

2 Star Syllabus Canoe and Kayak.

Aim

This is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact.

Craft

The award is obtained by taking the assessment in both a kayak and a canoe. Any style of kayak or canoe is permissible e.g. open cockpit, sit on top, V shaped hull or flat bottomed etc. Where a doubles crew takes the test, each person must perform each task from both the bow and stern.

Pre-requisites

Be able to swim – desirable though not essential. If under 14 one should consider the 'Paddle power' scheme.

Must have experience of paddling at least 2 different craft, in 2 different locations and compete in 2 competitions OR complete 2 journeys of at least 2 hours in duration.

Venue

Sheltered water

Assessor

- Current BCU Level 2 Coach(with kayak and canoe 2 star) or
- New BCU (UKCC endorsed) Level 2 Coach

Part A - Personal Paddling Skills

- A.1 Lift, carry and launch the kayak or canoe
- A.2 Efficient forward paddling
- A.3 Steering the kayak or canoe
- A.4 Manoeuvre in a confined space
- A.5 Moving sideways
- A.6 Preventing a capsize
- A.7 Turning
- A.8 Return to the bank and get out
- A.9 Securing

Part B - Safety & Rescue

- B.1 Capsize, swim and self rescue
- B.2 Peer rescue

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3. An assessed accompanied sheltered water journey

Part D – Theory A number of questions will be asked to check paddlesport knowledge. (See Assessor’s Notes).

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| D.1 | Equipment | D.4 | Access |
| D.2 | Safety | D.5 | Environment |
| D.3 | Hypothermia/First aid | D.6 | Planning |

