

3 Star Open Canoe Syllabus

Aim

Successful performance at this level indicates that a candidate can consider themselves as an intermediate canoe paddler rather than a beginner. The candidate having demonstrated personal competence in paddling open water in wind conditions of force 2-3 and on simple moving water as part of a led group.

Two star standard is the appropriate level of performance for paddlers to begin working towards the three star.

Pre-requisites

- Provide evidence of at least 3 different journeys in open canoe, of about 3 hours duration (10Km) each with at least 1 of these in an open water environment
- It is recommended that the candidate holds the BCU 2 Star award.
- Where the BCU 2 Star Award is not held the candidate should provide evidence of at least 1 session of about 3 hours duration, in an alternative discipline.

Craft

A traditional open canoe suitable for the remit of the award and the assessment tasks, paddled solo or tandem. The candidate is expected to perform all paddle skills on both sides. Where the test is undertaken as part of a tandem crew then each paddler needs to demonstrate the ability to operate in both bow and stern.

Equipment

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

Assessment Venue

The conditions for the assessment must include:

- Open water with winds not above force 2-3
- Simple moving water

Assessor

- Current BCU Level 3 Open Canoe Coach or
- New BCU (UKCC endorsed) Level 3 Open Canoe Coach

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching/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

Part B – Rescue Skills

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

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 force 2-3 as part of a led group

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
- D.9 General
- D.10 Navigation
- D.11 Etiquette