

## 5 Star Open Canoe – Trainer Notes

Refer also to cover syllabus and assessing notes

### Part A – Personal Paddling Skills.

Develop a high level of ability and understanding of the strokes and techniques necessary to handle a canoe, both on white water and on exposed open water. Emphasis should be on effective and efficient techniques which underpin a smooth, controlled and consistent performance and not the reliance on strength.

#### A.1 Grade 3 river running skills

- On grade 3 moving water, a solid performance of all the 4 Star moving water skills, with the ability to adapt a manoeuvre during its execution in response to external forces. Develop anticipation and control rather than just a reaction to events.
- Explore river running strategy for successfully descending difficult rapids. Descents should display and use controlled, effective manoeuvres incorporating a range of canoe control skills and techniques.
- River running strategies may include appropriate use of lines on part of a rapid.
- Paddling a loaded canoe. Learn to adapt their paddling style in response to a loaded boat. This will be evident in river running strategies and route choice.

#### A.2 Efficient and effective open water skills (wind up to force 5)

- Develop the ability to manoeuvre and control a canoe in a variety of wind & wave conditions, including being able to launch into and negotiate waves created by force 5 winds over a large fetch. Be aware of the importance of anticipation and control rather than just a reaction to events.
- Paddling a loaded canoe. Learn to adapt their paddling style in response to a loaded boat.
- Construct improvised sailing rigs to allow the group to journey on open water. Safely manage the group on the water. Be able to identify relevant safety issues in both theirs and their group's rigs.

#### A.3 Lining.

Develop varied strategies for travelling up and downstream on a river and up wind on an exposed shoreline environment.

#### A.4 Poling.

Develop varied strategies for travelling up and downstream on a river and up wind on an exposed shoreline environment.

#### A.5 Navigation.

Further develop the ability to navigate on open water in adverse conditions.

**Part B – Rescue Skills**

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills, including self rescue. Training to include various strategies for releasing pinned canoes, including 3:1 mechanical advantage system.
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

Have knowledge of a range of rescue techniques suitable for any conditions the candidate may encounter, this should include retrieval of any separated equipment as a result of an incident.

**Part C – Safety, Leadership & Group Skills**

The following skills will be developed for use in leading both experienced and inexperienced advanced environment paddlers:

- 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**  
Further develop the ability to effectively identify and manage risk.

**C.4 Group control and management**

Foster an organised performance both on and off the water. It will need to further build on their experience and judgment so that they have an effective approach to safely lead groups on class 3 water and on open water both during the day and at night. Learn to effectively identify hazards as well as understanding how to evaluate suitable lines for different designs of craft e.g. white water and touring boats. Gain awareness of the need for an effective communication system and the maintenance of line of sight.

**C.5 Equipment.**

Establish appropriate personal equipment, plus any additional equipment deemed to be appropriate to support a group in his or her charge. Any such equipment should reflect such things as the season, the ability of his/her companions and the difficulty of the waters to be paddled. Be aware that on the level of water being paddled, having too much equipment can be nearly as hazardous as having too little.

**Part D – Theory**

During the training enhance knowledge to a high level on a wide-range of topics. The range of topics should include:

- D.1 Equipment  
Boat design and its relevance to white water and open water paddling.  
Equipment for use on advanced rivers and exposed open waters.
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia/First aid
- D.5 Access

- D.6 Environment
- D.7 Planning
- D.8 Group Awareness and management
- D.9 Navigation
- D.10 Etiquette
- D.11 General
- D.12 Leadership responsibilities
- D.13 Water features / hazards

