

## 1 Star (Generic) Trainer's Notes

Candidates may have been awarded the Paddlesport Start award and be now moving on in their paddling career. Though the 1 Star is a basic award it should be treated as a clear achievement level on the path to becoming a competent paddler. Coaches should place emphasis on an active posture, where the body remains balanced throughout the task. Canoeists should paddle on both sides (but without switching), and front & back. Emphasising communication between doubles partners throughout is imperative. Though not compulsory – encourage candidates to try both kayak and canoe.

### Part A - Personal Paddling Skills

#### A.1 Lift, carry and launch the kayak or canoe.

Consider the bank side environment. Emphasize safe lifting, variety of methods inc. trailers, using assistance, basic dynamic risk assessment, underfoot conditions, effect of wind etc. The candidate also needs to know how to adjust the seat and footrest if appropriate.

#### A.2 Forward paddling over a distance of 100m.

Work to achieve an upright posture and long stroke, basic body rotation, use of steering sweep strokes at the back of the boat to maintain direction and looking where they are going.

Introduce other steering solutions while under momentum.

#### A.3 Steering and Controlling the boat

They should be able to demonstrate turns to the left and right with the boat tracking a course and maintaining forward movement. Using a combination of sweeps and forward strokes or a rudder to affect these controlled turns.

When reversing ensure they understand use of non-drive face. Reverse paddling over a distance of approximately 5m, to a fixed point needs to be introduced. Turning the trunk and looking over shoulder(s) must be in evidence, though extreme accuracy is not necessary – approximately 0.5 metre from the buoy would be deemed sufficient.

When stopping short dynamic strokes on alternate sides should be introduced and they should affect a stop within 4 strokes. Stopping both forwards and backwards needs to be proven.

Rotate the boat 180 degrees in both directions. Turning the boat using a combination of forward and reverse sweep strokes, body rotation needs to be evident.

### **A.4 Return to the bank and get out.**

Cover aspects about the impact on the bank side environment, safe moving & handling, and dynamic risk assessments etc. Also coach various ways to safely get out of the boat.

## **Part B – Rescue Skills**

### **B.1 As appropriate (dependent on craft and conditions) Capsize and be rescued or capsize and swim to the shore.**

Candidates are introduced to the procedure for during and after a capsize. Closed cockpit candidates and or if candidates use spray decks or straps are encouraged to perform a full capsize. A calm relaxed exit is required and then carefully collecting the boat and paddle swim on ones back to the shore. The use of a swimming pool is ideal for this exercise. Even if a practical session cannot take place due to low temperature, polluted water or disinclination to capsize then a discussion of what to do is vital and should be covered in some detail. A deep water rescue should be also introduced if the style of boat allows it.

### **B.2 Emptying boats**

Trainers should revisit safe lifting and carrying of boats as well as introducing a variety of emptying techniques. They should not be emptying excessive amounts of water – though knowledge of how to safely empty a swamped boat at the shore should be understood.

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

C.1 Personal risk management

C.2 Awareness of others

C.3 Provide evidence of one journey of about 1 hour (3 km) duration

(This could take place during the assessment)

Coach to ensure paddlers are aware of their individual responsibilities on the trip, being aware of each other, and bringing problems to the attention of the leader, what to do in the event of a capsize and understanding of basic communications.

## **Part D – Theory**

D.1 Equipment

D.2 Safety

D.3 Hypothermia/First aid

D.4 Access

D.5 Environment