

### 5 Star Whitewater Kayak Syllabus

#### Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of paddlers on advanced river journeys in whitewater kayaks. The five star leader has the skills and judgement to select appropriate river trips for paddlers with a range of experience.

#### Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:  
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced whitewater kayak river days in 3 different geographical areas. Logged experience of paddling grade V with peers.
- 5-star training  
At least 3 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, five days would normally be more appropriate.
- Candidates must be 18, or over, at the time of assessment

#### Craft

Whitewater 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

Grade 3-4 River or 3-4(5) (It must be possible to portage any grade 5 sections)

**Assessment Duration** 2 days

#### Assessor

- Current BCU A5 Kayak Assessor / BCU Level 5 Kayak Coach with appropriate training or
- New BCU (UKCC endorsed) Level 4 Kayak Coach

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

A.1 Efficient and effective onsite grade 3 river running skills

- That would enable the candidate to lead 20km in one day
- Making eddies
- Positioning within the flow
- Running Drops
- Using, or avoiding, features to aid descent (inc. waves, stoppers, diagonals & towback)

A.2 Paddle identified (via inspection) safe and realistic lines on grade 4

A.3 Whitewater roll

### **Part B Rescue Skills**

B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills

B.2 Incident management and first aid in the 5 star environment

B.3 Effective team leader and team member in rescue / incidents

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

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

C.1 Skilful application of leadership principles e.g. CLAP

C.2 Appropriate leadership strategies, judgement and decision-making

C.3 Safety awareness and risk management

C.4 Group control and management

### **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 and management

D.9 Water features / hazards

D.10 Navigation

D.11 Etiquette

D.12 General

D.13 Leadership responsibilities