

BCU 3 Star Open Canoe Syllabus



Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate open canoe paddler rather than a beginner. The candidate having demonstrated personal competence in paddling open water in wind conditions of Beaufort Force 3 and on grade 1 moving water as part of a led group.

Assessment Prerequisites

- Provide evidence of at least 3 different open canoe journeys, of about 3 hours duration (10Km) each; at least 1 of these needs to be in an open water environment, and 1 on a river trip
- A consistent BCU 2 Star standard of performance in an open canoe is required for anyone starting to work towards the BCU 3 Star Open Canoe Award; it is recommended that the candidate holds the BCU 2 Star Award
- The ability to swim confidently in the open water and river environment, wearing normal paddling clothes

Craft

A traditional open canoe suitable for the remit of the award and the assessment tasks, paddled solo and tandem. (A candidate may take a tandem only route if their ability to paddle solo is impaired, see BCU Reasonable Adjustments guidelines for more information). Where the award is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate in both bow and stern. The candidate is expected to perform all paddle skills on both sides.

Equipment

Personal equipment appropriate for the candidate to be a competent member of the assessment group.

Assessor

BCU 3 Star Open Canoe Provider.

Assessment Venue

The conditions for the assessment must include:

- Open water with winds not above Beaufort Force 3
- Grade 1 moving water

Related BCU Policies

- See 'BCU Reasonable Adjustments for Paddlesports Awards and Coaching' for details about how providers can make adjustments for paddlers with specific disabilities
- See 'BCU Appeals Procedure' for details of how candidates can go about making an appeal or complaint about the conduct of a BCU Star Award

Useful Information

Please refer to the BCU 3 Star Open Canoe Training and Assessment Notes and the BCU Star Award Guidance Notes for further information.

Technical Syllabus

It is expected that candidates are able to perform all skills on both sides, and in both solo and tandem craft.

Part A – Personal Paddling Skills

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling
- A.4 Turns whilst on the move
- A.5 Moving sideways, both static and on the move
- A.6 Supporting, both static and on the move
- A.7 Entering, crossing and exiting a simple flow
- A.8 Poling
- A.9 Sailing
- A.10 Securing
- A.11 Painter use (launching, shallows, securing to a jetty etc.)

Part B – Rescue Skills

- B.1 Capsize, swim and self-rescue
- B.2 Deep-water rescue
- B.3 Towing and use of towline

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle a section of open water in wind conditions of Beaufort Force 3 as part of a led group

Part D – Theory

- D.1 Equipment (including paddle selection and injury prevention)
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group awareness
- D.9 General knowledge
- D.10 Navigation
- D.11 Etiquette