

Paddlesport Start Syllabus

Aim

Designed as an encouragement award, that candidates should be able to achieve in a basic starter session of about 2 hours.

Craft

The award is obtained by taking the assessment in any style of paddlesport boat including crew boats (e.g. bell boats, katakanu, junior K2/K4 etc)

Pre-requisites

Students should be able to swim. This is desirable but not essential.

Venue

Sheltered water

Assessor

- Current BCU Level 1 Coach or
- New BCU (UKCC endorsed) Level 1 Coach

Part A - Personal Paddling Skills

- A.1 Take part in a warm up
- A.2 Get into and out of a boat with help from the bank
- A.3 Balance in a boat ready to hold a paddle i.e. showing an active posture
- A.4 Go forwards

Part B - Experiment with

- B.1 Moving the boat backwards
- B.2 Stopping the boat whilst moving forwards
- B.3 Turning the boat
- B.4 Moving the boat sideways
- B.5 Going forwards in a straight line
- B.6 Edging without losing balance

Part D - Theory

- D.1 Know how to put your equipment away
- D.2 Know what is appropriate paddlesport clothing
- D.3 Know the name of your nearest club or centre
- D.4 Know why it is important to wash your hands after paddling
- D.5 Know the meaning of diet
- D.6 Know your resting heart rate