

# BCU 3 Star Touring Canoe Syllabus



## Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate paddler rather than a beginner, the candidate having demonstrated personal competence as a member of a group paddling in a variety of venues. These include open water in conditions of winds up to Beaufort Force 3, and/or ungraded rivers that have a discernible green flow.

Kayak touring paddlers may be interested in the BCU 3 Star Touring Kayak Award and canoe paddlers should also consider the BCU 3 Star Open Canoe Award.

## Assessment Prerequisites

- Provide evidence of at least 3 different flat-water 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.
- Provide evidence of at least 1 session of about 3 hours duration in an alternative discipline
- A consistent BCU 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the BCU 3 Touring Award; it is recommended that the candidate holds the BCU 2 Star Award
- The ability to swim confidently in flat and open water, wearing normal paddling clothing.

## Craft

Any directionally stable craft that is designed to be paddled with a single blade, and that is safe and fit for purpose for the remit of the award and the assessment tasks. For example, open canoes or racing canoes.

## Equipment

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

## Assessor

BCU 3 Star Touring Canoe Provider.

## Assessment Venue

The assessment will take place during a suitable journey on a river or estuary with a discernible green flow, which will include wind affected sections (Beaufort Force 2-3).

## 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 Touring Canoe Training and Assessment Notes and the BCU Star Award Guidance Notes for further information.

## Technical Syllabus

### Part A – Personal Paddling Skills

The emphasis for the candidate is that they have a holistic approach to paddling. The manoeuvres and strokes should be blended as appropriate. The assessment should not be seen as a tick box of skills. It is expected that candidates are able to perform all skills on both sides, in both environments:

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling, stopping and accelerating
- A.4 Turning whilst on the move
- A.5 Moving sideways, both static and on the move
- A.6 Supporting
- A.7 The ability to deal with environmental concerns (i.e. wind, current, wash hanging and trim)
- A.8 Beyond the paddle – sailing, poling and ropes
- A.9 Securing

### Part B – Rescue Skills

The emphasis for the candidate is that they can be an effective member of a group including being capable of rescuing themselves and each other (candidates to act as the rescuer, and be rescued):

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

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

During the assessment the candidate should show they have the ability to contribute to the successful trip/tour. These skills will be blended throughout the assessment. These skills will include:

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddling as part of a led group

## Part D – Theory

The emphasis of the assessment is that the candidate can show the knowledge required of an intermediate paddler. This should be blended throughout the assessment.

- D.1 Equipment
- 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
- D.12 Personal paddling skills

