

2 Star Assessor's Notes

Pre-requisites

Be able to swim. This is highly desirable though not essential and would only be assessed through questioning.

Have experience of paddling two different craft:

e.g. surf kayak, closed cockpit kayak, open cockpit kayak, closed cockpit canoe, single open cockpit canoe, racing boat, tandem open cockpit canoe, wave ski, sit on top, flat hulled boat, v-shaped hull, slalom boat, polo boat or sea kayak.

IN 2 different locations e.g. Canal, river, lake/loch, or sea, (different parts of large bodies of water will count as 2 locations)

AND 2 local competitions e.g. Club events, slalom, polo, sprint, freestyle, Bell boats etc.

OR

2 Journeys

Any journey of 2 hour + duration

NB - Where a paddler or assessment candidate does not hold the lower level award a cross section of the skills and knowledge required for the lower level award should be incorporated within the training and the assessment process.

Part A – Personal Paddling Skills

A.1 Lift, carry & the launch the boat from a variety of bank types

- Assistance is recommended for safe practice.
- The candidate must demonstrate safe lifting and carrying principles.
- The candidate should know how to alter the position of the footrest, backrest if fitted and where practical the seat.

Once at the water, the boat needs to be floating and entry into it achieved without aid from the paddle. The paddle needs to be close enough to reach once in the craft. Spray decks are to be used if appropriate.

A.2 Efficient forward paddling over a distance of approximately 250m (Canoe and Kayak)

Candidates must show that they can control a kayak and a canoe in a straight line over a distance of approximately 250m. The kayak should be kept running in a straight line with only limited use of correction strokes. Canoeists may switch sides to generate initial momentum and then should proceed via power strokes and steering element on one side only.

Candidates must;

- Show an active posture using the larger muscles of the body (appropriate to the boat.)
- Show power being created from rotational trunk movement from the seat/hips upwards, built around strong connections between paddle shaft and upper trunk.
- Demonstrate a smooth power transfer from paddle to boat with no excessive bobbing of boat or body.
- Be driving the paddle into the water with an extended front arm and having an appropriate grip, dependant on the style of boat.

A.3 Steering a Canoe

- **(Canoe only)** Candidates should demonstrate steering solutions including stern sweeps, rudders and J-strokes. This should be affected by asking the candidate to paddle a course that is reasonably straight, but that requires them to turn gently between markers. Appropriate trim needs to be demonstrated in windy weather or the candidate must be aware of its effect.
- **(Kayak only)** From a good running speed, the boat to be kept straight through a narrow gap (2 boats width) by use of a trailing paddle or rudder.

A.4 Manoeuvring and positioning the boat in and out of a confined space. (Kayak and Canoe)

Candidates should demonstrate controlled and accurate manoeuvring and positioning of the boat. A situation should be set up whereby a paddler has to move into a confined space and then reverse out to exit. When reversing looking where they are going must be in evidence. The paddler must be accurate i.e. no touching of the sides of the space allowed. The paddler(s) must however have enough room to effectively place their paddles in the water to enable a controlled exit.

A.5 Moving sideways (either style of boat)

Candidates should be able to move the boat sideways 5m without excessive swing, to both left and right. The active blade remaining submerged throughout the stroke. Canoe paddlers have to demonstrate both draws and pry's or cross deck draws.

A.6 Preventing a capsize (either style of boat)

Candidates should show an efficient low recovery stroke, on both sides, with the paddler off balance. Tandem canoe paddlers have to use draws and low recovery strokes.



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A.7 Turning (either style of boat)

The boat to be turned whilst on the move, the aim being to perform a selection of smooth turns, e.g. wide and tight turns at 90^o, 180^o, 270^o and 360^o.

A.8 Return to bank and get out (Canoe and kayak)

Candidates should demonstrate the correct approach to the bank and exit boat without using the paddle. Balance and control of the boat should be retained throughout. The exit should be performed without damaging boat, bank or themselves.

A.9 Securing

The candidate must be able to secure a boat at the end of the session, by tying down onto purpose made racks, or roof rack, by using ropes or straps.

Part B – Safety & Rescue Skills

A swimming pool may be used for these elements of the test if appropriate.

B.1 Capsize and Self Rescue (either style of boat)

Candidates must capsize the boat with a spray deck or straps in place if appropriate and show no sign of panic. They then should rescue themselves by one or other of these suitable methods; climb back in and bail, or swim ashore with all their equipment and empty. Paddlers may assist each other at any time. Care and concern should be shown to all paddlers and equipment.

B.2 Peer Rescue (either style of boat)

Candidates should demonstrate helping a peer get back into their boat after a capsize. Suitable methods would include; x-rescue, curl, or tow/shunt to the shore as appropriate.

Part C – Safety, Leadership and group skills.

Candidates should plan and execute an accompanied paddle journey. Groups must be between 3-5 paddlers (i.e. minimum of 1 candidate, 1 paddler and the assessor) and take 30 – 60 minutes. Assessors are still responsible for the group and must ensure they take appropriate safety precautions.

C.1 Personal risk management

C.2 Awareness of others

C.3. An assessed accompanied sheltered water journey

During assessment questions should be asked regarding details of the start and finish locations, description of the river, lake, anticipated weather, kit list, transport arrangements, access permissions, anticipated hazards, anticipated timings and emergency procedures. Detailed knowledge is not required but some awareness of these issues should be in evidence.

The assessor must ensure that:

1. The canoeists code of conduct is followed
2. The safety of the group is not compromised
3. The decisions made are appropriate

Part D Theory

A question or two of a similar level should be asked under each heading

D.1 Equipment

Sample questions:

What materials are most modern boats made from?

Why should you wear some form of wind/waterproof ?

Why is it important to wear a buoyancy aid when on or near the water?

Name two manufacturers or models of canoes which are sold in Britain?

D.2 Safety

Sample questions:

What clothing would you wear in cold weather and why?

Why is the wind direction important when considering where and if you should go paddling?

How would any current on a river be used to help make progress easier, or to turn around a bridge pillar?

What is the 'rule of the road' on a busy river or canal?

D.3 Hypothermia/first aid

Sample questions:

What are the signs that someone is becoming hypothermic?

What are the most important things to do if someone suffers a bad injury?

D.4 Access

Sample questions:

Are you allowed to paddle on any river?

What sort of behaviour is most likely to upset other river users?

What is meant by 'a navigation'?

On which side of a navigable river or canal should you paddle?

D.5 Environment

Sample questions:

Why is 'seal' launching not recommended?

Who would you contact if you came across signs of serious pollution - e.g. oil, sewage, fous smells, dead fish and birds?

D.6 Planning

Sample questions:

What is a 'shuttle' with regards to a canoeing journey?

What questions would you ask the leader if, as a 2 Star paddler, you were invited to take part in a day tour travelling about 4 miles down a slow moving river?