

3 Star White Water Syllabus

Aim

Successful performance at this level indicates that the paddler can consider themselves an intermediate kayaker, as they can now paddle on moving waters. They can do this in a competent manner as part of a led group and have the knowledge and ability to help the smooth running of a trip while being led down a section of a grade 2 river.

Pre requisites

- Ideally be able to swim
- Evidence of having paddled on grade 2 water

Venue

- Open water (not a swimming pool)
- Will also need to show competence on simple piece of moving water up to and including grade 2

Assessor

Current BCU Level 3 inland kayak Coach or
New BCU (UKCC endorsed) Level 3 Coach

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

Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Towing and use of tow line
- B.3 Eskimo Rescue
- B.4 Throw line

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

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