

BCU Three Star Freestyle - Syllabus

Aim

Successful performance at this level indicates that the paddler understands the core competencies of freestyle and can perform at a base level. This award is suitable for those candidates paddling either K1 or C1 freestyle craft.

Assessment Prerequisites

- It is recommended that the candidate holds the BCU 2 Star Award or have the equivalent ability
- Candidates should provide evidence of at least 10 freestyle sessions (20 hours) in varied locations, where possible
- Candidates should be able to swim confidently wearing appropriate paddling equipment

Craft

Many of the 3 dimensional movements within this discipline require a shorter, lower volume boat. Candidates will need to equip themselves suitably for assessment to ensure the practical components of the award can be achieved.

Equipment

Candidates should have sufficient equipment with them to be a safe and useful member of the group.

Venue

Assessment takes place on a section of white water which does not need to include a river journey. Over the course of the assessment the following environments should be available;

- Sections of deep moving water and eddies (deep enough to safely roll and capsize)
- A wave suitable for surfing with sufficient depth to be safe
- A small hydraulic stopper suitable for surfing with sufficient depth to be safe and easily exited

Staffing

Registered and updated BCU 3 Star Freestyle Assessor.

Durations

The full assessment of this award can be completed in 1 day. This includes both theory and practical components of the award.

Administration

The award is available in closed cockpit canoe or kayak, and certificated as either;

- BCU 3 Star Freestyle (K1)
- BCU 3 Star Freestyle (C1)

Technical Syllabus

It is expected that candidates are able to perform all skills on both sides. The only exception is the roll where an effective roll on one side and the beginnings of a roll on the less preferred side is deemed sufficient.

Part A1 – Core elements

- A1.1 Warm up and down
- A1.2 Posture and connectivity
- A1.3 Rotation and synchronicity
- A1.4 Intensity and relaxation
- A1.5 Control, balance, paddle dexterity
- A1.6 Methods of position and set-up

Part A2 – Core skills

- A2.1 Rolling
- A2.2 Supporting
- A2.3 Flat-water manoeuvres
- A2.4 Entering and exiting play features
- A2.5 Wave surfing
- A2.6 Hole surfing
- A2.7 Shuvits
- A2.8 Flat spins
- A2.9 Stern dips on moving water
- A2.10 Bow ender and pirouettes
- A2.11 The beginning of a routine

Part B - Rescue skills

- B.1 Deep-water rescue
- B.2 Throwline
- B.3 Capsize, swim and self-rescue

Part C - Safety, leadership and group skills

- C.1 Personal risk management
- C.2 Awareness of others

Part D - Theory

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Hypothermia and first-aid
- D.5 Freestyle environment
- D.6 Competition
- D.7 General
- D.8 Etiquette

