonstrated).

Pre-requisites

Should be able to swim. This is desirable but not essential. If under 14 Paddle power might be more appropriate.

Venue

Sheltered water

Assessor

Current BCU Level 2 Coach or
New BCU (UKCC endorsed) Level 2 Coach

Part A - Personal Paddling Skills

- A.1 Lift, carry and launching
- A.2 Forward paddling over a distance of 100m
- 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 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

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