

## **2 Star Syllabus Canoe and Kayak.**

### **Aim**

This is 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.

### **Craft**

The award is obtained by taking the assessment 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. Where a doubles crew takes the test, each person must perform each task from both the bow and stern.

### **Pre-requisites**

Be able to swim – desirable though not essential. If under 14 one should consider the 'Paddle power' scheme.

Must have experience of paddling at least 2 different craft, in 2 different locations and compete in 2 competitions OR complete 2 journeys of at least 2 hours in duration.

### **Venue**

Sheltered water

### **Assessor**

Current BCU Level 2 Coach( with kayak and canoe 2 star) or  
New BCU (UKCC endorsed) Level 2 Coach

### **Part A - Personal Paddling Skills**

- A.1 Lift, carry and launch the kayak or canoe
- A.2 Efficient forward paddling
- A.3 Steering the kayak or canoe
- A.4 Manoeuvre 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 - Safety & Rescue**

- 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

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**Part D – Theory A number of questions will be asked to check paddlesport knowledge. (See Assessor's Notes).**

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

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