

Medical Declaration Form

Candidate Name: _____

Address : _____

Date of Birth _____

BCU Membership number _____

To be completed by Prescribing Doctor:

Medical Condition: _____

Leadership Level 4 Star Leader 5 Star Leader

Discipline : _____

Involving (see brief remit overleaf)

In your opinion is the above named candidate able to safely carry out the tasks within the above remit (see overleaf for further information) **YES / NO**

Any Comments:

In your opinion is the above named candidate's physical condition likely to put him or herself or others at risk? **YES / NO**

Any Comments:

Name of Prescribing Doctor (block letters) _____

Name and Address of Practice:

Signature of Doctor _____ Date _____

To be completed by candidate:

I confirm that medical information relevant to my holding a qualification for the leadership of canoeing may be divulged as necessary to the British Canoe Union and it's Home Nation Associations.

Signed (applicant) _____ Date : _____

Water Definitions for use by Prescribing Doctor



4 Star Leader

A 4 Star Leader holder may lead a group and be **in sole charge** of up to four paddlers in the following moderate water environment.

Moderate Inland Water - Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.

Moderate White Water - Grade 2 white water or equivalent weirs. (This is extended to Grade 2(3) when using whitewater spec Kayaks).

Moderate Tidal Water/Sea - A stretch of coastline or estuary in close proximity to the shore, with available landings at every 1-2 miles / 1 hour and areas where it is not easy to land. Up to a maximum of 2 knots tide but not involving, tidal races, or overfalls, winds not above force 4 beaufort sea state 4 (if offshore the greatest of caution must be exercised), or the upper reaches of some estuaries; launching and landing through moderate surf.

Moderate Surf - Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). Small to moderate waves – 3 feet maximum.

5 Star Leader

A 5 Star Leader holder may lead a group and be **in sole charge** of up to four paddlers in the following advanced water environment and is qualified to lead groups in multi-day expeditions

Advanced Inland Water - Large areas of open water which exceed moderate water and have winds in excess of force 4.

Advanced White Water - Grade 3 white water for canoe. Grade 3 to 4(5) for kayak.

Advanced Tidal Water/Sea - Any journey on the sea where tidal races, overfalls or open crossings may be encountered, which cannot be avoided; Sections of coastline where landings may not be possible or difficult; difficult sea states and /or stronger winds (force 4 or above), launching and landing through moderate surf.

Advanced Surf - The surfing of reefs, points and offshore features; surfing from beaches where the surf height exceeds 3 feet or where stronger winds, cold conditions, rips, long shore drift, rocks or other potential hazards are involved.