

BCU Four Star Leader Sea Kayak Syllabus

Aim

Successful performance at this level indicates that a candidate has the personal skill level and leadership ability required to

- lead a group of 4 (not including themselves) paddlers, on short (six to eight miles, of at least three hours paddling). journeys in moderate tidal water environment with winds not exceeding force 4/sea state 4.
- judge the conditions and the standard of the group and make appropriate decisions about the planned route along with the need to modify plans as required

The 4 * award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

Pre-requisites

- Recognised First aid award (minimum 8hrs training including CPR)
- Three star sea.
- Previous experience:
- Provide documented evidence of 10 sea trips (minimum 4 hours duration)

During 5 of these trips the candidate must assume an assistant leader role.

(The above extensive range of sea kayak journeys should include a variety of coastlines, sea states, sea areas, periods of limited visibility, tidal waters up to 3 knots, wind up to and including force 4 and camping from a kayak)

- 4 Star Training:
 - Evidence of a BCU 1 day coastal navigation and tidal planning course or similar RYA course.
 - At least two days logged experience of formal training in personal skills, and leadership prior to assessment (see trainers notes). .

Candidates must be 16 or over at the time of assessment.

(Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18).

Craft

Sea Kayak, suitable for the remit of the award and the assessment environment

Equipment

Personal and group equipment appropriate for the remit of the award and relevant to the assessment environment

Assessment Venue

The conditions for the assessment must include:

- Tidal areas
- Periods of no less than Sea state 4 (or a tidal flow creating similar conditions)
- A rocky coastline with available landings at least every 1-2 miles and areas where it is not easy to land.
- Launching and landing through small surf, less than 1 metre.

Assessment Duration

2 days

Assessor

BCU UKCC Level 3 Sea Coach with relevant 5 star or higher with specific training and assessment

Existing A4 Sea

or

BCU Level 3 Coach (Discipline Specific) with relevant 5 star and specific training and assessment

Ratio 1:4

The candidate is required to perform all skills on both sides.

If the kayak is fitted with a rudder, it must be disabled for the duration of the assessment.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient and effective sea paddling skills
 - Forward paddling
 - Reversing and Stopping
 - Maintaining Direction
 - Changing Direction
 - Moving Sideways
 - Supporting
- A.3 Rolling
- A.4 Practical Navigation

Part B – Rescue Skills

- B.1 Demonstrate skilful application of appropriate boat and shore-based safety and rescue skills
 - Rescue capsized paddler and equipment

- Towing
- Carry
- Shepherding

B.2 Effective team leader and team member in rescue / incidents

Part C – Safety, Leadership & Group Skills

- C.1 Skilful application of leadership (e.g. CLAP) principles
- C.2 Appropriate leadership strategies, judgement and decision-making
- C.3 Safety awareness and risk management
- C.4 Group control and management
- C.5 Incident Management

Part D – Theory

- D.1 Equipment and design
- D.2 Safety (includes Coastguard and rescue services)
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and Management
- D.10 Navigation
- D.11 Etiquette (include collision regulations and signals)
- D.12 General (e.g. history)
- D.13 Leadership Responsibilities
- D.14 Water Features / Hazards (include tidal planning)