

## 4 Star Leader Award - White Water - Syllabus

### Aim

Successful performance at this level indicates that a candidate has the skill level required to lead a group of 4 competent\* paddlers (not including themselves) in appropriate locations, up to moderate conditions and to judge the conditions and the standard of the group and make appropriate decisions along with the need to modify plans as required.

The emphasis is on the application of strokes to achieve suitable techniques and boat control in real situations.

\*Competent = Paddlers who do not require coaching to be in/on that environment.

White Water Three Star standard is the appropriate level of performance for paddlers to begin working towards the White Water Four Star Leader Award.

The 4 Star Leader Award is a leadership award and not a coaching award. It is not suitable for introducing beginners to the sport.

Following assessment 4 Star Leaders must have in place 3<sup>rd</sup> Party Liability cover (included in comprehensive Home Nation membership), knowledge of Child Protection guidelines and good practice including checks where necessary and maintain evidence of currency.

### Pre-requisites – Training

- Be able to paddle to the standard of either new 3 Star White Water or old 4 Star White Water award

### Pre-requisites - Assessment

- Previous experience :
  - Provide evidence of 12 river trips (minimum 4 hours duration) in four different locations. This experience must include at least:
    - 6 grade 3 river trips as a member of a group
    - 6 grade 2-3 river trips as an assistant leader
  - Recognised First aid award (minimum 8hrs training including CPR) within the last 3 years
  - Relevant Leadership Training - 4 Star Leader White Water training OR 'old' in-date trainee Level 3 Inland Kayak status within the last 3 years.
  - Relevant Safety Training – White Water Safety & Rescue Training
  - Home Nation Registration (LR Form)
  - Aged 18 years or above. Candidates under the age of 18 can take the award, but cannot be deemed responsible for leadership by law until they turn 18 and



must hold a current first aid award and have BCU coaching membership or private insurance.

## **Craft**

White water Spec Kayak or Canoe, suitable for the remit of the award and the assessment environment

## **Equipment**

Personal and group equipment appropriate for the remit of the award and relevant to:

- Assessment environment
- Assessment Venue

The conditions for the assessment must include inland river with sections of grade 2-3.

## **Duration**

Training: Whilst two days is seen as the minimum requirement, three, four or even five days would normally be more appropriate.

Assessment: 2 days

## **Staffing**

For details of staffing requirements and ratios, please refer to the latest version of the BCU Staffing Requirements and Ratios document, available from the BCU or Home Nation websites. Training and Assessment may only be conducted by those qualified and registered to do so.

For details of registering as a 4 Star Leader White Water Provider, refer to the BCU document 'Becoming a 4 Star Provider'

## **Administration**

Refer to the latest version of the BCU Star Test Guidance Notes for details on the administration of pre and post course paperwork for both candidates and trainers/assessors.

Staff should also refer to the current version of the Trainer / Assessor notes.

## **Part A – Personal Paddling Skills**

A.1 Lifting, carrying and launching/landing

A.2 Efficient and Effective River running skills

- Forward paddling
- Breaking in/out
- Ferry gliding
- Surf small waves
- Paddle into and out of small stoppers
- Draw stroke on the move



- Supporting

## A.3 Rolling

### **Part B – Rescue Skills**

B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills

- Swimming
- Throw line rescue
- Rescue capsized, swimming paddler and equipment

B.2 Incident management and first aid in the 4 star environment

B.3 Effective team leader and team member in rescue / incidents

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

C.1 Skilful application of leadership e.g. CLAP principles

C.2 Appropriate leadership strategies, judgement and decision-making

C.3 Safety awareness and risk management

C.4 Group control and management

### **Part D – Theory**

D.1 Equipment

D.2 Safety

D.3 Weather

D.4 Hypothermia/First aid

D.5 Access

D.6 Environment

D.7 Planning

D.8 Group Awareness and Management

D.9 Water Features / Hazards

D.10 Navigation

D.11 Etiquette

D.12 General

D.13 Leadership Responsibilities

