

BCU Three Star Touring 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 force 2-3, and ungraded rivers that have a discernable green flow.

Two Star standard is the appropriate level of performance for paddlers to begin working towards the Three Star.

Prerequisites

- Provide evidence of at least 3 different flat-water journeys of about 3 hours duration (10km) each with at least one of these in an open water environment
- Provide evidence of at least one session of about 3 hours duration in an alternative discipline

Craft

Any craft that is safe and 'fit for purpose' for the remit of the award and the assessment tasks.

Equipment

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

Assessment Venue

There will be two different assessments; students can take either or both assessments.

- 1) The assessment will take place during a suitable journey on open water or estuary with winds up to and including force 2-3
- OR
- 2) The assessment will take place on a section of river with a discernable green flow

Assessor

Registered BCU 3 Star Assessor

The following Coaches are eligible to register as BCU 3 Star Assessors:

- 1) BCU Level 3 Coaches (kayak or canoe) who are updated, and hold a minimum of 4 Star (4 Star Leader, or 'old' 4 Star) in both kayak and canoe.
- OR
- 2) Updated BCU Placid Water Level 3 Coaches

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling / Stopping and accelerating / Control over a figure-of-eight course
- 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 – Wind / Current / Wash Hanging / Trim / Beyond the paddle
- A.8 Securing

Part B – Rescue Skills

- B.1 Deep-water rescue (rescue, and be rescued)
- B.2 Towing
- B.3 Capsize, swim and self-rescue

Part C – Safety & Group Skills

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

Part D – Theory / Knowledge

- 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
- D.9 General
- D.10 Navigation
- D.11 Etiquette
- D.12 Personal Paddling Skills