

### 5 Star Open Canoe Syllabus

#### Aim

Successful performance at this level indicates that a candidate has entered the top level of performance, involving a high level of personal skill and leadership in advanced situations. It is a leadership award and the appropriate test for paddlers who wish to lead groups of up to 4 paddlers on advanced river journeys and on remote, exposed open waters in open canoe. The five star leader has the skills and judgement to select appropriate trips for paddlers with a range of experience.

#### Pre-requisites

- BCU 4 Star Test
- First aid award (minimum 16hrs)
- Previous Experience:  
The candidate must provide documentary evidence of a minimum of 30 varied, quality, advanced open canoe days in 3 different geographical areas.
- 5-star training: At least 4 days logged experience of formal training in personal skills, leadership, incident management, safety and rescue prior to assessment (see trainers notes). Whilst 3 days is seen as the minimum requirement, but four or even five days may be more appropriate.
- Candidates must be 18, or over, at the time of assessment

#### Craft

Traditional open canoe.

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 at both bow and stern.

#### Equipment

Personal and group equipment appropriate for the remit of the award, and relevant to the assessment environment

#### Assessment Venue

Open water with winds not above force 5 and grade 3 moving water

#### Assessment Duration

2 days

#### Assessor

- Current BCU A5 Canoe Assessor / BCU Level 5 Canoe Coach with appropriate training or
- New BCU (UKCC endorsed) Level 4 Canoe Coach

**Ratio** 1:4 – ratio 2:8 essential for this level of award as per current scheme

#### Part A – Personal Paddling Skills

A.1 Efficient and effective grade 3 river running skills

A.2 Efficient and effective open water skills (wind up to force 5)



## BCU Star Awards January 2008

- A.3 Lining
- A.4 Poling
- A.5 Navigation

### **Part B – Rescue Skills**

- B.1 Demonstrate skilful application of appropriate boat and bank-based safety and rescue skills, including self rescue
- B.2 Incident management and first aid in the 5 star environment
- B.3 Effective team leader and team member in rescue / incidents

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

The following skills will be assessed for use with both experienced and inexperienced advanced environment paddlers:

- 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
- c.5 Equipment

### **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 Navigation
- D.10 Etiquette
- D.11 General
- D.12 Leadership responsibilities
- D.13 Water features / hazards